



Understanding Benign Prostatic Hyperplasia (BPH)

The prostate goes through two main growth periods as a man ages. The first occurs early in puberty, when the prostate doubles in size. The second phase of growth begins around age 25 and continues during most of a man's life. Benign prostatic hyperplasia (BPH) often occurs with the second growth phase.

Common Facts:

- Cause of BPH is not well understood, however, it occurs mainly in older men
- BPH is the most common prostate problem for men over 50
- In 2010, as many as 14 million men in the U.S. had urinary tract symptoms suggestive of BPH

Symptoms:

- Urinating eight or more times a day
- Inability to delay urination
- Trouble starting a urine stream
- A weak or an interrupted urine stream
- Incontinence
- Pain after ejaculation or during urination

Diagnosis:

- Rectal exam
- Medical Testing
- Urinalysis
- PSA Blood Test

Lifestyle Changes

- Reducing intake of liquids, particularly before going out in public or before sleeping
- Avoiding or reducing caffeinated beverages and alcohol
- Avoiding or monitoring medications such as decongestants, antihistamines, and diuretics
- Training the bladder to hold more urine for longer periods

Medications

- Alpha Blockers- Reduce blockage, improve urine flow
- Combination Medications- Two classes of medications combined has shown to improve symptoms, urine flow, and quality of life