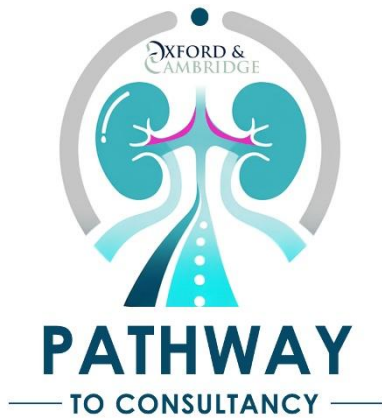




Pathways Course

Management of Benign Prostate Enlargement

**Venue: Storz HQ, 415 Perth Avenue, Slough,
Berkshire, SL1 4TQ, United Kingdom**

Dates: 22nd/23rd Sept 2026

Timetable:

Day 1 (Tuesday 22nd Sept 2026 evening)

From 1700 – Arrival

1930 Dinner

Accommodation in Premier Inn with breakfast

Day 2 (Wednesday 23rd Sept 2026)

0830 – 0930 – Mr Wasim Mahmalji

- **Pathophysiology & Epidemiology of BPE**
 - Anatomy and physiology of the prostate
 - Risk factors and prevalence
 - Pathogenesis of benign prostatic hyperplasia (BPH)
 -
- **Clinical Presentation & Diagnosis**
 - Common symptoms and progression of BPE
 - Guidelines on history-taking and symptom assessment
 - Use of validated symptom score questionnaires (e.g., IPSS)
- **Investigations & Diagnostic Modalities**
 - Digital rectal examination (DRE) and prostate size evaluation
 - Prostate-specific antigen (PSA) testing and role in BPE management
 - Role of imaging (transrectal ultrasound, MRI)
 - Role of urodynamic studies for assessing bladder outlet obstruction

0930 – 1030 – Ms Elsie Mensah

- **Non-Pharmacological & Lifestyle Modifications**
 - Natural history of BPE
 - Dietary and behavioural interventions
 - Role of physiotherapy and pelvic floor exercise
- **Pharmacological Management**
 - Overview of alpha-blockers and 5-alpha reductase inhibitors with discussion of possible side effects.
 - Anticholinergics and beta-3 agonists for bladder dysfunction with discussion of possible side effects.
- **Minimally Invasive Therapies**
 - Prostatic artery embolization
 - Rezūm
 - UroLift
 - Other: Itind, transperineal laser treatment etc.

1030-1100 Coffee break

1100-1215 – Mr Wasim Mahmalji

- **Surgical Management Options**
 - Greenlight laser
 - Transurethral resection of the prostate (TURP) – bipolar / monopolar
 - Aquablation
 - Holmium laser enucleation of the prostate (HoLEP)
 - Open / lap / robotic prostatectomy
- **Complications & Postoperative Management**
 - Managing urinary retention and infections
 - Long-term follow-up strategies

1215- 1300 Lunch

1300-1530 Hands-On Workshop

- Practical demonstration of different surgical techniques in simulators and models

1530-1615 - Ms Elsie Mensah & Mr Wasim Mahmalji

Interactive session: What procedure would you offer this man?

- **Patient-Centred Care**
 - Patient education and shared decision-making
 - Decision making algorithm
 - Case based discussion
 - Different case scenarios are presented to delegates in turn for discussion on decision making

1615-1630 Close