Benign Prostate Hyperplasia (BPH), a non-cancerous enlargement of the prostate gland, is one of the most common urological problems in elderly males. We speak to urologist Professor Peter Lim to share more about a breakthrough BPH treatment.

What are the current treatments for BPH?

In Transurethral Resection of Prostate (TURP), the obstructing part of the prostate gland is removed using an instrument called a resectoscope that is inserted via the urinary passage. TURP is done under general or regional anaesthesia. The amount of prostate tissue removed depends on the size of the prostate gland.

What is the new procedure and how does it work?

The new procedure is known as PROLIEVE Thermodilatation microwave therapy.

A urologist inserts a catheter into the patient’s urethra after applying an anaesthetic jelly. When the microwave energy is turned on, energy is transmitted from a special antenna inside the catheter to provide continuous heat to reduce the size of the enlarged prostate tissue. A small balloon attached to the catheter will inflate inside the urethra in the centre of the prostate and the balloon will cause the surrounding prostate tissue to shrink with low heat. Throughout the procedure, cool water will be circulating inside the catheter. A computer gauges the temperature surrounding the treatment area using a rectal temperature monitor. If the temperature reaches 42 deg C, the system automatically shuts off to protect the urethra and rectum.

Special approval (GN-27) has been obtained from HSA to use the procedure in Singapore at Farrer Park Hospital. Call 6363-1818 or email enquiries@farrerpark.com for details.

How does the PROLIEVE System compare to current BPH treatments?

Thermodilatation is a safe and effective alternative to BPH medication and surgery. The device has received FDA approval and the treatment is a 45-minute day surgery under local anaesthesia. The procedure requires less heat and has high patient tolerance.

What are the benefits?

• Minimal sexual side effects
• Improvement of mean American Urological Association symptom score
• Improvement of peak flow rate so more urine can flow out of the bladder
• Stabilisation of BPH symptoms
• Improved quality of life
• No need for multiple clinic visits for BPH medications
• Cheaper than surgery

What are the risks?

Over more than eight years of use of PROLIEVE, BPH relapses are extremely uncommon. Side effects may include bladder spasms, urethral irritations and temporary (transient) urinary retention. A catheter if required is only needed for a few days. Minor side effects resolve within two weeks to one month and require little or no medication.

I noticed the increasing need to urinate at night about 4 years ago. I was also facing difficulty in urinating smoothly and this severely affected my day to day life. Medical specialists confirmed the symptoms to be caused by prostate hyperplasia after thorough checks were made. I was initially fearful of having it treated due to potential side effects, and it wasn’t until I learnt of a new procedure called Prolieve Thermodilatation Therapy that I was then ready to undergo treatment in early 2019.

The process was painless and I could immediately function normally in my day to day life. Furthermore, it has been six months since the procedure and there are no side effects.

- Mr Frankie Wu, aged 55

Find out more about Thermodilatation Prostate Treatment

Farrer Park Hospital
1 Farrer Park Station Road,
Level 5 Endoscopy Suite
Connexion, Singapore 217562

For more details, go to www.farrerpark.com/hospital