

At a Glance

- * Prostate gland and BPH
- * Symptoms
- * Diagnosis
- * Treatment options
- * Other causes of urinary retention
- * Lifestyle remedies



Did You Know?

- * As many as 90% of men in their seventies and above experience some symptoms of BPH.
- * Having an enlarged prostate doesn't reduce or increase the risk of prostate cancer.
- * Some prescription medications used to treat BPH are also used to treat high blood pressure.

BPH

(Benign Prostatic Hyperplasia)

What is the prostate?

The prostate is a gland that lies just below the bladder and surrounds the urethra, the tube that allows flow of urine from the bladder out of the body. It forms part of the male reproductive system and is responsible for producing fluid that nourishes sperm as part of semen.

What is benign prostatic hyperplasia (BPH)?

BPH is a non-malignant (noncancerous) enlargement of the prostate gland. It is common for this gland to become enlarged as a man ages, but usually does not cause symptoms until after the age of 40. More than 50% of men in their sixties experience one or more symptoms of BPH. While this condition is quite common, only 10% of affected men require medical or surgical treatment. Both some urinary symptoms are the most common, as prostate gland enlargement can block the flow of urine out of the bladder. However, untreated BPH may also lead to urinary tract, bladder or kidney problems.

Urinary Symptoms

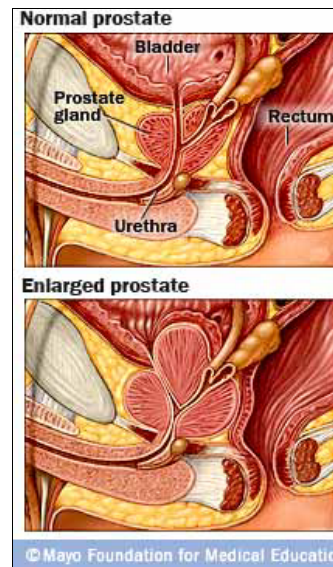
- Difficulty starting
- Weak stream
- Dribbling at the end
- Stopping and starting
- Urgency or frequency
- Straining
- Increased frequency of urination at night
- Incomplete emptying of the bladder
- Urinary tract infection
- Blood in the urine
- Kidney stone formation
- Reduced kidney function



Diagnosis

Urinary symptoms may be the first sign of BPH, or prostate enlargement may be detected by a physician during a routine checkup. Various tests are available that help the doctor identify the problem and determine the appropriate course of treatment. These tests may include:

- Digital Rectal Examination (DRE)
- Prostate-Specific Antigen (PSA) Blood Test (to rule out prostate cancer)
- Rectal Ultrasound and Prostate Biopsy (if suspicion of prostate cancer)
- Urine Flow Studies
- Cystoscopy (visualizes inside of urethra and bladder)



Helpful Websites



American Urological Association
www.auanet.org

National Kidney and Urologic Diseases Information Clearinghouse
<http://kidney.niddk.nih.gov>

Contact Us

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Treatment of BPH

Prescription drug treatments:

- **Alpha blockers (alpha-1-adrenergic antagonists)** - relax bladder neck muscles and fibers in the prostate, making urination easier
 - fast acting (symptom improvement within 1-2 days)
 - include terazosin (Hytrin®), doxazosin (Cardura®), tamsulosin (Flomax®), alfuzosin (Uroxatral®) and silodosin (Rapaflo®)
- **5-alpha-reductase inhibitors** - shrink the prostate by preventing hormonal changes that cause prostate growth
 - may take several weeks or even months to notice symptom improvement
 - include finasteride (Proscar®) and dutasteride (Avodart®)

*taking an alpha blocker along with a 5-alpha-reductase inhibitor may provide additional symptom improvement than taking either alone

Herbal supplements: currently there are no herbal therapies approved by the United States Food and Drug Administration (FDA) for the treatment of BPH.

Herbal remedies that have shown some effectiveness (although opinions and evidence are conflicting) include:

- Saw palmetto extract
- Stinging nettle extract
- Beta-sitosterol plant extract
- Pygeum
- Rye grass extract (cernilton)



What you need to know:

- Dietary supplements (including herbal remedies) are not regulated to the same extent as prescription drugs
- Some herbal supplements may interact with other medications you are taking
- Talk to your pharmacist or physician before taking herbal products

Possible side effects of BPH medications:

Alpha blockers

- Orthostatic hypotension (drop in blood pressure upon standing)
- Dizziness
- Nasal congestion
- Weakness

5-alpha-reductase inhibitors

- Change in sex drive or performance



Medications that may cause urinary retention:

Antihistamines (treat allergies)

- Fexofenadine (Allegra®)
- Diphenhydramine (Benadryl®)
- Chlorpheniramine (Chlor-Trimeton®)
- Cetirizine (Zyrtec®)

Anticholinergics/antispasmodics (treat muscle cramps/spasms & urinary incontinence)

- Hyoscyamine (Levbid®, Cystospaz®, Anaspaz®, Gastrosed®)
- Oxybutynin (Ditropan®, Ditropan XL®, Oxytrol®)
- Tolterodine (Detrol®, Detrol LA®)
- Propantheline (Pro-Banthine®)

Tricyclic antidepressants (treat anxiety and depression)

- Imipramine (Tofranil®)
- Amitriptyline (Elavil®, Endep®)
- Nortriptyline (Aventyl®, Pamelor®)
- Doxepin (Novo-Doxepin®, Sinequan®)

***Inform your doctor of all prescription, over-the-counter (OTC) and herbal products you are taking**

Simple lifestyle remedies to reduce BPH symptoms

- Don't drink too much caffeine or alcohol, which may increase urine production and irritate your bladder
- Limit beverages in the evening (1-2 hours before bedtime)
- Limit decongestants or antihistamines
- Go when you feel the urge
- Schedule bathroom breaks
- Stay active (inactivity can cause urine retention)
- Keep warm (colder temperatures cause urine retention and increase urination urgency)

Information adapted from the following resources:

<http://utdol.com>

<http://www.thomsonhc.com>

www.wedmd.com

<http://kidney.niddk.nih.gov>

www.mayoclinic.com

www.medicinenet.com

Pictures taken from:

<http://www.mayoclinic.com/health/prostate-gland-enlargement>

<http://www.prostatitischina.com/images>

www.bphreatment.info