

DON'T SUFFER IN SILENCE WITH BPH (BENIGN PROSTATIC HYPERPLASIA)

"BPH or benign prostatic hyperplasia is an age-related non-cancerous growth of the prostate gland which can obstruct urine outflow and cause bothersome symptoms. Widespread availability of cost-effective and safe medications, in addition to surgical techniques has made the treatment of BPH very easy and accessible to lakhs of patients across the length and breadth of the country," says Dr. Prakash Chaudhary.

The most important problems associated with prostate are:

BPH (Benign Prostatic Hyperplasia) – which is the most common

Prostatitis

Prostate cancer

Over 60% of Indian males aged 50 years and above suffer from moderate to severe symptoms of BPH.

The cardinal symptoms of this condition are:

- Frequent urination during daytime
- Getting up at night to urinate, or nocturia
- Difficulty in passing urine



Dr. Prakash Chaudhary

- Feeling of not having completely emptied one's bladder

Though initially mild, symptoms worsen with time and become especially troublesome in the form of severe nocturia (which badly disturbs sleep, physical and mental functioning) inability to postpone or defer the urge to urinate and leakage of urine before reaching the toilet.

The patient tries to cope with these symptoms by self-remedies such as restricting fluid intake, habitually urinating before embarking on long outdoor trips or going to bed and being almost obsessively conscious of one's urinary signals and the location of the toilet wherever he goes – all

these leading to a quality-compromised life.

Even complications related to urinary retention, infections and stones in the urinary tract and rarely damage to both kidneys can develop in a big subset of patients, further lowering the patient's quality of life and productivity.

"Early diagnosis and prompt treatment are proven means of reducing the burden of BPH-related morbidity to patients and the society as a whole, by reducing the frequency and severity of both symptoms and complications of BPH," adds Dr. Prakash Chaudhary.

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