



Prostate Artery Embolisation: A Safe and Effective Non-Surgical Treatment for BPH

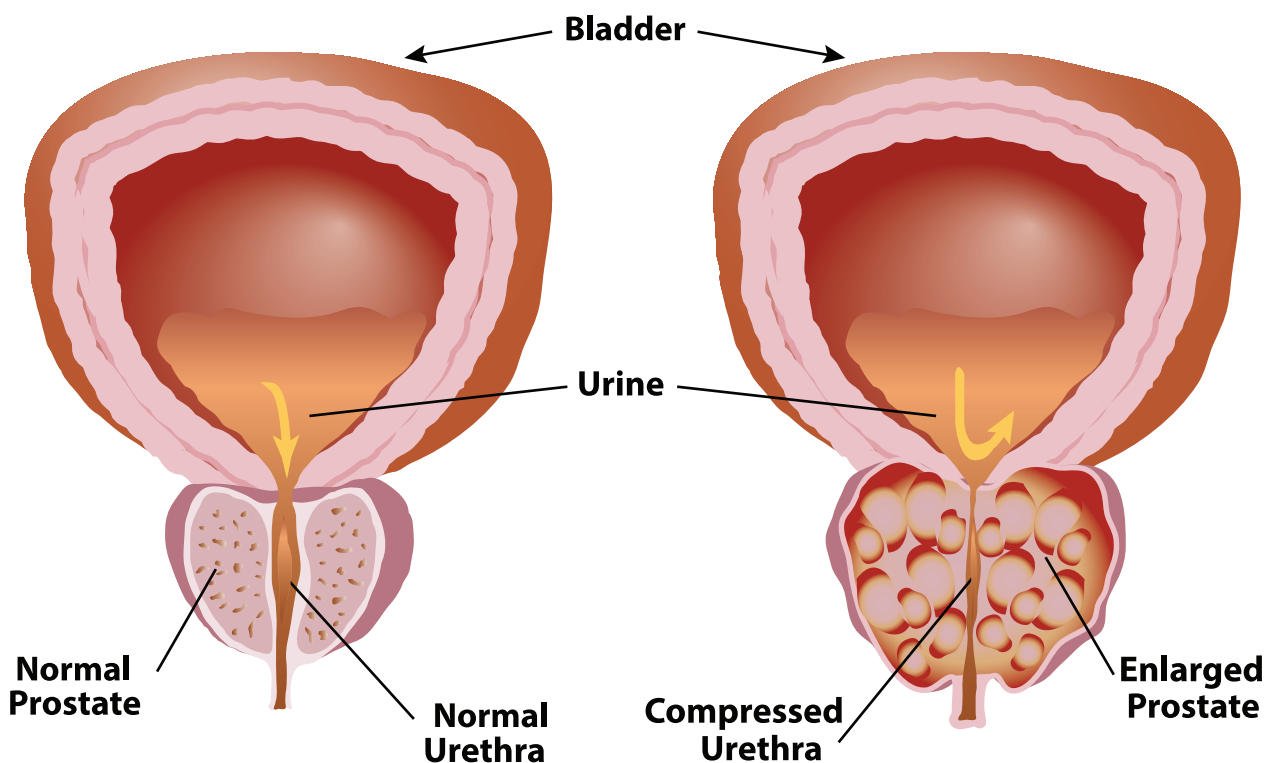
Expert Care by Dr Akhil Monga – Minimally Invasive Relief for Enlarged Prostate Symptoms

Understanding Benign Prostatic Hyperplasia (BPH)

Benign Prostatic Hyperplasia (BPH) is a common condition in older men where the prostate gland enlarges, often causing urinary issues. Though non-cancerous, BPH can significantly impact quality of life.

Symptoms and Causes

- ✓ **Symptoms:** Increased frequency of urination, urgency, difficulty starting urination, weak flow of urine, and the urge to urinate repeatedly at night.
- ✓ **Causes:** Ageing, hormonal changes, and genetics play a role in the development of BPH.

