

SPECIALIZED CARE JUST FOR MEN

The Men's Health Program at El Camino Hospital Los Gatos is a unique offering of comprehensive health care services tailored to our male patients. The program was initiated with a focus on urology, but it has grown to encompass a broader range of care.

We have found that men may seek help for common urologic issues (prostate enlargement, incontinence, or erectile dysfunction), but these problems can be symptoms of more serious conditions. Often a condition, such as erectile dysfunction, is actually a symptom of a much more serious disease affecting the heart and vascular system. So we take the time to work closely with patients to evaluate overall health. That's why our Men's Health Program has evolved to a collaborative approach between specialists in all areas of men's health, including cardiovascular, ENT, gastroenterology, internal medicine, orthopedics, and sleep disorders.

Our program offers a full-service, discreet environment where men can receive the best in diagnostic evaluation and expert, advanced treatments.

To learn more about the Men's Health Program, visit www.elcaminohospital.org/menshealth or call 408-866-7331.

OUR COLLABORATIVE APPROACH TO COMPREHENSIVE CARE

Men have unique health needs — and they're not all related to urology issues. The human body is an intricate system, and each function is reliant on another. Regular check-ups, maintenance, and inspections help keep you on the track to good health.

We will address concerns proactively and confidentially, drawing on a wide range of specialists experienced in men's health for an effective all-points inspection. We understand that men are often reluctant to visit a physician, so we take advantage of every visit to offer insightful, complete care.

About El Camino Hospital

As an independent, nonprofit hospital with campuses in Mountain View and Los Gatos, we are empowered to do whatever it takes to bring you the finest quality care. Our leadership helps foster a dynamic, collaborative, innovative environment. El Camino Hospital physicians actively seek out the latest treatments and technologies to benefit our patients. And all of our nurses, staff, and volunteers share our commitment to excellence. Together, we do our utmost to bring you compassionate, comprehensive medical care that is truly state-of-the-art. Our key medical specialties include cancer care, heart and vascular services, genomic medicine, urology, orthopedic and spine surgery, rehabilitation services, senior health, and women's health.

For a more detailed look at our capabilities, please visit our website at www.elcaminohospital.org.

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408-378-6131
www.elcaminohospital.org

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Men's Health Program



OVERVIEW OF SERVICES

Need a doctor referral? Visit our website or call the El Camino Hospital Health Line at 800-216-5556.



MEN'S HEALTH PROGRAM OVERVIEW

With expertise in a range of areas in addition to urology, our specialists see your health from every angle. We work collaboratively to connect the dots on health care issues that could be related. This is where holistic care becomes a reality.

Cardiovascular

Disorders of the cardiovascular system can lead to issues elsewhere in the body, such as reduced blood flow. World-class experts and leading-edge treatments keep our cardiovascular program state-of-the-heart.

Ear, nose, and throat (ENT)

Dizziness, allergies, hearing loss — these modest issues can have a profound impact on men's health, so we assess them carefully and completely.

Gastroenterology (GI)

Colonoscopies are one of the most common procedures performed by gastroenterologists. Problems with the digestive system, acid reflux, and heartburn — all more common as men age — can be treated by a gastroenterologist.

Internal medicine

Specialists in internal medicine play an important role in looking at the bigger picture of your overall health.

Orthopedics

Our orthopedic physicians have you covered from prevention to diagnosis to treatment and rehabilitation, whether you're a weekend warrior, golfer, casual gardener, or professional athlete.

Sexual dysfunction

While research suggests that sexual dysfunction is common (43 percent of women and 31 percent of men report some degree of difficulty), it is a topic many people are hesitant to discuss. Fortunately, most cases of sexual dysfunction are treatable.

Sleep disorders

An estimated 95 percent of Americans with sleep disorders go undiagnosed — and sleep apnea in men is often part of the same spectrum of conditions as erectile dysfunction.



LEADING-EDGE UROLOGY SERVICES

Led by board-certified urologists, our Men's Health Program is the only one of its kind in Santa Clara County supported by a hospital-based urology specialty.

Some of the most common urologic problems affecting men, especially as they age, are incontinence, sexual health issues, including erectile dysfunction (ED) and hormone (testosterone) deficiency, and benign prostatic hyperplasia (BPH).

Incontinence treatments for men

Our nonsurgical treatment for male incontinence includes herbal supplements, prescription medications, and behavioral modifications such as timed voiding and fluid intake management. Minimally invasive therapy and surgical treatment options are also available.

Erectile dysfunction (ED)

We offer the full spectrum of therapy for ED to ensure that almost all men will have improvements in erectile function, adequate for having penetrating intercourse.

Testosterone deficiency (andropause)

Testosterone deficiency results from loss of endogenous testosterone production in the aging male. Our testosterone replacement therapies have been shown to improve the symptoms of testosterone deficiency.

Benign prostatic hyperplasia (BPH) treatment

Enlargement of the prostate (prostatic hyperplasia) is a natural part of aging that occurs in most men. El Camino Hospital Los Gatos urology services offer three different outpatient procedures to treat this problem.

• GreenLight™ Laser Therapy (photoselective vaporization of the prostate)

A thin fiber, inserted into the urethra through a cystoscope, delivers laser energy to remove obstructive prostatic tissue. The laser energy precisely vaporizes and destroys the tissue blockage.

• Cooled transurethral microwave thermotherapy (TUMT)

A special catheter is inserted in the urethra to destroy excess prostate tissue through microwave heating. Over the course of several months, the body gradually reabsorbs the treated prostatic tissue, and the obstruction disappears.

• Gyrus™ for transurethral resection of the prostate (TURP)

This procedure involves inserting a scope, a light source, and an instrument into the urethra, which is irrigated with a saline solution. The surgeon uses an instrument called the Gyrus™ PlasmaKinetic resectoscope to remove excess prostatic tissue.



Men are 70 percent less likely to seek medical treatment when compared to their female counterparts. —

U.S. Department of Health and Human Services



MEN'S HEALTH PROGRAM OVERVIEW

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A special catheter is inserted into the urethra to destroy excess prostate tissue through microwave heating. Over the course of several months, the body gradually reabsorbs the treated prostatic tissue, and the obstruction disappears. This procedure is done under a local anesthetic, not under general anesthesia.
- **Gyrus™ for transurethral resection of the prostate (TURP)**
This procedure involves inserting a scope, a light source, and an instrument into the urethra, which is irrigated with a saline solution. The surgeon uses an instrument called the Gyrus™ PlasmaKinetic resectoscope to remove excess prostatic tissue. Patients undergoing the procedure receive either general or spinal anesthesia, and are treated as hospital "short stays" or outpatients.



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