



## Prostatic Enlargement

*MakingHealthHappen.com*

### What is prostatic enlargement?

Prostatic enlargement, or benign prostatic hypertrophy (BPH), is an enlargement of the prostate. This is the gland in men that surrounds the urethra, the tube that carries urine out the body.

### Why is it significant?

Almost all men experience prostatic enlargement as they age. It is not a symptom of cancer and usually requires no treatment. For some men, however, BPH can result in discomfort and problems while urinating, such as straining to produce a weak stream, dribbling and frequent nighttime trips to the bathroom.

### What else should I be aware of?

Although surgery is quite rare, your doctor may recommend it to remove part of the prostate if your symptoms are severe enough. These symptoms usually stem from a persistent inability to release urine, resulting in bladder infections, bladder stones and kidney damage.



## What can I do?

- ✓ Take breaks while urinating. Urinate as much as you can, stop and relax, and then try urinating again.

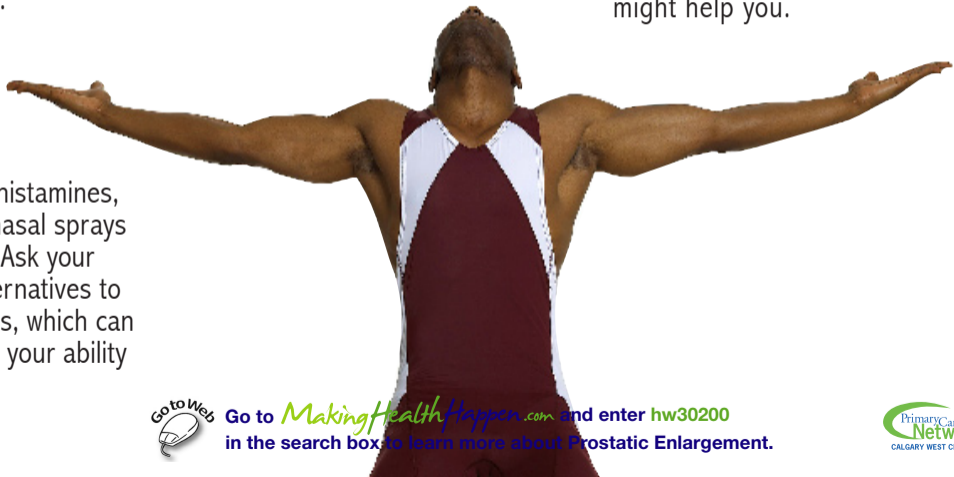
- ✓ Limit your intake of caffeine, alcohol and other diuretics (substances that tend to increase and speed up the release of urine).

- ✓ Learn more about prostatic enlargement at [www.makinghealthhappen.com](http://www.makinghealthhappen.com).

## What can I take?

There are medications to help treat BPH. Talk with your doctor to see if medication might help you.

- ✓ Avoid taking antihistamines, decongestants, nasal sprays and allergy pills. Ask your doctor about alternatives to these medications, which can sometimes affect your ability to urinate.



Go to [MakingHealthHappen.com](http://MakingHealthHappen.com) and enter **hw30200** in the search box to learn more about Prostatic Enlargement.