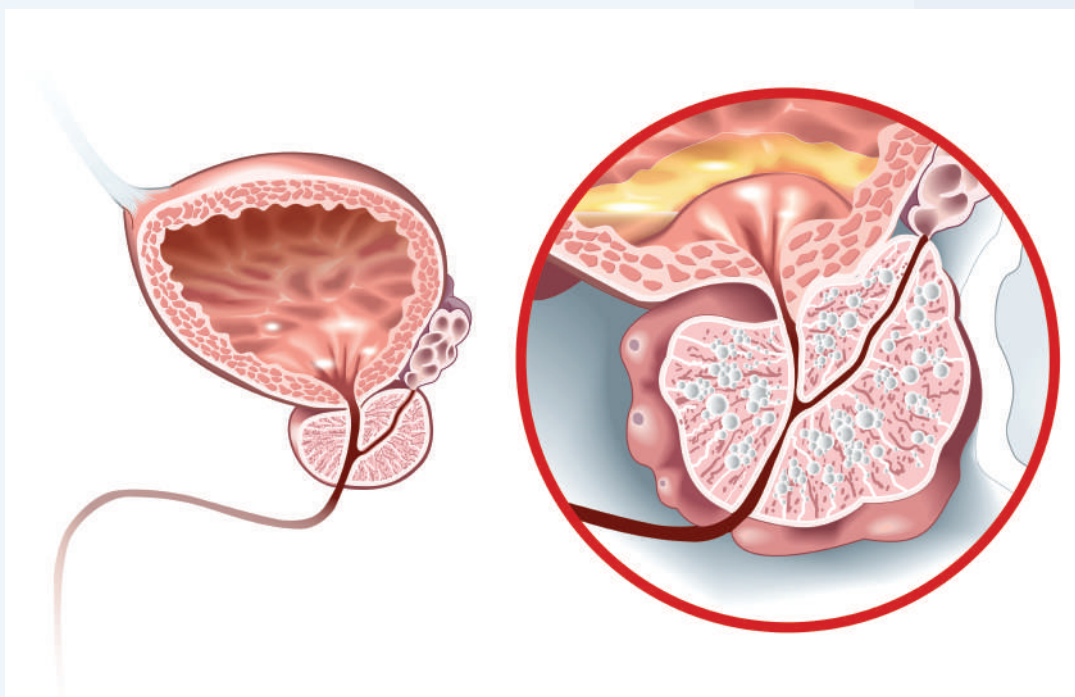


Traditional Treatments vs. Prostate Artery Embolisation (PAE)

- ✓ **Traditional Treatments:** Medications and surgical procedures like TURP (Transurethral Resection of the Prostate) are commonly used. However, surgery can involve longer recovery and risks, especially in older patients.
- ✓ **Prostate Artery Embolisation (PAE):** A minimally invasive, non-surgical procedure that reduces the blood supply to the prostate, causing it to shrink and relieving symptoms.

Benefits of PAE

- ✓ **Minimally Invasive:** No major incisions or lengthy hospital stays.
- ✓ **Fast Recovery:** Patients can typically resume normal activities within a few days.
- ✓ **Effective Symptom Relief:** Improves urinary symptoms and reduces prostate size.

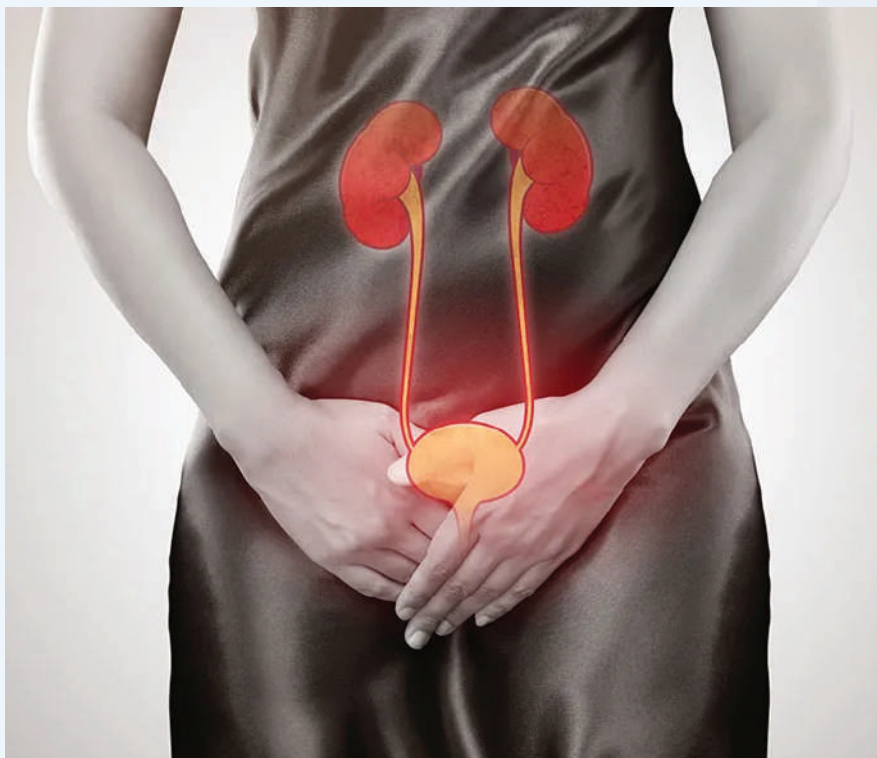


The Procedure: What to Expect

- ✓ **Consultation and Planning:** Clinical examinations and laboratory and imaging tests are conducted to assess the prostate and plan the treatment. Also, other possible diseases are ruled out.
- ✓ **During the Procedure:** A catheter is inserted into the artery through a small puncture, typically in the groin or wrist. Small particles are delivered to block the blood supply to specific areas of the prostate.
- ✓ **Time:** The procedure usually takes 1–2 hours.

Post-Procedure Care and Recovery

- ✓ **Immediate Recovery:** Some patients may experience mild pelvic discomfort, which is easily managed with medication.
- ✓ **Long-Term Care:** Avoid heavy lifting and strenuous activities for a few days. Regular follow-ups are advised to monitor progress.



Comparing PAE to Surgical Treatments for BPH

- ✓ **PAE:** Minimally invasive, quick recovery, no large incisions.
- ✓ **Surgical Treatments (e.g., TURP):** Requires anaesthesia, involves longer recovery, and may have a higher risk of complications.

Patient Success Stories

"I underwent a procedure known as prostate artery embolisation for my grandfather, being myself from a medical background, I got to know about Dr Akhil from my contacts, as heard I also found out that he is a very nice doctor, full of positive energy and empathy for patients. My grandfather is quite better now."

- **Sahil Kharbanda**

Why Choose Dr Akhil Monga

Dr Akhil Monga is a leading interventional radiologist offering advanced treatments for BPH. His expertise in PAE ensures patients receive effective, minimally invasive care tailored to their needs.



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