

## Dr. Nicholas Franco MD Explains Prostate Aquablation: Minimally Invasive Treatment for Benign Prostatic Hyperplasia

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**Los Angeles, California Sep 19, 2024 ([IssueWire.com](https://www.issuewire.com))** - Prostate health is a growing concern for men, especially as they age. One common condition, Benign Prostatic Hyperplasia (BPH), affects millions of men worldwide and can lead to uncomfortable symptoms that affect quality of life. Dr. Nicholas Franco, MD, a retired urologist, points to Aquablation, a cutting-edge, minimally invasive treatment, as an option for men suffering from BPH. This advanced procedure, he says, is transforming how BPH is treated, offering relief with fewer complications and faster recovery times.

**Understanding BPH and Its Impact**

BPH, Dr. Nicholas Franco says, is a condition where the prostate gland enlarges, obstructing the flow of urine from the bladder. It's a common issue for men over 50, with the likelihood of developing BPH increases with age. Symptoms include difficulty starting urination, weak urine flow, frequent urination, and the sensation of incomplete bladder emptying. If left untreated, BPH can lead to serious complications such as urinary retention and bladder damage.

"Surgery is often necessary when medications fail to alleviate the symptoms of BPH," says Dr. Nicholas Franco. "Historically, we've used traditional procedures like Transurethral Resection of the Prostate (TURP), but while effective, TURP can come with a range of side effects, including bleeding and retrograde ejaculation. That's why newer, less invasive techniques like Aquablation are so exciting—they offer great results with fewer complications."

## **What Is Aquablation?**

Aquablation, Dr. Nicholas Franco says, is a robotic-assisted procedure that uses a high-pressure jet of saline to remove the excess prostate tissue causing the blockage. Unlike traditional surgeries that use heat, Aquablation uses water to precisely target and remove prostate tissue, reducing the risk of damaging surrounding tissues.

"One of the biggest advantages of Aquablation is that it's heat-free, meaning there's less risk of causing thermal damage to nearby structures," explains Dr. Nicholas Franco. "This helps reduce the likelihood of complications such as erectile dysfunction and incontinence, which are concerns with traditional treatments."

The procedure, he adds, is guided by real-time imaging, allowing surgeons to visualize the prostate in detail and remove only the tissue necessary. Aquablation, in Dr. Nicholas Franco's view, offers the precision of robotic surgery combined with the safety and effectiveness of water-jet technology.

## **The Aquablation Procedure**

Aquablation begins with a detailed surgical map of the prostate using ultrasound imaging. This map, he says, allows doctors to accurately plan the procedure, ensuring the precise removal of prostate tissue. The high-velocity water jet is then used to remove the excess tissue. At the same time, the system's imaging capabilities allow the surgeon to avoid critical structures such as the bladder, neck, and sphincter.

Dr. Nicholas Franco notes that the entire procedure typically takes less than an hour. "Because it's so precise, patients can expect a much shorter recovery time than traditional surgeries," says Dr. Franco.

## **Who Is a Candidate for Aquablation?**

Aquablation, Dr. Nicholas Franco says, is a viable treatment option for men with moderate to severe BPH who have not responded well to medications. He emphasizes the importance of thorough patient evaluation to determine whether Aquablation is the right choice.

"Not every patient is a candidate for Aquablation, but it's an excellent option for men with prostate sizes between 30 to 100 grams who are looking for a minimally invasive solution," Dr. Franco explains. "Doctors take into account each patient's medical history, prostate size, and the severity of their symptoms before recommending Aquablation."

Patients, he adds, should be assessed with tools like the International Prostate Symptom Score (IPSS) and undergo diagnostic tests such as ultrasound and cystoscopy to confirm the extent of their BPH.

## The Benefits of Aquablation

Aquablation, Dr. Nicholas Franco says, offers a range of benefits compared to traditional BPH treatments:

- **Minimally Invasive:** The procedure is performed without incisions, reducing the risk of infection and speeding up recovery.
- **Heat-Free Technology:** Using water rather than heat to remove tissue minimizes the risk of thermal damage to surrounding structures.
- **Reduced Side Effects:** Aquablation significantly lowers the likelihood of complications such as retrograde ejaculation, erectile dysfunction, and incontinence.
- **Quick Procedure and Recovery:** With a resection time of less than 10 minutes, the procedure is fast, and patients can typically return to their normal activities within a few days.
- **Effective for Large Prostates:** Aquablation can treat larger prostates, making it a versatile option for men with varying levels of BPH.

"Aquablation is revolutionizing the way BPH is treated," says Dr. Nicholas Franco. "It's effective, safe, and allows for a faster recovery with fewer side effects, which is exactly what patients are looking for."

## Looking Ahead

As more men seek alternatives to traditional BPH surgeries, Aquablation offers a promising solution. Dr. Nicholas Franco believes that this technology will continue to play a critical role in improving patient outcomes and enhancing the quality of life for men dealing with prostate enlargement.

"For those suffering from the frustrating symptoms of BPH, Aquablation represents a significant advancement in treatment," Dr. Nicholas Franco concludes. "It allows men to regain control of their urinary health without the downsides of more invasive surgeries."

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