



OUR LAST WEBINAR ON REPLAY

CAN WE PREVENT AN ENLARGED PROSTATE (BPH)?

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PARTNERS



5 POINTS TO REMEMBER.

1. AN ENLARGED PROSTATE (BPH) IS NOT AND DOES NOT CAUSE PROSTATE CANCER

Benign prostatic hypertrophy (BPH) or enlarged prostate is characterized by an increase in the volume of your prostate due to excessive multiplication of your cells. It is a natural part of getting older. From the age of 50, it affects almost all men as they get older and about 25% of them will need to be treated. Benign prostatic hyperplasia is not a form of prostate cancer and does not increase the risk of developing prostate cancer.

2. CAN THE ENLARGEMENT OF THE PROSTATE BE PREVENTED?

The short answer is no.

In fact, the top 3 risk factors for BPH are age, family history, and race, which you cannot change. While you can't control all of the risk factors for BPH, there are many small changes to your lifestyle and diet that can help keep your prostate healthy, help relieve your urinary symptoms, and prevent your problem getting worse.

3. TO CONTROL URINARY SYMPTOMS, IT MAY BE HELPFUL TO...

Avoid or limit the way you use decongestants and antihistamines because they tighten the muscles that control the flow of urine, making it harder to pass urine. Besides caffeine, alcohol, and soft drinks - chocolate, fruits, and highly acidic fruit juices, spicy foods can make your bladder more nervous and cause you to urinate urgently. Drink water (1.5 to 2 liters per day) but reduce the number of fluids in the evening. Train your bladder by going to urinate without waiting too long when an urgent urge is felt, so as not to over-stretch your bladder (every 3 hours) and prefer the seated position to empty it well.

4. YOU CAN TREAT YOUR BPH WITH MEDICATION OR SURGERY AS NEEDED

Medicines like Proscar or Avodard are designed to reduce the size of your prostate, relieve your symptoms, or prevent complications (acute urinary retention, bleeding, etc.) secondary to BPH. Their effectiveness is manifested 3 to 6 months after the start of treatment and the most common side effect is a decrease in ejaculation volume.

Medicines like Rapaflo, Flomax, Xatral for their part act quickly (24 to 72 hours) and help relax the muscles of the prostate and the bladder orifice. This makes it easier for urine to pass and your bladder to empty completely.

Finally, you can have surgery if your symptoms are severe, if your treatment has not worked, or if you cannot tolerate the side effects. One of the side effects of surgery can include retrograde ejaculation, which instead of going out, travels up to the bladder and comes out in tandem when you urinate.

5. CAN LIFESTYLE CHANGES HELP?

They can't prevent BPH, but they can still be good for your prostate. For starters, and knowing that being overweight promotes increased abdominal pressure on the bladder, exercise and a healthy diet can help manage your weight, which is great for your prostate and for managing your urinary tract symptoms. **And don't wait to see a doctor. While your prostate enlarges naturally, urinary problems are not.**