

## 19. BENIGN PROSTATIC HYPERPLASIA

Enlarged prostate, in older men, is called benign prostatic hyperplasia, generally known as BPH.

BPH is not a disease; it is a treatable condition that is part of the natural aging process. BPH rarely causes problems in the middle age, but more than 50% of men in their sixties and as many as 90% in their seventies and eighties have some symptoms of BPH.

BPH is the leading cause of urinary retention, in elderly individuals. It is equally important to rule out other causes that can present the same picture. It is important to get previous history of Lower Urinary Tract Symptoms (LUTS. Refer page no:81 ).

This enlargement obstructs the neck of the bladder making urination difficult and painful, and left untreated, can lead to kidney damage, bladder stones, and incontinence (the loss of urinary control).

A detailed medical history on urinary tract, previous surgical procedures, history of neurological disorders and recent medications must be sought. Current prescriptions and over the counter medication should be asked. These drugs might impair bladder contractility (anticholinergics) or increase bladder outflow resistance (alpha adrenergic).

### Recognizing the symptoms

Many people feel uncomfortable talking about the prostate because it has a role in both sex and urination. Recognizing the early symptoms can prevent further complications from developing.

### Symptoms

- ◆ A slow, interrupted and weak urine flow
- ◆ Urgency to urinate
- ◆ Difficulty in starting the urine flow
- ◆ Leaking 'or' dribbling before or after urination
- ◆ The need to urinate frequently, especially at night

Sometimes there are no early 'warning signs' of the problem. A man can suddenly find himself unable to urinate (acute urinary retention) and in considerable pain. Some cold or allergy medicines, diuretics, alcohol, or cold temperature can bring this on.

### Diagnosis

On suspicion of BPH, a doctor may ask the patient to recall and rate symptoms they may have experienced over the previous month. This will provide a good overview of the condition.

- Good history
- Digital rectal examination, (to assess the size and general condition of the prostate)
- Complete urine analysis
- blood (PSA test)
- X-ray KUBU

### Special test (Urologist) in tertiary care centre

- Urine Flow Test – using an electronic meter.
- Ultrasonography – an ultrasound image of the prostate.

- Cystoscopy – an inspection of the Urethra and bladder.
- Biopsy – to remove samples of tissue from the prostate.

**Treatment**

- Mild BPH, need no treatment and do not pose a threat to health.
- **Medication**

**Table No. 7 Medication and effects**

<b>Type of Drug</b>	<b>Effects</b>
5-Alpha Reductase Inhibitors (5-ARI)	Inhibits the production of the hormone (DHT) that is involved with prostate enlargement, causing the gland to shrink. Most effective when the prostate is enlarged.
Alpha-1 Blockers	Relax the muscles of the prostate and bladder Neck, and improve the flow of urine.

**Surgical Treatment**

Surgery is required in cases of

- ♦ Enlarged prostate with risk of acute retention of urine
- ♦ Failure of medication
- ♦ Associated prostatitis  
(The inflammation has to be treated before any surgical procedure can begin)

**Surgical procedures**

- Transurethral resection of the prostate (TURP)
- Open prostatectomy
- Urethral stent / balloon urethroplasty
- Transurethral radio – frequency (TURF)

**Non – pharmacological and non-surgical treatments**

- Drink at least eight glasses of fluid (preferably water) each day if not contraindicated
- Avoid drinking large quantities before going to bed
- Educate to drink coffee, tea and alcohol in small quantities
- Pass urine, when there is a need and at regular intervals
- Do not force the urinary flow
- Make another attempt to empty the bladder completely after urination
- Avoid soft or incorrectly adjusted seats, which can bruise the prostate
- Recommend pelvic floor exercise following surgery to maintain strength of the bladder muscle
- Encourage a balanced diet, plenty of exercise and leisure activities which will help in maintaining a healthy lifestyle
- Check the medicines consumed (avoid anti-depressants and anti-cholinergic drugs)