

Facts about


# BPH

[ BENIGN PROSTATIC  
HYPERPLASIA ]

BENIGN PROSTATIC HYPERPLASIA (BPH)


is simply an

**ENLARGED  
PROSTATE**

 *BPH is the*  
MOST COMMON  
**DIAGNOSIS**

MADE BY UROLOGISTS  
for men  
ages **45-74**

## BPH AFFECTS

about **50%**  between  
THE AGES OF **51 & 60**

 & up to  
**90%** OF MEN  
*over 80*

## SIGNS *of* BPH

- Having a hard time urinating
- Problems draining the bladder
- Dribbling after urination
- A weak urine stream
- Leaking urine (incontinence)
- Frequent urination
- Pain when urinating

## Heads UP!



If an enlarged prostate is ignored, the symptoms can lead to other health issues, such as:

- Damage to the bladder or kidneys
- Urinary tract infections
- Bladder stones

BPH is the **most common health issue** of the prostate; however, it is

*not linked to prostate cancer*

and does not cause problems in all men with the condition.



**COMMON RISK FACTORS OF BPH ARE:**

- Hormonal changes
- Family history
- Aging
- Obesity
- Lack of exercise

IF YOU HAVE BPH, THERE ARE  
*several choices*  
FOR TAKING CARE OF THE CONDITION

**THEY INCLUDE:**



MEDICATION



SURGERY



LIFESTYLE CHANGES



ACTIVE SURVEILLANCE

**2** THE PROSTATE GOES THROUGH  
**MAIN**  
*growth cycles as a man ages*

- 1 The first cycle occurs early in puberty, when the prostate doubles in size from very small to about the size of a walnut.
- 2 The second cycle starts around age 35 and goes on for most of a man's life, with BPH most often occurring during this growth phase.

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