

October 29, 2008

FOR IMMEDIATE RELEASE

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Division of Urology at NYM to offer Green Light Laser Therapy

Most men experience a period of prostate growth in their mid-or late 40s. Benign prostatic hyperplasia (BPH) is the medical term for the non-cancerous enlargement of the prostate gland. If left untreated, BPH may lead to more serious complications such as bladder and kidney damage, urinary tract infections, bladder stones and incontinence. Treatment of BPH depends on the symptoms a patient is experiencing. It may include medication, surgery or other types of therapy.

A minimally invasive procedure to treat BPH is now available at New York Methodist Hospital. The Division of Urology at New York Methodist recently acquired a new high-powered green light laser that can be used to treat the condition. The green light laser uses a specially designed light source and fiber optic delivery system to immediately and gently vaporize the enlarged prostate tissue. The procedure, which is appropriate for many patients with BPH, produces the same results as those achieved from the traditional scraping and cutting of tissue.

According to Edward Zoltan, M.D., director of voiding dysfunction/neurourology at NYM, green light laser therapy “decreases post-operative symptoms, lowers the patient’s risk of erectile dysfunction and has a shorter recovery period than the traditional procedure.” A patient’s suitability for

green light laser therapy is determined on a case-by-case basis. Other benefits of the procedure include a lower risk of bleeding; patients can safely undergo the procedure while taking certain types of anti-coagulants; and in many cases, catheterization is not required following green light laser therapy. The procedure completely corrects BPH.

Symptoms of BPH may include frequent urination or a hesitant, interrupted stream of urine, said Ivan Grunberger, M.D., chief of urology at New York Methodist Hospital. The condition often interferes with the maintenance of a regular sleep pattern.

For more information, call 718-230-7788. For referral to a urologist at New York Methodist Hospital, call 718 499-CARE.

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New York Methodist Hospital, a voluntary, acute-care teaching facility located in Brooklyn's Park Slope, houses 651 inpatient beds (including bassinets) and provides services to over 34,000 inpatients each year. An additional 350,000 outpatient visits and services are logged annually. The Hospital offers Institutes in the following areas: Advanced and Minimally Invasive Surgery, Asthma and Lung Disease; Cancer Care; Cardiology and Cardiac Surgery; Digestive and Liver Disorders; Diabetes and Other Endocrine Disorders; Vascular Medicine and Surgery; Family Care; Neurosciences; Orthopedic Medicine and Surgery and Women's Health. The Hospital, founded in 1881, has undergone extensive renovation and modernization over the years. New York Methodist is affiliated with the Weill College of Medicine at Cornell University and it is a member of New York-Presbyterian Healthcare System.