



Frequent and hurried visits to the bathroom

*may be a sign of **benign prostatic hyperplasia (BPH)**, a noncancerous enlargement of the prostate gland.*

Check the following symptoms to see if you might have BPH:

- ☐ **Waking** up several times during the night to urinate
- ☐ Having a greater **urge** to urinate or more difficulty postponing it
- ☐ Weak urine flow
- ☐ Difficulty getting urination started
- ☐ Difficulty **controlling** the starts and stops of the stream
- ☐ Sensation that you have to urinate immediately after urination
- ☐ Losing urine (or **“dribbling”**) after you have urinated

If you're experiencing any or all of these symptoms, you should consult your doctor.

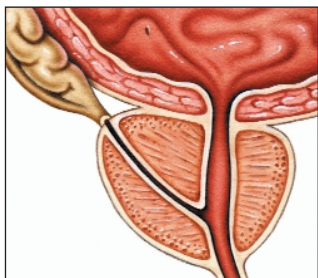
What Is BPH?

BPH (benign prostatic hyperplasia) is a term that describes a noncancerous (therefore, “benign”) enlargement of the prostate. BPH occurs in more than 60% of men over the age of 60 years and in up to 80% of men 80 years of age and older. Perhaps the clearest sign of BPH is having difficulty urinating or feeling like you need to urinate more frequently. As you get older, these problems may become more bothersome. Even

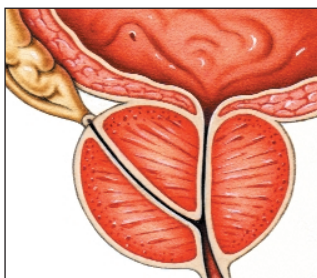
60% of men over the age of 60 and 80% of men over 80 have BPH

BPH can be successfully treated

though BPH is associated with aging, there is something you can do. The symptoms of BPH can be successfully treated.^{1,2}



normal prostate



enlarged prostate

How Does BPH Affect the Prostate?

The prostate gland, which is normally about the size and shape of a walnut, is part of the male reproductive system. Its job is to produce fluid for semen. The prostate surrounds the urethra (the tube that carries urine from the bladder to the

penis). Therefore, prostate growth may compress the urethra, narrowing the tube and making urination more difficult. As this process of prostate growth and urethral narrowing continues, the bladder attempts to compensate by contracting more powerfully. Stronger contractions make the bladder muscle thicker and more sensitive.² The patient may experience these changes as a need to urinate more frequently. Prostate growth and urethral narrowing may continue to the point where even stronger bladder contractions cannot compensate. This can result in the inability to empty the bladder completely.³

Is BPH Cancer?

BPH is not cancer

Although BPH should be treated by a doctor, it is NOT cancer. Nor does BPH cause cancer. Nor does having it mean you're more likely to get cancer. However, a man may have both BPH and prostate cancer at the same time.

Signs and Symptoms of BPH

Examples of BPH symptoms include the feeling that you haven't completely emptied your bladder, or the need to urinate often, or frequently waking up at night to urinate. These symptoms can be bothersome. They can interfere with your normal daily activities as well as interrupt your sleep and leave you feeling tired the next day.²

Other BPH symptoms include:

- Difficulty starting urination
- Producing a weak stream of urine when starting and stopping urination
- Leakage of urine
- Dribbling of urine, usually after urination
- A strong and sudden desire to urinate, or more difficulty “holding it”³

When Should You See a Doctor?

If you have symptoms of BPH, you should seek medical attention. Beneficial treatments are available. In addition, it's important that your doctor determines if your symptoms are due to BPH or to some other condition or disease. It's also important to find out whether your BPH has affected any other parts of your body. Should your symptoms worsen, or should you have

- blood in your urine,
- fever and lower back pain,
- burning pain with urination,
- and/or if you cannot urinate,

you should speak to your doctor or immediately report to an emergency medical facility.³



How Is BPH Diagnosed?

During your visit, the doctor will most likely...

- Take your medical history (ask about your past and current medical problems).
- Perform a digital rectal examination (DRE) of your prostate. (This involves the insertion of a gloved, lubricated finger into your rectum. The doctor then feels the prostate to determine its size and condition.)
- Take a urine sample, which will be analyzed for blood, glucose (sugar), and/or signs of infection. These tests may uncover other causes for, or contributing causes to, your BPH symptoms, such as diabetes or a bacterial infection.
- Take a blood sample to test for kidney problems and/or to measure PSA (prostate-specific antigen), which is a test to help detect prostate cancer.
- Use the AUA Symptom Index to ask you a series of questions about your symptoms, such as how completely you are able to empty your bladder, how often you experience a weak stream upon urination, etc. These questions have been designed to measure symptom severity and disease progression. We've included an example of the AUA Symptom Score in this brochure.



When Should You Be Treated for BPH?

Deciding on whether or not to have treatment depends on how bothersome your symptoms are. Your answers to questions about your symptoms (the AUA Symptom Score) can help you and your doctor determine if treatment is necessary and, if so, can help you choose the best treatment for you.²

References:

1. McConnell JD. Epidemiology, etiology, pathophysiology, and diagnosis of benign prostatic hyperplasia. In: Walsh PC, Retik AB, Vaughn ED, Wein AJ, eds. *Campbell's Urology*. Vol. 2. 7th ed. Philadelphia, PA: WB Saunders Co, 1998:1427-1452.
2. Benign Prostatic Hyperplasia (BPH): A Patient's Guide. American Urological Association. Baltimore, MD.
3. Scher HI. Hyperplastic and malignant diseases of the prostate. In: Braunwald E, Fauci AS, Kasper DL, Hauser SL, Longo DL, Jameson LJ, eds. *Harrison's Principles of Internal Medicine*. 15th ed. New York, NY: McGraw-Hill; 2001:608-616.

My Symptoms

PATIENT NAME _____

DATE _____

American Urological Association BPH Symptom Index Questionnaire

Your total symptom score is intended to give you and your doctor a general understanding of the severity of your symptoms. Your eventual treatment, however, depends on your doctor's overall assessment of your condition.

Point Scale:

0—Not at all

1—Less than 1 time in 5

2—Less than half the time

3—About half the time

4—More than half the time

5—Almost always

1. During the last month or so, how often have you had a sensation of not emptying your bladder completely after you finished urinating?

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

2. During the last month or so, how often have you had to urinate again less than 2 hours after you finished urinating?

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

3. During the last month or so, how often have you stopped and started again several times when you urinated?

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

4. During the last month or so, how often have you found it difficult to postpone urination?

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

5. During the last month or so, how often have you had a weak urinary stream?

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

6. During the last month or so, how often have you had to push or strain to begin urination?

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

7. During the last month or so, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning? (Check the box which best represents the number of times you awake each night, on average.)

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Now, add up the scores from each of the 7 questions. This is your total symptom score:

Symptom Score:

1–7=Mild

8–19=Moderate

20–35=Severe

Adapted from Barry MJ et al. The AUA Symptom Index for BPH. *Journal of Urology*. 1992;148:1549-1557.

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