

## MODERN UROLOGIST

DR. DAVID SHUSTERMAN OFFERS CUTTING EDGE PROSTATE CARE  
—WITHOUT THE KNIFE

BY EMILY YORKE

### What is prostate artery embolization (PAE)?

PAE is a breakthrough, nonsurgical treatment for benign prostatic hyperplasia (BPH), or prostate enlargement. This minimally invasive procedure reduces the size of the prostate by blocking blood flow to the overgrown tissue, without cutting, anesthesia, hospital stay, or downtime.

### Why does prostate enlargement cause these symptoms?

As the prostate enlarges, it presses against the urethra and bladder, blocking normal urine flow. This can lead to symptoms like frequent urination, weak stream, urgency, night-time trips to the bathroom, and incomplete emptying. Over time, this pressure can significantly reduce your quality of life.

### How is PAE different from traditional prostate surgery?

Unlike TURP, laser surgery, or Rezum, PAE requires no incisions and no catheter post-op. Most men return to normal activity within a day. There's no sexual-side-effect risk, minimal recovery, and no need to take time off work or life. No cutting or incisions, only advanced imaging and medication delivered to the right places.

### Why choose PAE over prostate medication?

Medications like alpha-blockers or 5-alpha-reductase inhibitors often come with side effects—dizziness, fatigue, sexual dysfunction—and only provide small temporary relief. PAE delivers permanent results, safely and effectively, without the long-term dependence on pills.

### Is PAE right for me?

If you're waking up multiple times at night to urinate, constantly looking for a bathroom, or are tired of the side effects of BPH meds, PAE may be the ideal option. It's a widely studied and safe treatment for men seeking relief from symptoms of an enlarged prostate.

### Why choose Dr. David Shusterman and his team at Modern Urologist?

They are the most experienced providers of PAE in the tristate area, with hundreds of successful procedures performed and a track record of delivering life-changing results. Dr. David Shusterman and his team of interventional specialists are leaders in minimally invasive care.

### Where are they located?

Modern Urologist's offices are conveniently located in Forest Hills, Queens, and Midtown Manhattan, just steps from Grand Central Station. We treat patients from all over the U.S. and abroad.

### What results can I expect?

Patients often report immediate symptom relief: fewer bathroom trips, uninterrupted sleep, stronger urine flow, and renewed confidence. No more planning your day around bathroom breaks. With PAE, you get your life back.

### How do I schedule a consultation?

Please call **212.991.9991** to book your appointment or you may please visit **modernurologist.com** or **1Prostate.com** for more information.

