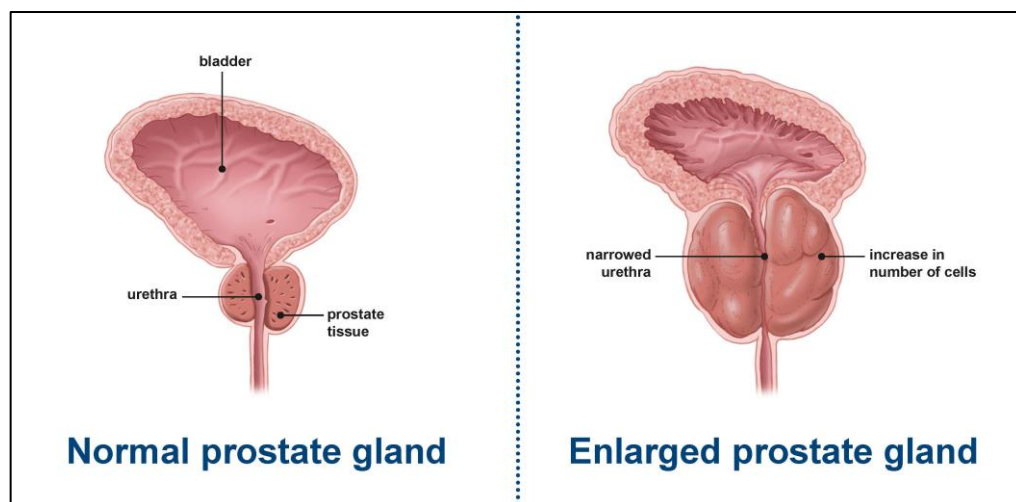


What is Benign Prostatic Hyperplasia (BPH)?

Benign Prostatic Hyperplasia (BPH) a non-cancerous enlargement of the prostate gland; the prevalence of the condition increases with age.

The enlargement of the prostate results in unwanted pressure and potential partial blockage to the urethra.

Subsequently, it is often associated with lower urinary tract symptoms (LUTS), which can make urinating difficult.



Although, BPH is a non-cancerous condition, it can have significant consequences in those affected including urinary frequency, urinary urgency and incomplete bladder emptying. If left untreated, LUTS can lead to complications including bladder infections or stones due to urine retention, or even kidney damage.¹

What is the prostate gland?

The prostate is a hormone-dependent gland that secretes about 20-30% of the volume of seminal fluid. The prostate gland is situated surrounding the urethra, which is the tube that carries urine from the bladder out of the body.²

What causes BPH?

Despite research efforts over the last five decades, the underlying cause of BPH is not well known. The two most common causes identified are hormones and age. The risk of developing an enlarged prostate increases as men get older. Many men over the age of 50 will have an enlarged prostate gland but not all will develop symptoms. The balance of hormones in the body changes as men get older and this may cause the prostate gland to grow.²

- Age
- Pre-existing diabetes
- Obesity
- Hereditary incidence of BPH

Is BPH common?

- BPH is particularly common in men over 50³
- In the UK, around 4 out of 10 men (40%) over 50, and 3 out of 4 men (75%) in their 70s have urinary symptoms caused by an enlarged prostate³.
- On average, other countries indicate BPH affects 50% of men between the ages of 51 and 60 and 90 percent of men over the age of 80.⁴

Symptoms of BPH

The most common symptoms of BPH include:²

- A weak urine flow
- Needing to urinate more, especially at night
- A feeling that the bladder has not emptied fully
- Difficulty starting to urinate
- Needing to rush to the toilet
- Blood in the urine

Diagnosis of BPH

Diagnosis of BPH can be performed by a GP or a urologist. Common diagnostic tools used include:⁵

- **International Prostate Symptom Score (IPSS):** a questionnaire to assess symptoms that asks men about their urinating habits over the past month

It is also important to rule out other conditions as some of the symptoms of BPH could be caused by prostate cancer.

- **Urine test:** This can identify a possible infection
- **Rectal examination:** This is to check for any changes in the prostate gland
- **Prostate-specific antigen (PSA) test:** A blood test can be used to measure the amount of the PSA protein that's produced by the prostate
- **Transrectal ultrasound (TRUS):** A TRUS is a type of ultrasound scan designed to study the prostate and the surrounding area
- **Computer tomographic (CT) urogram:** A CT urogram is used to study the bladder and the tubes through which urine passes through, also known as the ureter and urethra
- **Voiding charts:** This is a urination diary, which patients are asked to keep for 24 hours
- **Uroflowmetry:** Measures the pressure of the bladder and how well the bladder works when urinating

Impact of BPH

Having an enlarged prostate affects men in different ways. Some men are able to cope with their symptoms well and do not need treatment. Other men find that they need to be close to the bathroom at all times, which can make it difficult to work, drive, be outdoors and attend social events.²

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