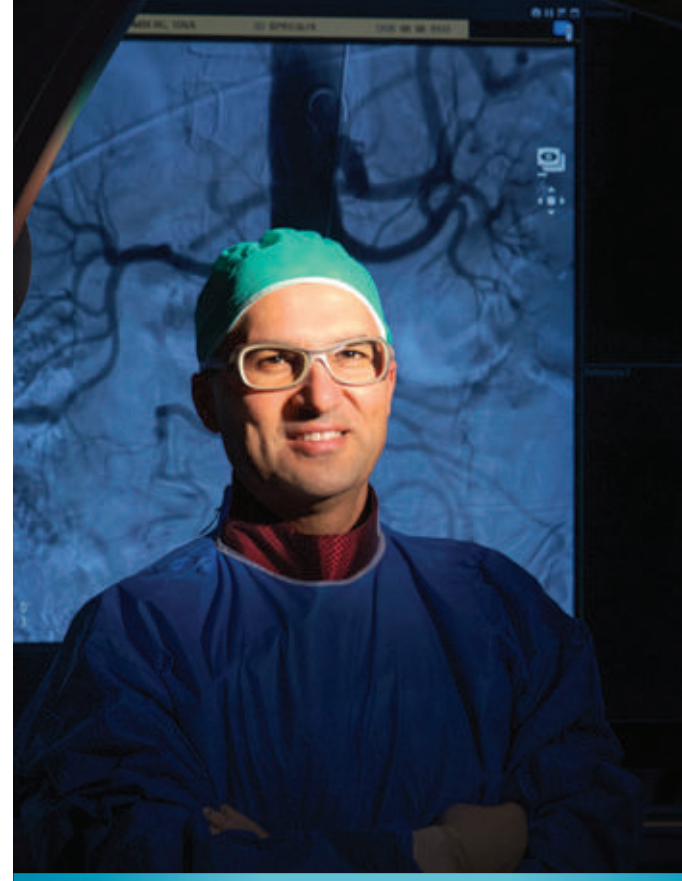


PROSTATIC ARTERY EMBOLIZATION (PAE) – THE INNOVATIVE WAY TO TREAT LOWER URINARY TRACT SYMPTOMS DUE TO BENIGN PROSTATE ENLARGEMENT



A TALK WITH DR. ZALMAN ITZHAKOV, INTERVENTIONAL RADIOLOGIST AND THE DIRECTOR OF DIAGNOSTIC IMAGING INSTITUTE AT E. WOLFSON MEDICAL CENTER

BY NERIA BARR

Benign enlargement of the prostate often causes urinary symptoms and significant impairment of quality of life. The problem is quite common,

especially in middle-aged and older men. It can reach up to 50% at age 50; 60% at age 60; and 70% at age 70 and up. In some cases, despite a significant increase in prostate volume, the patient does not feel the symptoms and does not require treatment.

WHAT ARE THE SYMPTOMS?

Common symptoms include difficulty starting urination, a feeling of a lack of emptying, frequent urination, especially at night, straining to urinate

or weak urine stream, urinary retention that may require catheter insertion, and impotence as a side effect of the medications that can treat the problem.

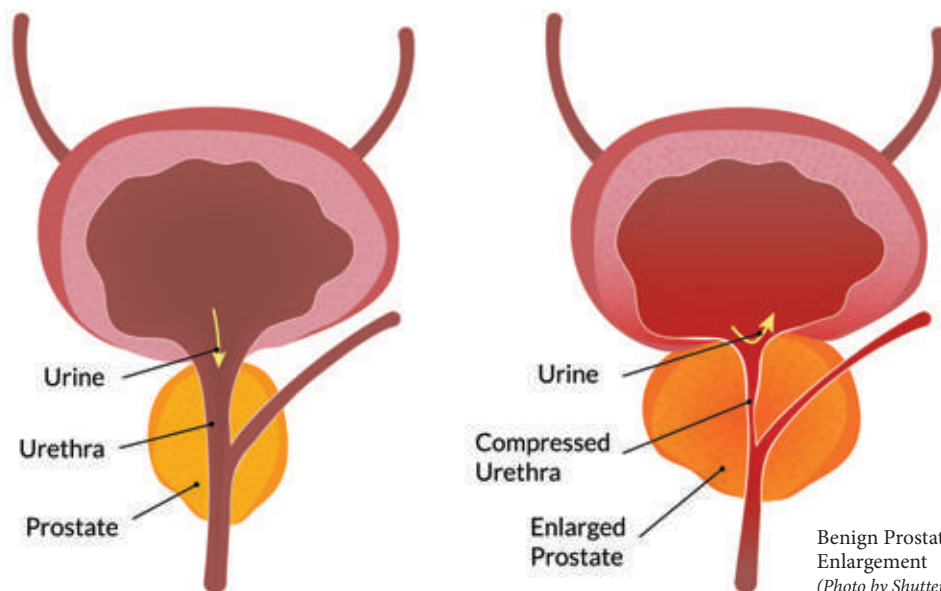
The recommended treatment depends on the severity of the symptoms. There is a wide selection of treatments, ranging from medication to surgery. Without proper treatment, benign prostate enlargement can lead to dangerous complications.

