

INTRODUCTION TO

BENIGN PROSTATIC HYPERPLASIA (BPH)

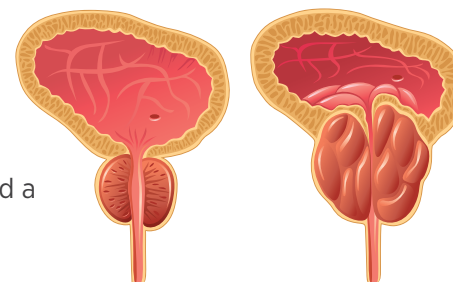
- Benign prostatic hyperplasia (BPH) is a non-cancerous enlargement of prostate gland and is a very common urological condition seen in men above 40 years of age.¹
- Lower urinary tract symptoms (LUTS) are related to problems with your lower urinary tract (including the bladder, prostate and urethra), and often occur due to BPH.¹
- LUTS and BPH are conditions that affect an increasing number of men within the aging population.^{2,3}
- Signs and symptoms of BPH start when the enlarged prostate puts pressure on the urethra and bladder. This narrows and blocks the urethra, which causes difficulties in urination, thus affecting the patient's quality of life.¹



PROSTATE HEALTH AND BPH

BPH involves enlargement of prostate gland¹

- BPH is not a cancer and does not cause cancer.
- BPH being a non-cancerous condition, is not usually life-threatening.
- BPH does not increase the risk of prostate cancer and is not considered a health problem unless it causes symptoms.
- Some men develop BPH symptoms while others do not.
- Chances of BPH increases with increasing age, therefore men above 40 years must visit a specialist once a year and get checked for symptoms.⁴



SYMPTOMS OF ENLARGED PROSTATE CAUSING BPH^{2,3}



FREQUENCY



NOCTURIA



WEAK STREAM



INCOMPLETE
EMPTYING



INTERMITTENCY



STRAINING



URGENCY

BPH: Benign prostatic hyperplasia. **References:** 1. Roehrborn CG. Benign prostatic hyperplasia: An overview. *Rev Urol.* 2005;7(Suppl 9):S3-S14. 2. Alawamlh OAH, Goueli R, Lee RK. Lower urinary tract symptoms, benign prostatic hyperplasia, and urinary retention. *Med Clin North Am.* 2018 Mar;102(2):301-11. doi: 10.1016/j.mcna.2017.10.005. 3. Abrams P, Cardozo L, Fall M, Griffiths D, Rosier P, Ulmsten U et al. The standardisation of terminology of lower urinary tract function: Report from the Standardisation Sub-committee of the International Continence Society. *NeuroUrology.* 2002;21(2):167-78. 4. Lim KB. Epidemiology of clinical benign prostatic hyperplasia. *Asian J Urol.* 2017 Jul 1;4(3):148-51. 5. Alawamlh OAH, Goueli R, Lee RK. Lower urinary tract symptoms, benign prostatic hyperplasia, and urinary retention. *Med Clin North Am.* 2018;102(2):301-11.

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