

How will my BPH be treated?

Your doctor will discuss different treatments with you, based on your test results. If you have a urinary tract infection, it will be treated first. Medicine is one treatment option that may relieve your BPH symptoms. Your doctor also may suggest one of several minimally invasive procedures to relieve your BPH symptoms. Sometimes, surgery to remove the enlarged part of your prostate may be the best long-term treatment for you. How long you'll stay in the hospital will depend on the type of surgery you have and how quickly you recover.

What can I do to relieve my symptoms?

- Don't let your bladder get too full. Urinate when you feel the urge, but try to go at least every 2 to 3 hours
- Don't drink too much alcohol or drinks containing caffeine, which may irritate your bladder
- Don't drink anything for an hour or two before bedtime so you don't have to wake up to go to the bathroom
- Don't take over-the-counter medicines without checking with your healthcare provider. Some medicines, such as decongestants and antihistamines, make urinating difficult
- Try to do some form of exercise, for 30 minutes a day



GUIDEBOOK

Benign Prostatic Hyperplasia

BPH

Benign Prostatic Hyperplasia
Expert



DR. DEBADARSHI RATH

MS, M.Ch(UROLOGY)

REGD. NO : 15051

DR. DEBADARSHI'S ADVANCED UROCARE

37 Gayatri Vihar, Chandrasekharpur, Bhubaneswar, Odisha 751016, India

www.drdebadarshi.com 09437134979 @debadarshi_rath@yahoo.com

/DebaDarshiR /in/dr-debadarshi-rath-70953bb0/ /DebaDarshiRath /dr_debadarshi /DrDebadarshiRath

DR. DEBADARSHI'S ADVANCED UROCARE

37 Gayatri Vihar, Chandrasekharpur, Bhubaneswar, Odisha 751016, India

www.drdebadarshi.com 09437134979 @debadarshi_rath@yahoo.com

/DebaDarshiR /in/dr-debadarshi-rath-70953bb0/ /DebaDarshiRath /dr_debadarshi /DrDebadarshiRath

What is normal prostate?

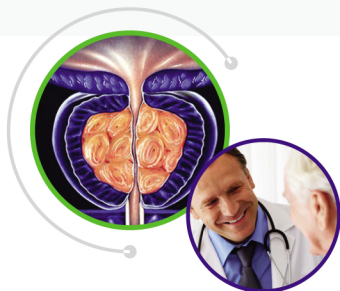
- The prostate is a golf ball sized gland in men. It is actually one organ composed of thirty to fifty tiny glands. The outside layer of the gland is composed of fibrous tissue
- The prostate gland is located underneath the bladder and in front of the rectum. The prostate gland surrounds the urethra. The urethra is the tube that carries urine from the bladder to the penis
- The function of the prostate gland is to add fluid and nutrients to sperm to make semen. The fluids and nutrients energize the sperm and make them move more effectively

What is benign prostatic hyperplasia?

- BPH isn't cancer, but it can cause health problems, such as urinary tract infections and bladder and kidney damage
- An enlarged prostate gland is a very common condition. As the prostate gland grows larger, it presses against the urethra, the tube that transports urine. This leads to difficulties with urination
- It is treatable with lifestyle changes, medications, or surgery

What are the causes of BPH?

- It isn't entirely clear what causes the prostate to enlarge. However, it might be due to changes in the balance of sex hormones as men grow older



What are the risk factors?

- **Aging:** About one-third of men experience moderate to severe symptoms by age 60, and about half do so by age 80
- **Family history:** Having a blood relative, such as a father or a brother, with prostate problems means you're more likely to have problems
- **Diabetes and heart disease:** Studies show that diabetes, as well as heart disease might increase the risk of BPH
- **Lifestyle:** Obesity increases the risk of BPH, while exercise can lower your risk

What are the symptoms I may have?

The severity of symptoms in people who have prostate gland enlargement varies, but symptoms tend to gradually worsen over time. Common signs and symptoms of BPH include:

- Frequent or urgent need to urinate
- Increased frequency of urination at night (nocturia)
- Difficulty starting urination
- Weak urine stream or a stream that stops and starts
- Dribbling at the end of urination
- Inability to completely empty the bladder

How will my doctor know I have BPH?

First, your healthcare provider will ask you questions about how often you urinate and if you've noticed any problems when you go to the bathroom. If it sounds like you might have BPH, some of these tests may be done:

- Digital rectal exam
- Urinalysis
- Prostate-specific antigen blood test
- Postvoid residual
- Urine flow study
- Ultrasonography

