

# BPHsolution

## Do you have any of these urinary symptoms\*?



Frequent and urgent need to urinate, both day and night



Difficulty or delay in starting urination



Weak or slow urinary stream that starts and stops



A sense that you cannot completely empty your bladder

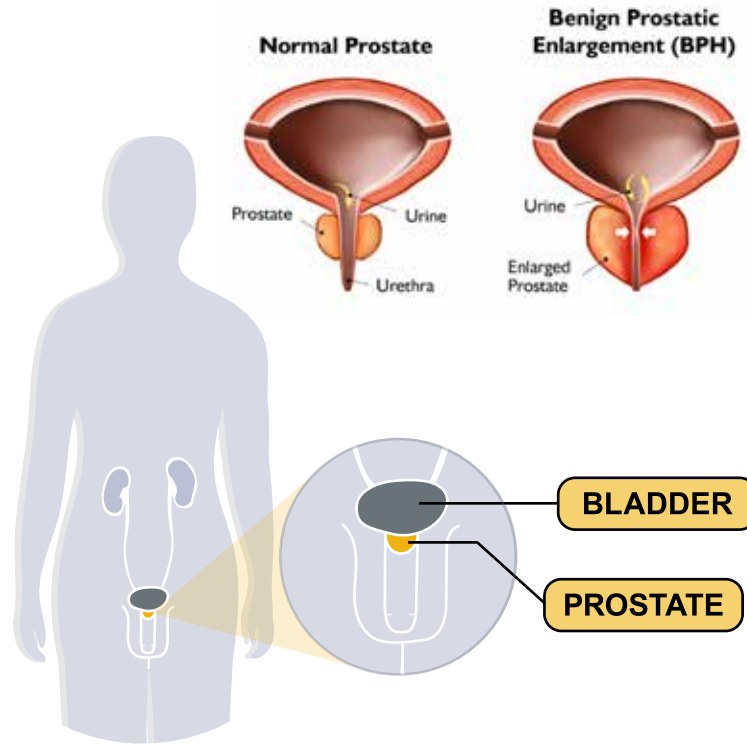
## If so, you may have Benign Prostatic Hyperplasia (BPH).

\*These are not to be confused with prostate cancer symptoms

### Source Information

1. Berry SJ, et al: The development of human benign prostatic hyperplasia with age. J Urol 1984; 132: 474.
2. US Census Bureau international database worldwide population estimates for 2019
3. Mayo Clinic Patient Care & Health Information Diseases & Conditions Benign prostatic hyperplasia (BPH) <https://www.mayoclinic.org/diseases-conditions/benign-prostatic-hyperplasia/symptoms-causes/syc-20370087>. Accessed 22 Nov 2021.

# Understanding prostate health & BPH



## What is a prostate?

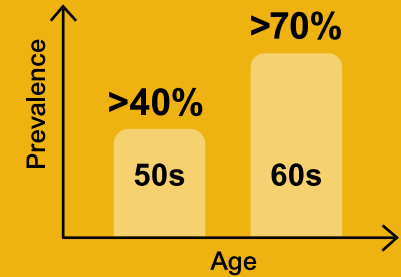
The prostate is a male reproductive organ. It is a small gland (walnut size & shape) located below the bladder neck. It produces prostatic fluid, which is released during ejaculation and forms part of semen.

## What happens to your prostate as you age?

Your prostate can become larger as you age, and usually begins to grow around the age of 40-50. This is a normal part of ageing, and often leads to Benign Prostatic Hyperplasia (BPH).

BPH is a very common condition that affects over 660 million ageing men worldwide and over 40% of men in their 50s and over 70% of men in their 60s have BPH.

It is unrelated to cancer but it can greatly affect your quality of life.



## Impact of BPH on quality of life

### What can BPH lead to?

As the prostate enlarges, it presses on and blocks the urethra, causing bothersome urinary symptoms.

If left untreated, BPH can lead to urinary tract infections, bladder damage, and kidney stones.<sup>3</sup>

**>660 million**  
ageing men worldwide  
suffer from BPH<sup>1,2</sup>

# Take control of your symptoms

If you or someone you care about are experiencing BPH symptoms, you may want to arrange an appointment with a doctor to understand treatment options.

- ① **Medication:** Alpha-blockers relax the muscles around the neck of your bladder, making it easier to urinate, and alpha-reductase inhibitors act to shrink the prostate. Patients must continue taking them to maintain the effects. These may also cause dizziness, fatigue, and sexual dysfunction.<sup>4,5</sup>
- ② **Prostatic Urethral Lift (PUL):** This procedure deploys adjustable implants to lift and compress the enlarged prostate tissue, so it no longer blocks the urethra, thereby increasing the flow of urine. PUL does not remove or damage prostate tissue, hence preserving sexual function to a greater degree.<sup>5,6</sup>
- ③ **Surgery/Tissue Destructive Procedures:** These procedures involve prostate tissue removal with heat, steam, or surgery to relieve symptoms. Patients often need to have a catheter inserted into their bladder during the recovery process. They also have an incidence of erectile and/or ejaculatory dysfunction.<sup>4,5</sup>

## Here are some questions you can ask your doctor to identify the right treatment option:



### Questions for your first visit

- How do I know if I have BPH?
- Why do I have BPH and how will it affect my daily routine?
- What happens after I am diagnosed with BPH?
- When should I start to seek treatment?
- Will my symptoms resolve without any treatment?
- What are the types of treatment options available?



### Questions on treatment options

- Would I be guaranteed a full recovery after treatment?
- How do the treatment options compare in terms of:
  - Efficacy, speed of recovery and downtime?
  - Experiencing pain during and after treatment?
  - Duration of hospital stay, if needed?
  - Preservation of my sexual function?
  - Other risks or side effects involved?
- What type of treatment would you recommend and why?
- What if the treatment is not successful?



### Questions on post-treatment care

- Will post-treatment care be painful?
- Do I have to take any medication? Will this be short-term or long-term?
- When can I expect to see improvements in my symptoms?
- When will I be able to resume my regular daily activities?

#### Source Information

4. AUA Guideline on Management of Benign Prostatic Hyperplasia (2003)
5. Mayo Clinic Patient Care & Health Information. Disease & Conditions. Benign prostatic hyperplasia Diagnosis & treatment <https://www.mayoclinic.org/diseases-conditions/benign-prostatic-hyperplasia/diagnosis-treatment/drc-20370093> Accessed 22 Nov 2021
6. Roehrborn, et al: Five-year results of the prospective randomized controlled prostatic urethral L.I.F.T. study. Can J Urol. 2017 Jun; 24(3):8802-8813.



## Talk to a doctor and get your BPH treated early

Schedule an appointment with your GP or specialist today.

Find out more at  
[bphsolution.com/sg](https://bphsolution.com/sg)