

From the Community: Watchful waiting for BPH must be changed to Thermobalancing therapy



"Watchful waiting" for BPH must be changed to Thermobalancing therapy (Posted by Kathy Colace, Community Contributor)

By **Posted by Kathy Colace, Community Contributor**

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Most men over the age of 60 complain of urination problems, also called lower urinary tract symptoms (LUTS). Generally, LUTS in men are caused by enlarged



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Most men over the age of 60 complain of urination problems, also called lower urinary tract symptoms (LUTS). Generally, LUTS in men are caused by enlarged prostate or benign prostatic hyperplasia (BPH).

The prostate is normally about the size of a walnut, but it can grow with age pressing the bladder and causing LUTS, which may include frequent or urgent need to urinate; increased frequency of urination at night; difficulty with starting urination; weak urine stream, etc.

As prostate enlargement is a non-life-threatening

condition, according to guidelines for doctors, men with BPH without bothering symptoms should stay away from risky medical or surgical interventions, in so called "*watchful waiting*".

There is much evidence that medications or surgeries for BPH can cause serious side effects and complications.

A recent published article: "In the guidelines for physicians and urologists "watchful waiting" for benign prostatic hyperplasia (BPH) should be replaced with Thermobalancing therapy that treats prostate effectively, cost-effectively and safely" demonstrates that as the use of Dr Allen's device is free from side effects, it will be right that "watchful waiting" should be changed to Thermobalancing therapy.

1. Medical and surgical treatments for BPH are not safe

Sexual dysfunction, depression, weakness, retrograde ejaculation, impotence and diabetes after BPH medications and minimal invasive prostate surgeries, may cause serious irreversible complications, which reduce men's quality of life.

2 types of medications to men with BPH: alpha-blockers such as: tamsulosin (Flomax), terazosin, doxazosin, and

alfuzosin; or 5-alpha-reductase inhibitors, such as finasteride and dutasteride, Avodart, Proscar and Propecia; are usually prescribed by physicians and urologists. Since none of these drugs are effective, both of these drugs (dutasteride and tamsulosin) are given to a person with an enlarged prostate together, the so-called combination therapy.

Unfortunately, BPH drug therapy is not effective, so a number of minimally invasive surgical procedures are proposed. Why are there too many of them? Because none of them can satisfy customers with enlarged prostate and the search continues.

An article published this year: Cost-effectiveness analysis of six therapies for the treatment of lower urinary tract symptoms due to benign prostatic hyperplasia, concluded that the cheapest of the minimally invasive therapies was \$900, which is more expensive than the cost of the combination drugs over 2 years. However, the combination of drugs is ineffective, so the dilemma, which of the treatment options is cost-effective, is questionable.

2. How can Thermobalancing therapy reduce the size of an enlarged prostate and urinary

symptoms?

Thermobalancing therapy and therapeutic device has received a US patent. Innovative Dr Allen's device is manufactured in the United Kingdom by Fine Treatment. It should be noted that 10-year observation and a clinical study on Thermobalancing therapy in with BPH have demonstrated that Dr Allen's Device decreases the size of enlarged prostate and LUTS.

Prostate growth happens because there is an abnormal increase in the number of cells in the prostate gland. The cause of prostate enlargement starts at the vascular level. This was described in the Aging men journal: "Use of Thermobalancing therapy in ageing male with benign prostatic hyperplasia with a focus on etiology and pathophysiology." According to this article, the process of prostate enlargement happens due to pathological activity of capillaries.

Thermobalancing therapy, by eliminating problems at the vascular level in the affected prostate tissue stops prostate enlargement and improves the quality of life of men with BPH.

3. Dr Allen's therapeutic device is a necessary

option to replace "watchful wait" for BPH

Dr Allen's device is a class 1 medical device and is distributed worldwide through Fine Treatment, <http://finetreatment.com>. Thus, any man can use this device at home. The unique device costs less than \$US 200. This price is unbeatable when compared with all other treatment options for enlarged prostate or BPH.

However, the most important thing is that Dr Allen's device is effective and free from side effects.

The article, Thermobalancing conservative treatment for moderate-to-low-degree lower urinary tract symptoms (LUTS) secondary to prostate enlargement, which was published in 2016, concluded: The observed positive effect of therapeutic device for BPH has allowed us to recommend this side-effect-free therapy in watchful waiting or active surveillance approach.

Men with LUTS due to BPH first go to physicians, so for doctors, it is important to have a clear guide on the best treatment they can offer.

Dr Allen's therapeutic device cannot harm and improves LUTS and quality of life, therefore it should be the first-line treatment, prescribed instead "watchful waiting". This will help men to avoid risky treatments and,

consequently, lead to successful aging.

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