

# Urologist Treats BPH with Laser

**Innovative laser procedure that can eliminate the symptoms of BPH minimally invasively is now available in the doctor's office.**

**F**reedom is one of the perks of retirement. However, Randolph Ryerson found that the catheter he was forced to wear due to a urinary issue restricted many of his daily activities.

**MICHAEL C. SOLOMON, MD, P.A., FACS**

"It's kind of hard to walk around and do your normal functions," Randolph reports.

He was seeing a local urologist, but was dissatisfied, so he asked his wife to find him another physician. Randolph's wife searched online and discovered Michael C. Solomon, MD. Randolph made an appointment.

Randolph still remembers their initial meeting: "I explained my situation, and he told me right from the beginning, he said, *I'm a by-the-book doctor. I do everything according to the book. It may take a little time to get to the end results, but by the time you get to the end results, I'll have you peeing like a twenty-year-old.* Those were his exact words."

Dr. Solomon then ran an extensive series of tests, including a biopsy to check for the presence of cancer, to determine the cause of Randolph's symptoms. When all the results were in, Dr. Solomon gave Randolph his diagnosis: benign prostatic hyperplasia (BPH), an enlarged prostate gland.

"After the biopsy was taken and they discovered there was no cancer, he said, *At this point, we can go ahead with the laser surgery.*" explains Randolph. "He lasered my prostate, and it's been quite a while now and everything's functioning properly, and he was one hundred percent right in what he said."

## Not the only one

Randolph is not alone in his satisfaction with Dr. Solomon and his new laser procedure for BPH. Before he retired south, Stuart Singer asked his urologist in New York for a referral to a doctor in Florida. His doctor, a classmate of Dr. Solomon, was quick to recommend the local urologist.



**Michael C. Solomon, MD, P.A., FACS**, is a diplomate of the American Board of Urology and a fellow of the American College of Surgeons. He completed his undergraduate education at the State University of New York (SUNY) at Binghamton, receiving a Bachelor of Science degree in biology. Dr. Solomon went on to earn his medical degree at New York Medical College and SUNY Health Science Center at Brooklyn. His postgraduate training includes a residency in the Department of Urology at SUNY Health Science Center at Brooklyn, where he served as chief resident. Dr. Solomon also was a research fellow in the Urology Service, Department of Urology at Memorial Sloan-Kettering Cancer Center in New York. Among his professional affiliations, Dr. Solomon is a member of the American Urology Association, the American College of Surgeons and the American Association of Clinical Urologists.

"I had some issues with my prostate, so I went to see him," relates Stuart. "I had urgency to go, which was the biggest problem. I didn't have a problem not going. I had a problem just having to go instantly, and it was pretty painful. That made things a little tough.

"We liked him a lot," Stuart says of his and his wife's first impression of Dr. Solomon. "We were very happy with the man."

As with Randolph, Dr. Solomon recommended to Stuart the new laser procedure to treat his BPH.

"He said that this would eliminate most medicine. I said, *All right, that's great.* As long as I got rid of the medication, that would be fine. I'm not crazy about medication.

"I just did it, the laser treatment," observes Stuart, who had the procedure just days ago, "and he said that should eliminate my problem as far as an enlarged prostate, and so far it's working."

## Old problem, new treatment

BPH, benign prostatic hyperplasia, is a common issue in men as they age. As a man gets older, his prostate will enlarge due to testosterone, not a cancerous growth. It is this enlargement of the prostate that results in compression of the urethral canal and causes partial or complete obstruction of the urethra, the tube that carries urine from the bladder out of the body. This obstruction interferes with the normal flow of urine.

"A majority of men who get older will have some enlargement of their prostate, and when that prostate enlarges, it kinks off the urethra or it compresses the urethra," describes Dr. Solomon. "That causes the obstructive symptoms, makes it difficult for them to urinate.

"Symptoms can vary and include a decrease in the force of the stream, urinary hesitancy, straining to void, incomplete bladder emptying, frequency, urgency, some urge incontinence, not being able to make it to the bathroom in time, having accidents and waking up at night to urinate. As they get older, these symptoms can cause disruptions in their everyday lives."

There are medical and surgical treatments for BPH, but not all men desire to go through a major surgical procedure, with its accompanying risks and lengthy recovery period, or take daily medication to manage their urinary issues.

"Some patients can't afford the medication," points out Dr. Solomon. "Some patients have side effects of the medication, and some patients don't like to take medication."

Dr. Solomon now offers a perfect third option for treating BPH: EVOLVE Laser ablation of the prostate. Laser ablation of the prostate is a minimally invasive procedure that Dr. Solomon is able to perform in the comfort of his medical office or in an outpatient surgery center



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Randolph and Stuart are grateful for Dr. Solomon and his technique.

if the patient prefers.

"This procedure requires no hospital admission," offers Dr. Solomon. "If we do it in the office, there's no general anesthesia. It's just a local prostate block. Afterward, the patient urinates like he's young again."

During the procedure, the EVOLVE Laser melts away the obstructing prostate tissue that is responsible for the symptoms associated with BPH, making room for an unencumbered flow of urine in the urethra. The process takes about 30 to 45 minutes to complete.

"There's no bleeding," stresses Dr. Solomon. "There's minimal discomfort and recovery time, and typically two or three weeks after the procedure, patients are able to discontinue the medication they were taking. Essentially, it alleviates all the bothersome symptoms and makes life much better."

## Dynamic duo

Both Randolph and Stuart believe the laser procedure is a good treatment option for BPH.

"I thought it was perfect," comments Randolph. "It solved the problem that I had, and I haven't had any problems since then. I got rid of the catheter five days after the surgery. It's exactly like he said it would be."

"The procedure itself was very easy," adds Stuart. "It's a fairly straightforward procedure. It's not a painful procedure. I'm having a little discomfort, but it's manageable. I have no symptoms now, nothing.

"I know from the people I spoke with, they said they can't believe the

results, it's been that good, and so far I'm very happy."

The men were just as impressed with Dr. Solomon and his staff.

"We never questioned what he said," notes Stuart. "So far, whatever he told us was excellent. He gave us great advice and we stayed with that."

"He was very honest and truthful with everything that he did," concurs Randolph. "I was very happy with the service that I got there from him and his staff."

Randolph and Stuart are quick to recommend Dr. Solomon and the EVOLVE Laser ablation procedure.

"I told the doctor that anytime he wanted a recommendation from anybody or one of his patients wanted to talk to somebody, to feel free to have them call me and I would explain my situation to them," offers Randolph.

"I always recommend him," remarks Stuart. "I recommend him to all my friends. I think this is a great way of going."

FHCN—Patti DiPanfilo

## Want to know more?

Dr. Michael Solomon and his staff look forward to meeting the readers of Florida Health Care News. For more information about this article topic or any of their services, or to schedule an appointment, call the office at (772) 242-9368. The office is conveniently located at 555 NW Lake Whitney Place, Suite 103, in Port St. Lucie. Visit them online at [www.michaelsolomonmd.com](http://www.michaelsolomonmd.com).

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