

Urology Associates of Rochester, LLC

995 Senator Keating Blvd., Building E, Suite 330
Rochester, NY 14618

Benign Prostatic Hyperplasia

Benign Prostatic Hyperplasia (BPH) is an enlargement of the prostate gland that affects two out of three men by the time they are 65 years old. The key word is benign: non-cancerous. There is no known connection between BPH and prostate cancer.

In many cases, BPH presents no major problems, and treatment is not needed. But over time, as many as half of all men with BPH develop urinary symptoms that interfere with their sleep, work, or leisure activities. Treatment can nearly always restore urinary function.

SYMPTOMS:

<u>Straining:</u>	The need to push hard in order to urinate.
<u>Nocturia:</u>	Getting up during the night to urinate.
<u>Frequency:</u>	More frequent urination in the daytime.
<u>Decreased force of stream:</u>	A weak or dribbling of urinary stream.
<u>Hesitancy:</u>	Trouble starting the urinary stream.
<u>Postvoid dribbling:</u>	Trouble stopping the urinary stream.
<u>Urgency:</u>	Feeling the sudden need to urinate.

HOW SYMPTOMS DEVELOP

Urine is made in the kidneys and stored in the bladder - a flexible, muscular organ. During urination, the bladder muscles contract and force the stored urine out through the urethra. The enlarged prostate decreases this normal flow of urine.

DIAGNOSIS AND TREATMENT

The doctor will perform an examination of the prostate by inserting his index finger into the rectum. This will give the physician a general idea of the size of the gland and help him make further decisions as to how to treat or if more testing is needed.