



Prostate Artery Embolization

**A new option for treating
enlarged prostate (BPH)**



MEMPHIS
VASCULAR
CENTER

LESS INVASIVE. HIGHLY EFFECTIVE. FDA-APPROVED.

Enlarged prostate is common as men age. The condition—called benign prostatic hyperplasia (BPH)—is non-cancerous and affects half of all men between 51 and 60 years of age and up to 90% of men older than 80. About 14 million American men have BPH.

The prostate gland is located next to your bladder. As it grows, it pushes against the urethra and can block urine flow. Most men with BPH are unhappy with the condition and do not wish to live the rest of their lives with its symptoms, which typically include:

- A frequent or urgent need to urinate (especially at night)
- A weak urine stream
- Difficulty beginning urination or dribbling at the end
- Inability to completely empty the bladder

BPH is also linked to erectile dysfunction and reduced sex drive. Left untreated, it can lead to urinary tract infections (UTIs), bladder damage, bladder stones, kidney damage (or chronic renal failure) and urinary retention (the inability to urinate).





SIDE EFFECTS OF PAE

PAE should only be performed by a trained and experienced interventional radiologist. Side effects with this procedure are rare, and can include infection at the catheter insertion site, nausea, vomiting, fever, pelvic pain, and frequent or painful urination.

CONSULT WITH MEMPHIS VASCULAR SPECIALISTS

PAE is a new and less invasive option to treat BPH. If you have been diagnosed with BPH or enlarged prostate, call us to schedule a consultation. MVC was the first in Memphis to establish a prostate center and is the most experienced in the area. We are happy to work collaboratively with your doctor, and if they are unfamiliar with PAE, we can share information about the procedure and its safety record with them.



TREATMENT OPTIONS

Men with mild BPH symptoms may be treated with lifestyle changes, medication or supplements. Your doctor may also ask you to avoid taking certain medications like decongestants or certain antihistamines that can affect your prostate.

Severe BPH symptoms may be treated with transurethral resection of the prostate (TURP) or prostatectomy, surgical procedures that require anesthesia. Unfortunately, side effects are common with surgical procedures and include infection, sexual dysfunction and retrograde ejaculation.

A new and minimally invasive procedure cleared by the FDA in 2018, known as prostate artery embolization (PAE), is an excellent treatment option for men with severe BPH symptoms. This convenient outpatient procedure may alleviate BPH symptoms for most men without the need for surgery.

WHAT HAPPENS AS THE PROSTATE

The prostate is a gland that is normally the size of a tennis ball. The enlarging prostate can put pressure on the ureters and the bladder. This can restrict the flow of urine or, in

THE PAE PROCEDURE

PAE is performed by an interventional radiologist who, using imaging guidance, inserts a tiny catheter into an artery in the patient's upper thigh or wrist, and then guides it through the body's blood vessels to the arteries supplying blood to the prostate. Tiny beads called 'microspheres' are released through the catheter and into the arteries, partially blocking blood flow to the prostate. With reduced blood flow, the prostate shrinks and symptoms are relieved.

Unlike TURP, PAE is an outpatient procedure that requires no anesthesia. It has a high success rate (75-95%), a faster recovery, fewer complications and a much lower risk of sexual side effects. Memphis Vascular Center patients, surveyed after their procedure, have reported significant reduction in BPH symptoms and a dramatic improvement in quality of life.

Prostate artery embolization is recommended for patients who:

- Have an enlarged prostate (greater than 50 grams)
- Have not been able to control their BPH symptoms with medication
- Have refractory hematuria
- Have an indwelling foley catheter
- Do not wish to have surgery
- Have chronic kidney disease
- Are on anticoagulation medications
- Smoke cigarettes

IT GETS BIGGER?

of a walnut. With BPH, it can grow as large as a
sure on the urethra, which carries urine out of
extreme cases, cut it off completely.

MEMPHIS VASCULAR CENTER

The doctors of Memphis Vascular Center are among the region's most experienced team specializing in the minimally invasive treatment of many diseases and health conditions. Vascular and interventional radiology is a method of treating disease from inside the body, without open surgery. This results in less trauma for the patient, lower risk of complications, shorter recovery time and virtually no scarring. Additionally, these treatments are performed in our outpatient center, a safe and convenient alternative to a hospital.

Our doctors are fellowship trained in vascular and interventional radiology. With more than 13 years of education and training, they are among the most highly trained doctors practicing medicine today and are uniquely qualified to provide both diagnostic evaluations as well as the required treatment.

If you are a candidate for one of our procedures, we invite you to schedule a consultation with us. We are happy to work with your doctor(s) and other members of your care team to find the right treatment for your specific condition.

**FOR MORE INFORMATION,
VISIT MEMPHISVASCULAR.COM**



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