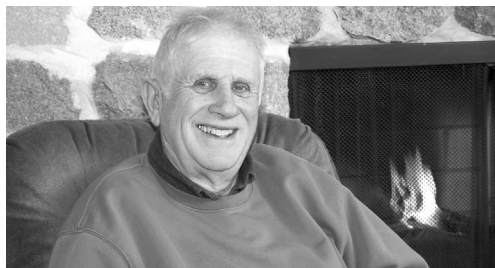


# Good News for Men with Enlarged Prostate

Attention men! Do you have a sudden need to urinate, and other times, have to push or strain to begin? Is your urinary stream weak? Are frequent trips to the bathroom disrupting your sleep? You may have benign prostate hypertrophy (BPH), a non-cancerous condition that can now be treated without the so-called "rotor roter."

When Jon Evert, a retired construction estimator from Ashippun, began experiencing troubling symptoms from BPH, more commonly known as "enlarged prostate," he was thrilled when his urologist, Franklin Smith, MD at Aurora Wilkinson Medical Clinic told him about a minimally-invasive laser procedure that could bring relief.



*Whether it is relaxing at home by the fire, Jon is feeling better following Greenlight™ laser treatment on his prostate.*

"My doctor determined I had an enlarged prostate about four years ago," says Jon, now 74 years old. "At the time, it didn't bother me too much so I decided to hold off on surgery." In some ways, that decision was a blessing, because since then Dr. Smith has become highly experienced in performing Greenlight™ laser, an alternative to the previous gold standard treatment – transurethral resection of the prostate or "TURP." "People sometimes call TURP the rotor roter procedure," says Dr. Smith, "It involves the insertion of a 12-inch scope that's about a half inch in diameter into the urethra through the penis. The scope has an electrical loop that removes excess tissue in the prostate one layer at a time."

While TURP has been an effective surgery for enlarged prostate for many years, it is rapidly being replaced by less invasive procedures such as the Greenlight™ laser. "TURP requires inpatient hospitalization along with the discomfort of temporary catheterization and possible complications with bleeding," explains Dr. Smith. "Consequently, patients who are taking blood thinner medications are not good candidates for TURP, nor are patients with extremely enlarged prostates, which require open surgery." On the contrary, nearly everyone with moderate to severe BPH is a candidate for Greenlight™ laser.

## Symptoms increase with age

Jon's prostate condition began becoming increasingly symptomatic about a year ago. "I had to get up a lot at night, and during the day, I'd constantly be feeling a sudden urge to urinate. If we'd go anywhere, I was always thinking, 'Where's the closest toilet?'" It certainly began to affect my lifestyle, but at my age, I just thought, "Well, that's the way it is." Following a discussion with Dr. Smith, Jon began to think otherwise.

With the Greenlight™ laser treatment, a thin fiber is inserted in the urethra through a cystoscope, an instrument that allows the doctor to examine the bladder and prostate. The fiber delivers precise, high powered laser energy to instantly "vaporize" and remove enlarged prostate tissue, restoring a wide-open channel for the normal flow of urine.



**Franklin Smith, MD**  
Urologist  
Aurora Health Care

"It is an excellent use of the newest laser technology," says Dr. Smith. "The destroyed tissue simply vaporizes; it is not left in the body to be expelled over time, which was the case with older laser technologies. The results of the procedure are immediate, and recovery is usually quick and comfortable. There is no cutting or incision. Most patients do not need catheterization, and they can go home within a few hours of the procedure." With traditional surgery, post operative recovery is typically four to six weeks. With the laser, patients resume normal activities within a few days.

## Simple, effective solution

"There was nothing to it," reports Jon, who had the procedure done by Dr. Smith in July. "I was in and out of the hospital in a half day and I started feeling normal right away – no pain, and very little discomfort. I wish I would've had it done a year earlier because my life is better now as a result of that procedure. I love downhill skiing but I was kind of hesitating about going anymore," he offers as an example of how. "You get all that gear on and then you realize you have to get to a bathroom... right away. You think twice about going skiing again when that happens a few times."

## Symptoms of Enlarged Prostate:

- Frequent urination, especially at night
- Sudden need to urinate
- Difficulty beginning urination
- Pain or burning with urination
- Sensation that bladder never completely empties

After having the Greenlight™ laser procedure, Jon says he resumed doing everything he previously enjoyed, including skiing. Earlier this year, he and his wife hit the slopes in northern Wisconsin, and Jon says he skied for over a half-day without even thinking about a bathroom break. "I didn't realize how limiting the condition was getting to be," says Jon. "I used to get up two to four times a night to go. Now I get up once, if that. I feel a lot more rested now. Life is good," he says with a smile. "I feel like a young man again."

Dr. Smith has been in practice for over 20 years and has a special interest in prostate conditions. If you have symptoms of a problem, new treatment options are available. For an appointment with Dr. Smith at the Aurora Wilkinson Medical Clinic in Oconomowoc, call (262) 569-2300; in Hartland, call (262) 369-7040.



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