

# UNDERSTANDING ENLARGED PROSTATE (EP)

## Normal Prostate

The prostate gland sits below the bladder and surrounds the urethra—the tube through which urine and semen pass out of the body. Normally about the size of a walnut, the prostate begins to enlarge with age.

## What is Enlarged Prostate (EP)?

EP affects half of men over the age of 50, and the prevalence increases with age.<sup>1,2</sup> As the prostate grows it can constrict the urethra and cause bothersome urinary symptoms.<sup>3</sup>

### Symptoms associated with EP can include<sup>4</sup>:

- Feeling the need to urinate frequently
- Difficulty starting to urinate
- Difficulty emptying your bladder completely, and because of this, urine may dribble after you are done
- The stream of urine is weak and may start and stop
- Urinating two or more times in the middle of the night
- Sudden strong urges to urinate

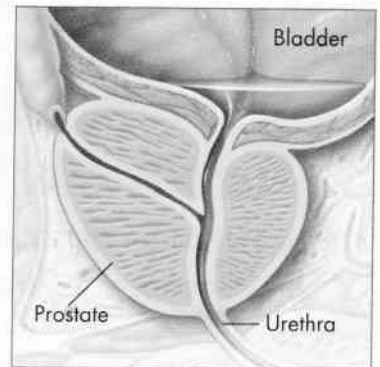
## EP Is a Progressive Disease

Because EP is a progressive disease, the prostate may continue to grow if left untreated.<sup>5</sup> Prostate disease progression may not only lead to worsening urinary symptoms, but it may also increase the risk of complications including acute urinary retention (AUR) and prostate-related surgery.<sup>6</sup> AUR is a medical emergency in which the prostate becomes so large that it completely blocks urine from coming out of the bladder.<sup>7,8</sup>

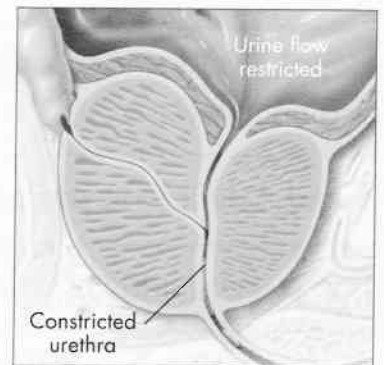
## EP Treatment Goals<sup>9</sup>

There are medicines available to treat symptomatic EP. Medicines can help treat the symptoms of EP, shrink the size of the prostate, and reduce the risk for EP progression.

**Talk to your doctor about Enlarged Prostate, and a treatment plan that may be right for you.**

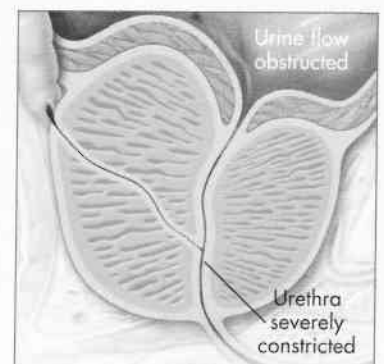


**NORMAL PROSTATE**



**ENLARGED PROSTATE (EP)**

**The risk of EP progressing to AUR is 23% for a 60-year-old man surviving 20 years.<sup>10</sup>**



**ACUTE URINARY RETENTION**

**Reference:** **1.** American Urological Association (AUA) Practice Guidelines Committee. AUA guideline on management of benign prostatic hyperplasia (2003). Chapter 1: diagnosis and treatment recommendations. *J Urol.* 2003;170(2):530-547. **2.** Berry SJ, Coffey DS, Walsh PC, Ewing LL. The development of human benign prostatic hyperplasia with age. *J Urol.* 1984;132:474-479. **3.** Roehrborn CG, McConnell JD. Etiology, pathophysiology, epidemiology and natural history of benign prostatic hyperplasia. In: *Campbell's Urology*, 8th ed. Philadelphia, PA: Saunders; 2002:1297-1336. **4.** Kirby RS, et al. *Benign Prostatic Hyperplasia*. Oxford, UK: Health Press; 1995. **5.** Roehrborn CG, McConnell J, Bonilla J, et al. Serum prostate specific antigen is a strong predictor of future prostate growth in men with benign prostatic hyperplasia. *J Urol.* 2000;163:13-20. **6.** Roehrborn CG. Acute urinary retention: risks and management. *Rev Urol.* 2005;7[suppl 4]:S31-S41. **7.** Fitzpatrick JM, Kirby RS. Management of acute urinary retention. *BJU Int.* 2006;97[suppl 2]:16-20. **8.** Choong S, Emberton M. Acute urinary retention. *BJU Int.* 2000;85:186-201. **9.** Kaplan SA. Benign prostatic hyperplasia and enlarged prostate guidelines: how they can be useful to primary care. *Weill Medical College of Cornell University Reports on Men's Urologic Health.* 2006;1(1):1-8. **10.** Jacobsen SJ, Jacobson DJ, Girman CJ, et al. Natural history of prostatism: risk factors for acute urinary retention. *J Urol.* 1997;158:481-487.



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WHAT IS YOUR

# Enlarged Prostate (EP) Symptom Score?

**Use this scorecard of symptoms. Circle one number in each line. Add the 7 circled numbers to get a total score, then talk to your doctor.**

Over the past month, how often have you...	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
had a sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5
had to urinate again less than 2 hours after you finished urinating?	0	1	2	3	4	5
stopped and started again several times when you urinated?	0	1	2	3	4	5
found it difficult to postpone urination?	0	1	2	3	4	5
had a weak urinary stream?	0	1	2	3	4	5
had to push or strain to begin urination?	0	1	2	3	4	5
	None	1 Time	2 Times	3 Times	4 Times	5 or more times
Over the past month, how many times did you typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	0	1	2	3	4	5

**Your score:**

**Symptom Score:**  1-7 Mild

8-19 Moderate

20-35 Severe