



BPH (ENLARGED PROSTATE)

The prostate is a gland at the base of the bladder. As some men get older, the prostate may begin to increase in size. This problem is called **benign prostatic hyperplasia (BPH)**. BPH puts pressure on the urethra. This is the tube that carries urine from the bladder to the penis. It may interfere with the flow of urine. It may also keep the bladder from emptying fully, which leads to urgency, frequency and night time urination.

BPH can increase the risk of urinary infections. It can also block off urine flow completely. If this occurs, a thin tube (catheter) may be passed into the bladder to help drain urine.

If symptoms are mild, no treatment may be needed at this time. If symptoms are more severe, treatment is likely needed. The goal of treatment is to improve urine flow and reduce symptoms. Treatments can include medications and procedures. Your doctor will discuss treatment options with you as needed.

Home Care

Urinate as soon as you feel the urge. Do not try to hold your urine. Do not limit your fluid intake during the day. Drink 6 to 8 glasses of water or liquids a day. This prevents bacteria from building up in the bladder. Avoid drinking fluids after dinner. This may reduce urination during the night. Avoid medications that can worsen your symptoms. These include certain cold and allergy medications and antidepressants. Diuretics used for high blood pressure can also worsen symptoms. Talk to your doctor about the medications you take. Other drugs may work better for you.

Prostate Cancer Screening

BPH does not increase the risk of prostate cancer. Prostate cancer is a common cancer in men, screening is recommended for all men in general. This may help detect the cancer in its early stages when treatment is most effective. Screening often begins at age 50. Or it may begin earlier if you're at higher risk. Factors that can increase the risk of prostate cancer include being African-American or having a father or brother who had prostate cancer. A high-fat diet may also increase the risk of prostate cancer.

To learn more, go to:

National Kidney & Urologic Diseases Information Clearinghouse

kidney.niddk.nih.gov

800.891.5390

Get Prompt Medical Attention If any of the following occur:

- Fever of 100.4°F (38.0°C) or higher, or as directed by your healthcare provider
- Unable to pass urine for 8 hours
- Increasing pressure or pain in your bladder (lower abdomen)
- Blood in the urine
- Increasing low back pain, not related to injury
- Symptoms of urinary infection (increased urge to urinate, burning when passing urine, foul-smelling urine)