Treatments for Benign Prostatic Hyperplasia (BPH)

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En Español (Spanish Version)

In mild cases of benign prostatic hyperplasia (BPH), no treatment is necessary. In many cases, men with BPH eventually request medical intervention. The goals of treatment are to allow urine to pass easily, to prevent urine retention, and to reduce the risk of urinary infection.

The treatment and management of BPH may involve medicine or surgery. Medicine, which is used for less advanced cases, may either relax the bladder outlet valve or shrink the prostate by hormonal manipulation. Surgery removes the obstruction. There are several methods available.

Treatment involves the following:

Medications
Surgery
Alternative and complementary therapies

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