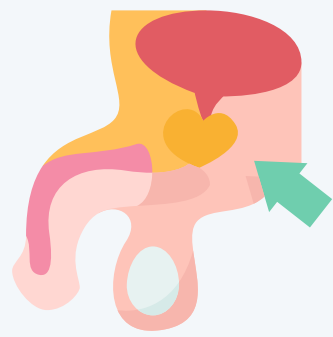




Benign Prostatic Hyperplasia (BPH)



What is it?

The prostate is a male reproductive organ that is located below the bladder and encircles the urethra. Benign prostatic hyperplasia (BPH) occurs when the prostate enlarges with aging. As the prostate continues to enlarge increased pressure is placed on the urethra leading to irritating symptoms when you pee. BPH has many other names such as benign prostatic hypertrophy and benign prostatic enlargement. It is also one of the most common diagnoses within urology.



Who is at risk?

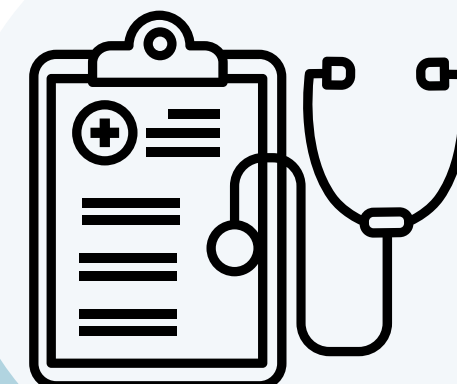
8 out of 10 men will develop BPH in their life

The main risk factors for BPH include being over the age of 50, being overweight, living a sedentary lifestyle, having a history of BPH in your family, or having erectile dysfunction.



What are the symptoms of BPH?

- **Trouble starting or stopping your urine stream**
- **Urinary retention:** being unable to empty your bladder while peeing
- **Frequency:** peeing more often than usual throughout the day (every 1-2 hrs)
- **Nocturia:** having to wake up more frequently throughout the night to pee
- **Weak stream:** decreased flow of urine while peeing
- **Urgency:** feeling as if you need to pee suddenly



How is it diagnosed?

Diagnosis of BPH is made by your practitioner conducting a detail history, physical exam including a digital rectal exam, and collecting a urinalysis. The decision to treat is made based on subjective and objective findings gathered during the interview and physical exam.

Subjective findings: incomplete emptying of your bladder, frequency, intermittency, urgency, weak stream, straining to pee, and nocturia

Objective findings: the size of your prostate, how strong is your urinary stream, and how much urine is left in your bladder after you pee

<https://www.mededmaterials.org>

Sources: [https://www.auanet.org/guidelines-and-quality/guidelines/benign-prostatic-hyperplasia-\(bph\)-guideline](https://www.auanet.org/guidelines-and-quality/guidelines/benign-prostatic-hyperplasia-(bph)-guideline)

[https://www.urologyhealth.org/urology-a-z/b/benign-prostatic-hyperplasia-\(bph\)](https://www.urologyhealth.org/urology-a-z/b/benign-prostatic-hyperplasia-(bph))

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