



MEN'S HEALTH (Benign Prostatic Hyperplasia)

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Benign prostatic hyperplasia

The prostate is a male sex gland which produces a thick fluid that forms part of the semen. Benign prostatic hyperplasia (BPH) is an enlargement of the prostate due to non-cancerous growth within the gland.

Causes:

- believed to be due to a normal physiological process of aging.
- very common condition found in older men.
- affects more than half of all men aged over 60 years, and up to 90% of men aged over 80 years.

Although the growth is benign, progressive enlargement of the gland may cause significant obstruction of the urethra and interfere with the normal flow of urine.

Common symptoms:

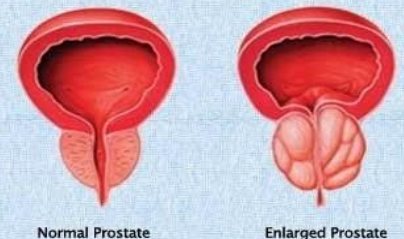
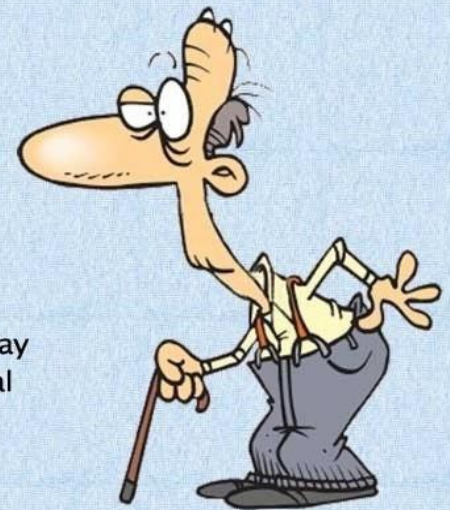
Less than half of all men with BPH do not show any symptoms of the disease. For the symptomatic ones, common symptoms are

- Hesitancy: having to wait before you start to urinate.
- Frequency: having to urinate more often than previously.
- Nocturia: needing to get up at night to urinate.
- Weak urine flow.
- A burning sensation or pain while urinating.

In severe cases, the bladder cannot expel urine and results in urinary retention, causing swelling and pain in the lower abdominal area. Many symptoms of BPH are similar to those found with prostate cancer, but they are not related. Having BPH does not increase the risk of prostate cancer.

Prevention:

The benign enlargement of the prostate is a normal physiological process. There is no specific preventive method.





During suspicious symptoms:

If you notice any symptoms as described above, you should consult a doctor immediately. For suspected cases, the doctor may carry out some investigations.

- blood tests,
- rectal examination,
- urine tests,
- ultrasound examination and procedures to obtain tissue samples for laboratory examination to isolate any cancerous cells.



Ultrasound Examination

Treatment:

The doctor will recommend the optimal treatment depending on the size of prostate gland, along with the extent to which it affects the patient's life, and the presence of any other medical conditions.

For some men, especially those who are old or have other medical problems, the choice of "treatment" may simply be "watchful waiting" with regular medical examination to monitor the situation and prevent complications.

Effective treatments for BPH include surgery and drug therapies, alone or in combination, to decrease the size of the prostate or reduce the severity of symptoms.



Self protection:

If you have a diagnosis of BPH, there are many things you can do to cope better and to improve your quality of life, including:

- Avoid drinking large volumes of fluids at one time, or before bed.
- Limit your intake of drinks containing alcohol or caffeine.
- Use prescribed medications properly. Some cough mixtures, anti-cold or decongestant medications may aggravate the symptoms.
- Treat urinary infection early.
- Maintain a healthy weight.

Understanding illness and its treatment will enable to cope better. If you have any suspicions, you should seek medical advice.

