

## Fast Facts

### Benign Prostatic Hyperplasia (BPH)

- Also known as prostate gland enlargement
- Common condition that men experience as they age
- Prostate gland is located underneath the bladder. The urethra is the tube that allows you to get urine from your bladder through your penis and it passes through the middle of the prostate. So, as the prostate enlarges, it puts pressure on the urethra and can block the flow of urine
- Not clear what causes the prostate to grow, but it's thought to be related to changes in sex hormones as men grow older
- Main risk factor is age with about a third of men having moderate to severe symptoms by age 60 and half by age 80
- Other risk factors include a family history of prostate problems, having diabetes or heart disease and being obese
- Exercising can actually lower your chances of developing the disorder
- Symptoms vary in severity and size of prostate doesn't determine severity
- Complications include urinary tract infections, bladder stones, bladder damage, kidney damage, and inability to urinate
- If at any point you're unable to pass any urine, you should go to the nearest emergency room

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Frequent/urgent need to urinate</li> <li>-Increased frequency of urination at night</li> <li>-Difficulty starting urination</li> <li>-Weak urine stream</li> <li>-Urine stream that stops and starts while going</li> <li>-Dribbling at the end of urination</li> <li>-Inability to completely empty the bladder</li> </ul>	<p><i>Medications:</i></p> <ul style="list-style-type: none"> <li>-Alpha blockers</li> <li>-5-alpha reductase inhibitors</li> <li>-Both together</li> </ul> <p><i>Procedures:</i></p> <ul style="list-style-type: none"> <li>-Transurethral resection of the prostate (TURP)</li> <li>-Transurethral incision of the prostate (TUIP)</li> <li>-Transurethral microwave thermotherapy (TUMT)</li> <li>-Transurethral needle ablation (TUNA)</li> <li>-Laser therapy (ablative or enucleative)</li> <li>-Prostatic urethral lift (PUL)</li> <li>-Embolization</li> <li>-Prostatectomy</li> </ul>	<p><i>Reduce discomfort:</i></p> <ul style="list-style-type: none"> <li>-Go to the bathroom when you first feel the urge</li> <li>-Try to urinate on a schedule</li> <li>-Avoid caffeine and alcohol</li> <li>-Don't drink anything for an hour or two before going to bed</li> <li>-Don't take decongestants or antihistamines without talking to your doctor</li> <li>-Try double voiding (when you urinate and then urinate again a few moments later)</li> <li>-Keep your body warm</li> <li>-Live a healthy lifestyle (eating nutritious foods and getting plenty of exercise)</li> </ul>

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