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# UNDERSTANDING PROSTATE ARTERY EMBOLIZATION

A Modern Patient Guide to Minimally Invasive Treatment for Enlarged Prostate (BPH)

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This guide was created to help patients and families better understand prostate artery embolization (PAE), what to expect during treatment, recovery, and how symptoms may improve over time.

## What Is BPH?

As men age, the prostate gland may gradually enlarge. Because the prostate surrounds the urinary channel, enlargement can make urination more difficult over time. Symptoms may include frequent urination, weak urinary stream, urgency, nighttime urination, interrupted flow, and incomplete bladder emptying.

## How Symptoms Affect Daily Life

For many men, urinary symptoms affect sleep, travel, confidence, exercise, and daily routines. Patients frequently begin planning their day around bathroom access or avoiding long drives and social situations.

## What Is Prostate Artery Embolization (PAE)?

PAE is a minimally invasive procedure performed by an interventional radiologist using advanced imaging guidance. A small catheter is guided through an artery in the wrist or groin to the arteries supplying blood to the prostate. Tiny particles are then used to reduce blood flow to the prostate, allowing it to gradually shrink over time.

## Why Patients Consider PAE

Patients often consider PAE because it avoids major surgery, large incisions, and removal of prostate tissue. Many patients are interested in faster recovery and lower risk of certain sexual side effects associated with some surgical procedures.

## Potential Benefits

- Minimally invasive
- Usually outpatient
- Faster recovery for many patients
- No large incision

- Alternative to traditional surgery

## The Day of the Procedure

Most patients arrive the morning of the procedure and return home the same day. Patients are typically asked not to eat or drink after midnight. An IV is placed for medications and fluids, and moderate sedation is commonly used to help patients relax and remain comfortable.

## During the Procedure

A small catheter is inserted through an artery in the wrist or groin. Using advanced imaging guidance, the arteries supplying the prostate are identified and treated. Most patients do not experience significant pain during the procedure.

## Recovery After PAE

Recovery after PAE is generally easier than traditional prostate surgery, although temporary urinary symptoms are common during the first several days.

## Common Temporary Symptoms

- Mild pelvic discomfort
- Burning with urination
- Increased urinary frequency
- Fatigue
- Temporary worsening before improvement

## Risks and Safety

Serious complications are uncommon when PAE is performed by experienced physicians trained in embolization techniques. However, all procedures carry risks including infection, bleeding, urinary retention, and the potential need for future treatment.

## Understanding the IPSS & Quality of Life Score

The International Prostate Symptom Score (IPSS) questionnaire helps measure urinary symptom severity and track improvement after treatment. The Quality of Life score helps patients describe how much symptoms affect sleep, travel, and daily activities.



## Frequently Asked Questions

- Will I need a catheter?
- Will this affect erections or sexual function?
- How long before I can travel or golf?
- Can I still see my urologist?
- How long does improvement last?



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