

# Understanding Benign Prostatic Hyperplasia (BPH)



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Benign Prostatic Hyperplasia (BPH) is a common condition where the prostate gland grows larger and presses against the urethra. This can cause bothersome urinary symptoms, especially in men over 50.

## ❑ Common Symptoms

BPH symptoms fall into two categories:

### Obstructive:

- Weak or slow urinary stream
- Trouble starting urination
- Straining to urinate
- Feeling like the bladder isn't empty

### Irritative:

- Urinary urgency (sudden need to go)
- Frequent urination (especially at night)
- Urge incontinence (leakage before reaching the bathroom)

## ❑ Who's at Risk?

You may be more likely to have BPH if you:

- Are older (risk increases with age)
- Have a sedentary lifestyle
- Have high blood pressure or diabetes

## ❑ How Is BPH Diagnosed?

- Symptom Score Questionnaire (**IPSS**): Rates the severity of your symptoms
- Physical Exam/Imaging: Including a digital rectal exam (**DRE**) or ultrasound
- **Urinalysis**: To rule out infections
- **PSA Test**: May be done to check prostate health, but not required in every case

## ❑ Treatment Options

### Lifestyle Changes

- Limit caffeine and alcohol
- Avoid drinking fluids late in the evening
- Try pelvic floor (Kegel) exercises



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## Medications

- Alpha Blockers: Help relax the prostate and bladder for faster relief
- PDE5 Inhibitors: Relax the smooth muscle in the bladder and prostate
- No sexual side effects
- 5-Alpha Reductase Inhibitors: Shrink the prostate over time
- Difference in symptoms noted approximately one year after initiation of medication, sexual side effects
- Combination Therapy: May work better for some men

## Surgery

- Considered if symptoms don't improve with medicine
- TURP (Transurethral Resection of the Prostate) is the traditional surgery
- Aquablation: water jet procedure of the prostate
- Urolift: clips within the prostate
- Prostate artery embolization: interventional radiology procedure to shrink the prostate

## What About Natural Treatments?

- Possibly Helpful: Pygeum africanum, beta-sitosterol
- Not Effective: Saw palmetto (shown not to help in studies)

## ❑ Complications to Watch For

- Trouble peeing at all (urinary retention)
- Bladder infections
- Long-term bladder damage
- Long-term kidney damage

Follow-ups are important to track your progress and adjust treatment as needed.

For more information about Advanced Urology or Dr. Chirag Dave, please visit  
[www.advancedurology.com](http://www.advancedurology.com)

If you have questions about your treatment, please contact Advanced Urology at 678.344.8900.



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## Resources

### Chirag Dave, MD

#### About Me

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Thank you for choosing me as your doctor. Please watch the video to learn more about me and my practice. I look forward to helping you on your journey to better health.

#### We Value Your Feedback

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If you had a positive experience with your care, we would be grateful if you could take a moment to leave us a 5-star review on Google. Your feedback helps other patients find the support they need and allows us to continue providing excellent care. 🙌



Marietta Clinic

For more information about Advanced Urology or Dr. Chirag Dave, please visit  
[www.advancedurology.com](http://www.advancedurology.com)