

BENIGN PROSTATIC HYPERPLASIA

Patient Fact Sheet

Introduction

You have been told that you have Benign Prostatic Hyperplasia (BPH). BPH is the normal, non-cancerous growth of the middle lobes of the prostate. It often starts when a man is about 45 to 50 years old. The prostate is a muscular, glandular organ that weighs about one ounce, is the size and shape of a walnut, and normally feels firm upon digital rectal examination (DRE). It produces fluid for semen, which carries sperm. Although the growth of the middle lobes of your prostate is normal, there are some symptoms you may notice when you pass urine. As men age, they are more likely to develop BPH. By age 80, about 80 percent of men have enlarged prostates, but only 40 to 50 percent of men actually develop any symptoms.

The symptoms that you might notice include

- Decreased force of the urine stream
- Feeling the need to pass urine more often, both during the day and at night
- A feeling that there is still urine in the bladder after passing urine
- Feeling pressure in the lower belly above the pubic bone, that is only partially decreased after voiding
- A gradual or sudden inability to urinate, even with strong urge

Signs that your health care provider may find on examination

- Possible bladder swelling in the lower belly above the pubic bone
- A large amount of urine left in the bladder after passing urine normally
- New urinary tract infection

- Enlargement of prostate on Digital Rectal Exam (DRE). Your health care provider will feel your prostate by inserting his/her gloved index finger into your rectum and gently press on the prostate
- Possible mild rise of Prostatic Specific Antigen level (PSA) in the blood

Treatment

Watchful waiting – reevaluation of symptoms, DRE and PSA in a year

Medications - There are several medications available to shrink the prostate and others to relax the muscle, making it easier to empty the bladder

Surgery –There are several procedures that reduce the size of the middle lobes of the prostate, allowing the bladder to empty better

Prevention

There is no way to prevent an enlarged prostate

It is important to follow your health care provider's advice, including:

- Call the office if symptoms increase before the next appointment
- Take your medication as prescribed
- If you have not urinated in the last 4-6 hours, call the office or go to the Emergency Department

This material is for educational purposes only and should in no way be taken to be the practice or provision of medical, nursing or professional healthcare advice or services. The information should not be used in place of a visit, call, consultation or advice of your physician, nurse or other health care provider. The information obtained herein is not exhaustive and does not cover all aspects of the specific disease, ailment, physical condition or their treatments. Should you have any health care related questions, please call or see your physician, nurse or other health care provider promptly.

The Society of Urologic Nurses and Associates, Inc. is a professional organization committed to excellence in patient care standards and a continuum of quality care, clinical practice, and research through education of its members, patients, family, and community.

© 2003 Society of Urologic Nurses and Associates



For more information, contact:

Society of Urologic Nurses and Associates
East Holly Avenue Box 56
Pitman, NJ 08071-0056
Phone 888-TAP-SUNA or 856-256-2335
suna@ajj.com
www.suna.org