

BENIGN PROSTATIC HYPERPLASIA

Benign prostatic hyperplasia (BPH), or enlarged prostate, is a common condition in older men. It occurs when the cells in the prostate multiply. This causes your prostate gland to get bigger, which squeezes the urethra and limits the flow of urine.

**[BPH
IS NOT
CANCER]**

Having BPH **does not** increase the chance of getting prostate cancer.

BPH is the **most common diagnosis** for men between the ages of 45 and 74.

EVERY 1 TO 2 HOURS



Some men with BPH feel the need to urinate every 1 to 2 hours, especially at night.

50%

of US men between the ages of 51 and 60 are affected by BPH.

90%

of US men over the age of 80 are affected by BPH.

National Headquarters: 1000 Corporate Boulevard, Linthicum, MD 21090

Phone: 410-689-3990 • Fax: 410-689-3878 • 1-800-828-7866 • info@UrologyCareFoundation.org • www.UrologyHealth.org



UrologyCareFoundation



@UrologyCareFdn



@UrologyCareFdn



UrologyCareFoun

3 WAYS THAT HEALTH CARE PROVIDERS DIAGNOSE BPH:

1. Taking a personal and family medical history.
2. Conducting a physical exam.
3. Ordering medical tests, if needed.

2 COMMON SYMPTOMS:

1. Having frequent urination.
1. Having a weak urine stream.

TESTS FOR BPH MAY INCLUDE:

1. A digital rectal exam
2. Blood tests
3. Imaging tests
4. Urine flow study
5. A cystoscope examination

3

PROBLEMS BPH CAN LEAD TO:

Bladder damage, kidney damage and infections.

5

RISK FACTORS FOR BPH:

Lack of exercise, obesity, aging, family history and hormone changes.

4

MAIN OPTIONS FOR MANAGING BPH:

Medication, surgery, lifestyle changes and active surveillance.

ACTIVE SURVEILLANCE means that your doctors will proactively monitor your BPH, but will not provide medical treatment right away. This may be a good option if your symptoms aren't too bothersome.

National Headquarters: 1000 Corporate Boulevard, Linthicum, MD 21090

Phone: 410-689-3990 • Fax: 410-689-3878 • 1-800-828-7866 • info@UrologyCareFoundation.org • www.UrologyHealth.org

[f](#) UrologyCareFoundation [t](#) @UrologyCareFdn [i](#) @UrologyCareFdn [p](#) UrologyCareFoun