



HEALTH AWARENESS

Easier Treatment For Common Health Problem Facing Men

(NAPSA)—A medical procedure that until recently was only available at the hospital is now being offered by some physicians in an office setting, making it easier to treat one of the most common health problems facing men over 50.

It's now possible to treat symptoms of enlarged prostate or benign prostatic hyperplasia (BPH) in the comfort of a doctor's office with the Índigo Laser Treatment System, a laser procedure that can take less than 30 minutes from start to finish. Recovery is quick and the improvement in symptoms can be dramatic.

Common symptoms of BPH, which affects more than 14 million men in the U.S., include frequent urination, hesitancy, urgency, straining and being awakened several times throughout the night by the need to urinate.

"The laser treatment can help men avoid the operating room and improve their quality of life. It can also get them off the daily medications they may be taking for BPH, which, over time, can lose their effectiveness and be costly," said Lewis Chaikin, M.D., a Florida urologist who performs the Índigo Laser procedure in the office.

In the laser procedure, a urologist uses the Índigo Laser to heat the prostate. Excess tissue is

Do you have these symptoms?

- Frequent urination
- Weak urinary stream
- Nighttime urination
- Urgency
- Straining
- Starting and stopping of urination
- Hesitancy of stream
- Sensation of incomplete bladder emptying
- Painful or burning urination



reduced without an incision or cutting of any kind. Most patients see an improvement in symptoms within weeks and no longer have to take medication to treat their BPH.

Worldwide, more than 40,000 men have been treated with the Índigo Laser and most major insurers, including Medicare and Medicaid, cover the procedure.

Men concerned about BPH should ask their doctor about which treatment is appropriate for them. For more information about the Índigo Laser and urologists who perform the procedure, visit www.indigolaser.com or call 1-888-9-INDIGO.