

Benign Prostate Hypertrophy: A Comprehensive Guide to Causes, Symptoms, Diagnosis, and Treatment

Benign prostate hypertrophy (BPH), also known as an enlarged prostate, is a common noncancerous condition that affects older men. The prostate gland is a small, walnut-sized gland that surrounds the urethra, the tube that carries urine out of the body. As men age, the prostate gland often grows larger, which can squeeze the urethra and block the flow of urine.

BPH is a common problem, with more than half of men over the age of 60 experiencing some symptoms of the condition. The symptoms of BPH can range from mild to severe, and they can include:



Prostate Cancer & BPH: Causes, Symptoms, Diagnosis, Treatment Of Benign Prostate Hypertrophy

by Dr David Laing Dawson

★★★★★ 5 out of 5

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* Difficulty starting to urinate * Weak or slow stream of urine * Frequent urination, especially at night * Urgent need to urinate * Feeling that the bladder is not completely empty after urinating

Causes of Benign Prostate Hypertrophy

The exact cause of BPH is unknown, but it is thought to be related to changes in the levels of male hormones, such as testosterone and dihydrotestosterone (DHT). These hormones can cause the prostate gland to grow larger. Other factors that may contribute to BPH include:

* Aging * Family history of BPH * Obesity * Diabetes * Heart disease * Use of certain medications, such as alpha-blockers and anticholinergics

Symptoms of Benign Prostate Hypertrophy

The symptoms of BPH can range from mild to severe, and they can include:

* Difficulty starting to urinate * Weak or slow stream of urine * Frequent urination, especially at night * Urgent need to urinate * Feeling that the bladder is not completely empty after urinating * Pain or discomfort during urination * Blood in the urine * Inability to urinate

Diagnosis of Benign Prostate Hypertrophy

The diagnosis of BPH is based on a physical examination and a review of the patient's symptoms. The doctor may also Free Download one or more of the following tests:

* Prostate-specific antigen (PSA) blood test * Digital rectal exam (DRE) * Transrectal ultrasound (TRUS) * Cystoscopy

Treatment of Benign Prostate Hypertrophy

The treatment of BPH depends on the severity of the patient's symptoms. For mild symptoms, the doctor may recommend watchful waiting, which involves monitoring the patient's symptoms and treating them as they worsen. For more severe symptoms, the doctor may recommend one or more of the following treatments:

- * Medications, such as alpha-blockers, 5-alpha reductase inhibitors, and anticholinergics
- * Surgery, such as transurethral resection of the prostate (TURP) or laser prostatectomy
- * Minimally invasive procedures, such as transurethral microwave thermotherapy (TUMT) or high-intensity focused ultrasound (HIFU)

Prevention of Benign Prostate Hypertrophy

There is no sure way to prevent BPH, but there are some things that may help to reduce the risk of developing the condition, such as:

- * Maintaining a healthy weight
- * Eating a healthy diet
- * Exercising regularly
- * Avoiding smoking
- * Limiting alcohol intake
- * Getting regular checkups with a doctor

Benign prostate hypertrophy is a common noncancerous condition that affects older men. The symptoms of BPH can range from mild to severe, and they can include difficulty starting to urinate, weak or slow stream of urine, frequent urination, especially at night, urgent need to urinate, and feeling that the bladder is not completely empty after urinating. The treatment of BPH depends on the severity of the patient's symptoms and may include medications, surgery, or minimally invasive procedures.



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