

About **1 in 3 men over the age of 50** have urinary symptoms. The most common cause of these symptoms is an enlarged prostate.

WHAT YOU SHOULD LOOK FOR

- Difficulty when starting to pee
- A feeling that you need to pee immediately after peeing
- Needing to pee urgently

Spotting the symptoms early will help you get speedier and better treatment, and give you the best chance of living life to the full again.

If you spot blood in your pee, even if it disappears or observe any of the symptoms above, you must visit your doctor so it can be investigated. Blood in pee can be an indication of cancer or an infection and should always be checked out.

Further information

For more information on urology, its conditions and about the signs and symptoms you should be aware of visit theurologyfoundation.org/urologyhealth



Leading the fight against urology disease

The Urology Foundation is committed to transforming the lives of people with a urology condition through ground-breaking research, training and education. Working with researchers, urologists and nurses we are dedicated to improving the nation's urology care so that fewer lives are devastated.

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Knowing the signs of Enlarged Prostate

A little TUF guide on
urology health



Urology disease affects **one in every two people** at some stage of their life.

These conditions affect your kidneys, bladder, and for men it also includes their prostate and reproductive organs.

Although we don't often speak about these conditions, they are very common and they are expected to become more common due to the effects of the lifestyles we lead and the ageing population.

An enlarged prostate is also known as benign prostatic hyperplasia (BPH) and the likelihood of developing this condition increases with age. Although it is a non-cancerous condition, it can be a huge source of discomfort and can be a sign of a more serious condition.

Enlarged prostate is quite common; a general saying is that every man will experience an enlarged prostate if he lives long enough; only about 10 per cent of all diagnosed cases require surgical intervention.

When urology conditions are diagnosed early, there is a higher likelihood for successful treatment and quality of life is less affected. There is no need to suffer in silence; there is treatment available.

This leaflet contains information about:

- **The signs and symptoms of an enlarged prostate**
- **When to seek medical attention**
- **What you can do to prevent or relieve the symptoms**

Enlarged prostate

Most experts agree that an enlarged prostate is linked primarily with hormonal changes in the ageing process, but there is some research to suggest that you are more at risk if you have high blood pressure or diabetes.

WHO IS AT RISK?

Enlarged prostate mainly affects men aged 40 and above.

Most experts agree that an enlarged prostate is linked primarily with hormonal changes in the ageing process, but there is some research to suggest that you are more at risk if you have high blood pressure or diabetes.

KNOW THE SYMPTOMS

- Hesitancy when starting to pee
- Straining to pee
- Not being able to empty your bladder fully
- Greater urgency to pee
- Getting up through the night needing to pee
- A weak flow or stream

WHAT YOU CAN DO

An enlarged prostate occurs with age and treatment may require therapeutic or surgical interventions but you could do the following to reduce its potential effects:

- Maintain a healthy weight
- Eat a balanced diet
- Be more active
- Avoid drinking large volumes in the evenings



Support The Urology Foundation

The only charity dedicated to all urology disease in the UK and Ireland. Thanks to our generous supporters we have been able to fund the brightest and best researchers and projects that fight urology disease.

You too can join the growing number of TUF supporters in the UK. There are various ways to get involved – by donating, fundraising for us or getting involved in a TUF challenge.

Please find out more on our website:
<http://www.theurologyfoundation.org/get-involved>