

Our Experienced Team

Our Vascular and Interventional Radiology (VIR) division offers **world-class, minimally invasive treatments** for multiple conditions without the need for open surgery.

All of our board-certified physicians have **Harvard Medical School faculty appointments** and extensive, sub-specialized training in VIR.

We have also been **nationally and internationally recognized** for our clinical, academic, and research contributions to medical imaging.



Dr. Sahil Mehta (above) is a nationally known expert in PAE and has performed more PAEs than any physician in Greater Boston.

Here's What Our Patients Are Saying

“It was a blessing for me. I knew it worked when I was able to play a round of golf without having to [use the restroom] and drove here for my follow-up appointment and didn't have to pull over once.”—**2019 PAE patient treated by Dr. Mehta**

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“Before, he would get up three times during any dinner and four times every night. Now, never. I'm amazed at how well it worked and how easy it was for him to recover.”—**Wife of 2019 PAE patient**

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“During the first week [after PAE], I was already much more comfortable and getting a lot of the benefits in terms of being able to urinate and not having the urgency. I was pleasantly surprised because the process was relatively painless.”—**2019 PAE patient treated by Dr. Mehta**

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Prostate Artery Embolization: A New Approach to Treating BPH



The Division of Vascular
and Interventional Radiology

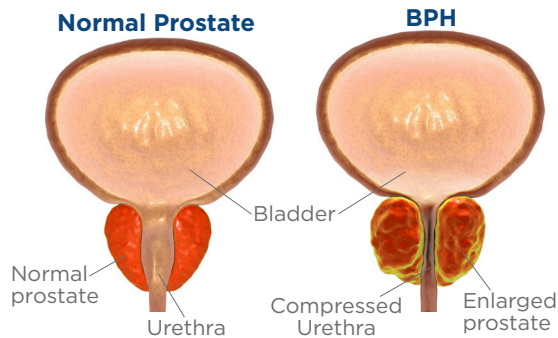
To Schedule a Consultation:
617-754-2325 or
IR@bidmc.harvard.edu

Learn More

bidmc.org/interventionalradiology

What is benign prostatic hyperplasia (BPH)?

BPH is the non-cancerous growth of the prostate gland, which is near the bladder (pictured below). It affects roughly 50 percent of men in their 50s and up to 90 percent of men in their 70s and 80s.

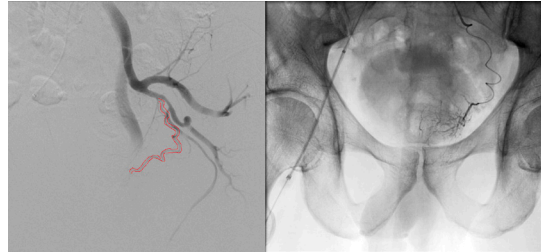


With BPH, the total number of cells in the prostate gland rises through an increase in cell growth and/or a decrease in normal cell elimination. As the prostate gland grows, it can slow or stop the flow of urine from the bladder. This and BPH can be categorized as lower urinary tract symptoms (LUTS).

What are the symptoms of BPH/LUTS?

- Frequent urination
- Urgency to urinate
- Poor urine stream
- Incomplete bladder emptying

What is prostate artery embolization (PAE)?



PAE is a novel approach for treating BPH/LUTS by shrinking the prostate through its blood vessels. Through image guidance, an interventional radiologist makes a tiny incision in either the groin or the wrist to insert a catheter into an artery, guiding the small tube to the prostate blood vessels (shown in the images above).

From there, the interventional radiologist **blocks the blood flow to specific areas of the prostate** to reduce the flow of oxygen to those cells and shrink the prostate gland.

PAE eliminates many of the risks of traditional surgeries, such as as transurethral resection of the prostate (TURP), which include the need for general anesthesia, a catheter, a high risk of bleeding, and potential impotence.

What are the benefits of PAE?

- Same-day outpatient procedure
- No invasive surgery or incisions
- No urinary incontinence or sexual side effects
- Fast recovery with the ability to return to work within a few days
- Superior results that allow most men to stop all BPH medications after the procedure and return to a normal urinary frequency and stream

What are the potential side effects?

Minor side effects include frequent and/or painful urination, pelvic pain, blood in the urine and/or stool, and diarrhea. By using precise X-rays and contrast dye, we can lower the risk of any adverse side effects. When minor side effects do occur, they most often resolve naturally on their own.

Other Questions?

Call us at 617-754-2523
or email IR@bidmc.harvard.edu