

A Patient's Guide to Laser Treatment for an Enlarged Prostate.



True Definitive Care for BPH.

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What is an enlarged prostate, or BPH?

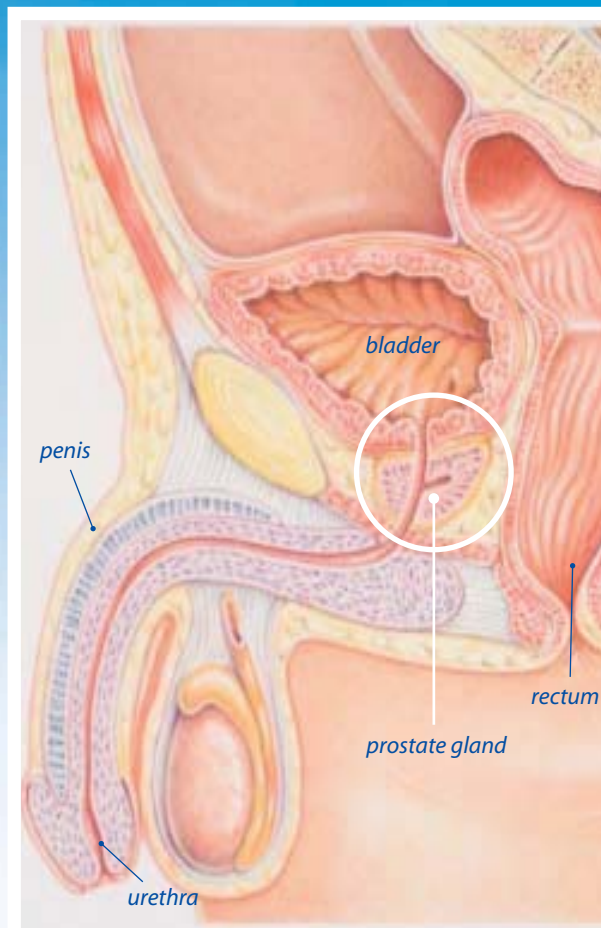
Benign prostatic hyperplasia, or BPH, commonly known as enlarged prostate, refers to a noncancerous (benign) growth process (hyperplasia) within the prostate. The normal prostate grows quickly during puberty, and then maintains its size. In virtually all men, the prostate begins to grow again after the age of 40. BPH is very common in older men. It is found in 60% of men over 60, and in up to 80% of men over the age of 80.

Although BPH may cause no problems at all, some men will eventually experience symptoms of BPH. These symptoms range from bothersome to severe and may interfere with your normal daily activities.

What are the symptoms of BPH?

An enlarged prostate presses on the urethra and can obstruct the flow of urine. This obstruction can cause:

- *Weak urine flow*
- *Frequent urination, especially at night (nocturia)*
- *Trouble starting and stopping your urine stream (hesitation)*
- *Inability to completely empty your bladder*
- *Pushing or straining to urinate*
- *Sudden urge to urinate (urgency)*
- *Pain or burning during urination*



What is the Prostate?

The prostate gland is part of the male reproductive system. Its main function is to produce semen. A normal prostate is about the same size and shape of a walnut and weighs about an ounce. As pictured in the diagram, the prostate is located below the bladder and in front of the rectum. The prostate surrounds a tube called the urethra that carries urine from the bladder out through the penis.

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AUA Symptom Score 7 Questions to be answered. Select 1 number on each line.	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
	1] Over the past month or so, how often have you had the sensation of not emptying your bladder completely after you finished urinating?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
2] Over the past month or so, how often have you had to urinate again less than two hours after you finished urinating?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
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4] Over the past month or so, how often have you found it difficult to postpone urination?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
5] Over the past month or so, how often have you had a weak urinary stream?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
6] Over the past month or so, how often have you had to push or strain to begin urination?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
7] Over the past month or so, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

Add the score for each number above and write the total in the space to the right.

Total	<input style="width: 100px; height: 20px;" type="text"/>
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Symptom Score = 1-7 Mild | 8-19 Moderate | 20-35 Severe
Scores of 1-7 are considered mild and generally do not warrant treatment. Scores of 8-35, please consult your physician.

Introducing the EVOLVE® Laser System.

A safe and effective procedure for BPH using the Laser-Induced Flow Enhancement (LIFE™) procedure.

