Benign Prostatic Hyperplasia (BPH)

What is it?
Benign (non-cancerous) enlargement of the prostate that occurs with aging. If the prostate becomes large enough it can squeeze on the urethra (a tube that carries urine from body) and prevent urine from fully emptying from the bladder.

How does it happen?
The exact reason for prostate enlargement is not known, however it is believed to be associated with hormones and growth factors.

What are possible symptoms?
- Changes in urinary stream
- Difficulty starting urination
- Increased urinary frequency/urgency
- Dribbling after urination
- Nighttime waking to urinate
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Who is likely to develop it?
Roughly 50% of men ages 50-60 will have BPH. Up to 90% of men over 80 years old will have BPH.

Potential complications?
- Bladder stones
- Urinary tract infection
- Reduced kidney function
- What are possible treatments?
- Medication
- Surgery

Where can I get more information?
For additional information, please seek further guidance from your primary care provider.

Sources