WHAT IS PAE?

“Embolization of the prostate arteries is an innovative and minimally invasive treatment for the problem,” explains Dr. Itzhakov.

The purpose of the procedure is to block the blood flow to the prostate. Without blood flow, the prostate degenerates and shrinks.

Dr. Itzhakov is a pioneer in prostate artery embolization and is the most experienced professional in the country.



Benign Prostate Enlargement
(Photo by Shutterstock)



EndoRad is a private clinic founded and managed by Dr. Zalman Itzhakov, an interventional radiologist who specializes in minimal invasive procedures.

In his public position, Dr. Itzhakov is the director of the diagnostic imaging institute at the Wolfson University Medical Center in Holon.

In the past, he was head of the vascular and interventional radiology unit at Shamir Medical Center (Assaf Harofeh).

Dr. Itzhakov completed his internship in diagnostic and invasive radiology at Shamir Medical Center (Assaf Harofeh); participated in a fellowship in Italy at San Rafael Milan Hospital.

The staff at EndoRad Clinic renders high-quality customer service, providing personal guidance to each patient from the first stages through to recovery. The clinic performs all types of vascular catheterization, such as thrombosis of the deep vein system in the lower extremities, diagnosis and treatment; treatment of chronic limb ischemia; repairing of aortic aneurysms. Pelvic congestion syndrome.



(Courtesy)

The treatment is approved by the English National Institute for Health & Care, Excellence, and in the US by the FDA.

“The procedure takes about two hours,” continues Dr. Itzhakov, “During PAE, local anaesthetic and mild sedation medication is given, a catheter is inserted into an artery while using image guidance. The catheter is directed to the arteries on both sides of the enlarged prostate gland. Then small beads are injected to block the blood flow to the prostate, which results in the gland’s shrinkage. Unlike surgery, PAE avoids access through the urethra, anesthesia, and hospitalization.

CURRENT EVIDENCE

According to a position statement from interventional radiology professional societies in the US and Europe, PAE is a safe, effective, and minimally invasive treatment for enlarged prostate and should be presented as a treatment

option for appropriately selected patients.

The Societies recommend PAE as a valuable minimally invasive option for patients who cannot tolerate or who have failed medical therapy, as well as those who are poor surgical candidates or refuse invasive surgery.

Recent studies, revealed that the new treatment has shorter recovery and fewer complications than traditional surgery and improves symptoms and quality of life to a greater degree than medical therapy.

Furthermore, the position statement says that PAE is “a definitive treatment option for multiple under-served patient groups who may not have satisfactory urologic treatment options.” These patient groups include older patients with multiple medical conditions; patients with very large prostates; patients with bleeding from the prostate; patients with long-term bladder catheters; patients who cannot stop anti-coagulation therapies; and patients who desire to preserve sexual function. “These patients are often poor candidates

for surgery but can be excellent candidates for PAE,” the societies say in the statement.

“Most patients feel no pain during the procedure. During the first days after the procedure, patients may experience a few minor symptoms such as mild pelvic pain, frequent urination and burning sensation in the urethra and anus, that can be easily relieved with pain killers,” says Dr. Itzhakov.

Recent studies show that patients who underwent embolization of the prostate arteries did not experience impairment in their sexual function. Such damage usually occurs after surgery

SAFETY AND EFFICACY

PAE is safe and effective for treating enlarged prostate. Following embolization, the volume of the prostate decreases which results in significant improvement of the urinary symptoms.

For more information, visit www.endorad.com.

