

Enlarged Prostate

Enlarged prostate, or Benign Prostate Hyperplasia (BPH), is a condition that generally affects older men. It is caused by the growth of the prostate gland which places pressure on the bladder and urethra (the tube through which urine passes).

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

‘I didn't see my doctor after getting a urinary tract infection and as a result, both my kidneys got infected and it took me much longer to recover. Urology conditions are much more common than I thought, and I shouldn't have been scared to get checked out.’



WHAT YOU SHOULD LOOK FOR

- Blood in pee
- A burning sensation when you pee
- Needing to pee more frequently
- Feeling a constant desire to pee
- Pain in your abdomen, groin or genitals
- In men, problems with achieving an erection.

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, you must visit your doctor so it can be investigated. In most cases it will not be cancer, it could be an infection, but 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

THE
**UROLOGY
FOUNDATION**

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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 The Urology Foundation

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UROLOGY
Awareness
MONTH

KNOWING SIGNS OF:

-  Urinary Incontinence
-  Enlarged Prostate
-  Kidney Stones
-  Erectile Dysfunction

A little TUF guide on
urology health

THE
**UROLOGY
FOUNDATION**

Urology disease affects one in every two people at some stage in 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.

For example, half of all men will suffer from erectile dysfunction between the ages of 40 and 70, and half of all women will suffer from a urinary tract infection at some point in their lives.

This leaflet contains information about:

- **Conditions that affect the urology system (our kidneys, bladder and, for men, their prostate and male reproductive organs as well)**
- **The signs and symptoms of urology conditions**
- **When to seek medical attention**
- **What you can do to prevent or relieve the symptoms**

Urinary Incontinence

Urinary incontinence is a condition which means you pee involuntarily. It is a condition that affects more women than men. There are at least three million adults in the UK who are unable to control their bladders as they wish.

Anyone can get urinary incontinence at any time, but people particularly at risk are women over the age of 40 and men who have undergone surgery in that area of the body. 1 in 5 women over that age suffer from some form of urinary incontinence and it is estimated it affects a total of between 3 and 6 million people in the UK as a whole. You may be more at risk of suffering from incontinence if you:

- **Are pregnant, or have recently given birth**
- **Have a family history of incontinence**
- **Are over the age of 40**
- **Are overweight**

KNOW THE SYMPTOMS

- An intense need to pee
- Not being able to delay going to the toilet
- Needing to pee more regularly
- Leaking when you sneeze, cough or laugh

WHAT YOU CAN DO TO HELP YOURSELF?

You can reduce your chances or the effects of incontinence by:

- Doing daily exercises to strengthen the pelvic muscle (the muscle that controls your urine flow)
- Maintaining a healthy weight
- Taking regular exercise
- Reducing your alcohol and caffeine intake

Kidney Stones

Kidney stones are crystals of waste material that form in the kidney. They can be excruciatingly painful and affect thousands of people every year.

WHO IS AT RISK?

Kidney stones are more common in men than they are in women, and they generally affect people between the ages of 30 and 60. If you experience a kidney stone, you are much more likely to suffer from them in future. You are more at risk if:

- **You are inactive or bed-bound**
- **You have a family history of kidney stones**
- **Only one of your kidneys work**
- **You do not drink enough water**

KNOW THE SYMPTOMS

- Unexplained pain or ache in your back and side
- Pain when peeing
- Blood in pee
- Needing to pee more frequently

PREVENTING KIDNEY STONES

You can reduce your chances of kidney stones by:

- Drinking plenty of fluids throughout the day
- Maintaining a diet low in salt
- Reducing the amount of meat in your diet

Erectile Dysfunction (ED)

Erectile Dysfunction (also known as impotence) affects 1 in 10 men in the UK. The common condition is the frequent inability to achieve or maintain an erection sufficient for sex. It can be triggered by both physical and psychological causes and tends to affect men over 40.

WHO IS AT RISK?

ED particularly affects men over 40. It is estimated that half of all men will suffer from the condition in some way before they are 70. You are more at risk if you have:

- **A condition affecting your nervous system**
- **A hormonal condition, such as a thyroid problem**
- **Depression (some drugs can affect function)**
- **Diabetes, high blood pressure or heart disease**
- **Recently had surgery in the pelvic area**

PREVENTING ERECTILE DYSFUNCTION

You can reduce your chances of suffering from ED by:

- Exercising regularly
- Stopping smoking
- Not taking any recreational drugs
- Maintaining a healthy weight
- Talking to your partner and/or your doctor about your symptoms
- Eating a healthy diet and reducing your risk of heart disease (the two are connected in some cases)