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## An Overview on Benign Prostate Hyperplasia and Its Surgical Approach

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### ABSTRACT

One of the most prevalent illnesses affecting males is benign prostatic hyperplasia (BPH). Patients with BPH may have a variety of symptoms, often referred to as lower urinary tract symptoms (LUTS). The incidence of BPH has increased as a result of increased modifiable risk factors like metabolic illness and obesity. Numerous therapy approaches have been developed as a result of this rising occurrence. First, current treatments can be categorised as either medical or surgical intervention. Alpha-blockers, alpha-reductase inhibitors, or a combination of both are used as medical treatments for BPH. Traditional transurethral prostate excision is one of the surgical procedures that can be used (TURP) moreover to more contemporary techniques like bipolar TURP, holmium laser enucleation of the prostate (HoLEP), Greenlight and thulium laser, and prostatic urethral lift (PUL). Further research on the efficacy and safety of emerging medicines in this area is also necessary.

**Keywords: Benign Prostate Hyperplasia, Lower Urinary Tract Symptoms, Bladder Outlet Obstruction, Dysuria, Transurethral Resection of the Prostate**

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