Facts about BPH

BPH is simply an enlarged prostate

BPH is the most common diagnosis made by urologists for men ages 45-74

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.

Symptoms 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

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:

- Medication
- Surgery
- Lifestyle changes
- Active surveillance

The prostate goes through two 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.

For more information about BPH, visit the Urology Care Foundation’s website: UrologyHealth.org