The EVOLVE LIFE procedure is a revolutionary, minimally invasive procedure that uses laser energy to remove the obstructing prostate tissue surrounding the urethra that causes the urinary symptoms associated with BPH. Because of its unique laser technology, the EVOLVE LIFE procedure is quick, with minimal discomfort. In fact, the EVOLVE LIFE procedure provides a better patient experience than most other minimally invasive options.

A better patient experience:

- Safe and minimally invasive treatment
- Quick procedure time
- Minimal post-treatment discomfort or side effects
- Quick recovery
- Micro-surgical precision for added safety
- Minimal or no post-op catheterization
- No hospitalization post-op in most cases

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What to expect during your treatment.

When considering BPH treatment, your physician will first perform an evaluation to see if you are a candidate for this type of therapy. Since every patient is different, treatment procedures may vary. The following is a general description of what you might expect:

- 1] Before treatment your physician may give you oral medication to help you relax during the procedure. Your physician may give you other medications to avoid infections.
- 2] You may be asked to empty your bladder.
- 3] You will be brought into the procedure room and moved to the treatment bed where you will lie on your back.
- 4] You will be given local anesthesia.
- 5] Once the anesthesia takes effect, your physician will insert a cystoscope through the urethra.
- 6] The physician systematically vaporizes the enlarged prostate tissue until the obstruction is removed.
- 7] At the end of the procedure the physician may place a temporary catheter to let urine drain from your bladder to a collection bag strapped to your leg.

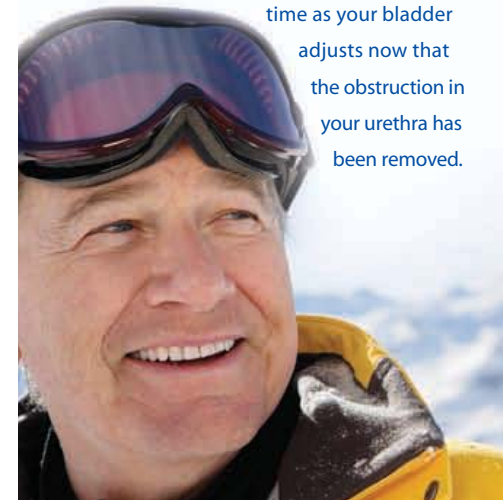
What to expect after your treatment.

Most men go home within a few hours after treatment. You need someone to drive you home after the procedure.

A catheter may be placed in your bladder at the end of the procedure. In most cases it will be removed within 24-48 hours.

Most patients experience rapid relief of symptoms and a dramatic improvement in urine flow. This typically occurs within 24 hours of the procedure.

You may experience mild discomfort during urination, small amounts of blood in your urine for a week or so, and greater frequency and urge to urinate. This will resolve over time as your bladder adjusts now that the obstruction in your urethra has been removed.



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Q&A

- Q]** Is BPH a type of cancer?
A] No, BPH is not a type of cancer.
- Q]** Do I have to stay in the hospital after my EVOLVE LIFE™ procedure?
A] Typically, most procedures can be performed on an out-patient basis, but it will depend on your individual condition.
- Q]** Will the EVOLVE LIFE treatment affect my sexual function?
A] Although sexual dysfunction can be associated with any intervention on the prostate gland, it is reasonable to believe that if you are sexually active before, you will remain so after the procedure. It should also be noted that laser vaporization of the prostate is associated with the lowest rate of sexual dysfunction of all procedures that actually remove prostate tissue.
- Q]** How long before my symptoms improve?
A] Most patients experience very rapid relief of symptoms and improvement in urine flow within 24 hours of the procedure. However, medical history, health conditions, and other factors can influence treatment and recovery.
- Q]** Will I continue to need BPH medications after the EVOLVE LIFE treatment?
A] Your doctor will determine what regimen is appropriate for you. However, most patients are able to discontinue taking their BPH medications within a few weeks after the treatment.
- Q]** How soon can I return to work?
A] Most patients can resume non-strenuous activities such as desk work or driving within a few days. Strenuous and sexual activities can usually be resumed within two to three weeks. Your urologist will discuss this and your specific condition with you during your consultation.
- Q]** Is the EVOLVE LIFE treatment covered by insurance?
A] Yes, the EVOLVE LIFE treatment is covered by Medicare and most private insurers with only an office co-pay.



To learn more about enlarged prostates, talk to your doctor, or to find a physician near you, go to www.biolitec.com.





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