Benign prostatic hyperplasia
Also called: BPH

Age-associated prostate gland enlargement that can cause urination difficulty.

**Very common**
More than 3 million US cases per year

- Treatable by a medical professional
- Requires a medical diagnosis
- Lab tests or imaging often required
- Chronic: can last for years or be lifelong

This type of prostate enlargement isn't thought to be a precursor to prostate cancer.

With this condition, the urinary stream may be weak, or stop and start. In some cases, it can lead to infection, bladder stones, and reduced kidney function.

Treatments include medications that relax the bladder or shrink the prostate, surgery, and minimally invasive surgery.

**Ages affected**

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Percentage</th>
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<tr>
<td>0-2</td>
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<td>3-5</td>
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<td>6-13</td>
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<td>19-40</td>
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<td>41-60</td>
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<td>60+</td>
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**Symptoms**

**Requires a medical diagnosis**

With this condition, the urinary stream may be weak, or stop and start. In some cases, it can lead to infection, bladder stones, and reduced kidney function.

**People may experience:**

**Urinary:** dribbling after urination, excessive urination at night, frequent urination, sense of incomplete bladder emptying, urge to urinate and leaking, or weak urinary stream

**Also common:** incontinence or sexual dysfunction
Treatments

Treatment consists of supportive care and urinary retention medications

Treatments include medications that relax the bladder or shrink the prostate, surgery, and minimally invasive surgery.

Medications

**Urinary retention medication:** Improves urine flow.
- Silodosin (Rapaflo)
- Finasteride (Proscar, Propecia, and Propecia Pro-Pak)
- Doxazosin (Cardura and Cardura XL)
- Dutasteride (Avodart)
- Alfuzosin (Uroxatral)
- Terazosin
- Tamsulosin (Flomax)

Supportive care

**Monitoring for changes or improvement:** Monitoring a medical condition instead of taking action right away.

Specialists

**Geriatrician:** Focuses on the health care of elderly people.

**Primary care provider (PCP):** Prevents, diagnoses, and treats diseases.

**Urologist:** Treats urinary tract diseases.

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or an emergency number immediately.

**Sources:** Mayo Clinic and others. Learn more