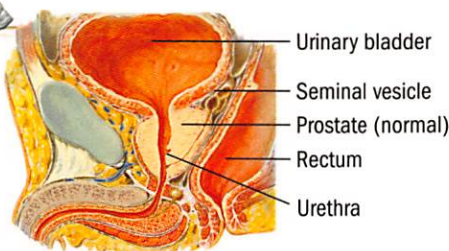


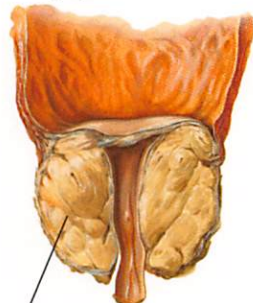
# MANAGING YOUR ENLARGED PROSTATE



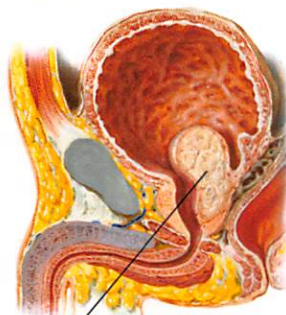
An enlarged prostate occurs in an estimated 90% of men in their 70s and 80s.



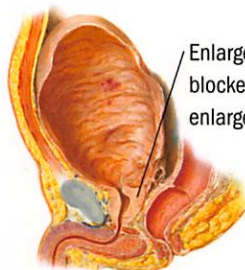
## Symptoms



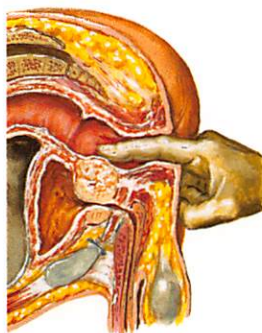
Enlarged prostate causing a narrow urethra



Enlarged prostate pressing into the bladder



Enlarged prostate causing blocked urine flow and an enlarged bladder



A rectal exam is usually the first step toward diagnosis.



Low urine flow suggests BPH. Urine tests and blood tests will be done to rule out cancer and other disorders.

## About the Prostate

The prostate is a walnut-sized reproductive gland in men. It produces a fluid that is a major part of the semen. It lies in front of the large intestine and below the urinary bladder (which stores urine). It surrounds the urethra, the tube that carries urine out of the body. The prostate often enlarges as a man ages.

## What Is Benign Prostatic Hyperplasia (BPH)?

BPH is the common condition of enlargement of the prostate gland. Benign means that BPH is not cancer. It is also not contagious or sexually transmitted.

## What Causes BPH?

The cause is unknown, but aging and male hormones are related to BPH.

## What Are the Symptoms of BPH?

Symptoms are rare before age 40 but occur in more than half of men in their 60s and as many as 90% in their 70s and 80s. Symptoms are related to difficulty urinating, including weak urine stream, urgency (need to urinate quickly), leaking or dribbling urine, and more frequent urination, especially at night.

Severe BPH can cause serious problems, such as infections, bladder or kidney damage, and incontinence. If bladder damage is permanent, BPH treatment may not work. When BPH is found earlier, it is less likely to cause serious complications.

## How Is BPH Diagnosed?

Diagnosis begins with a medical history and doctor's examination of the prostate with the finger (digital rectal examination). Blood and urine tests and a sonogram (ultrasound) may be done to evaluate for incomplete bladder emptying due to obstruction from an enlarged prostate and to exclude other causes of the symptoms. A blood test called prostate-specific antigen (PSA) may be used to rule out prostate cancer. The doctor should review risks and benefits of this controversial test.