

Benign Prostatic Hyperplasia

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Benign prostatic hyperplasia can be a very frustrating condition to have, and sometimes scary, not because it is in itself dangerous, but because it mimics the symptoms of prostate cancer, a much more serious disease. Benign prostatic hyperplasia also tends to occur in older men, just like prostate cancer, and can really put you on edge until you discover the diagnosis. This aside, the symptoms alone of benign prostatic hyperplasia can keep you on edge, in a different way!

The symptoms of benign prostatic hyperplasia include frequent urination, discomfort while urinating, a persistent desire to urinate even if you don't really need to, and difficulty urinating when you do need to. If you find yourself waking up repeatedly throughout the night to use the bathroom, only to produce very little when you get there, you may have benign prostatic hyperplasia.

So what the heck is benign prostatic hyperplasia anyway, other than a frustrating and sometimes somewhat scary condition with a funky name? Put simply, benign prostatic hyperplasia is a growing prostate. It is very normal for the prostate gland to undergo a period of growth in later stages of life, probably in response to minor changes in hormone levels. Because the prostate gland is located right beneath the bladder and even surrounds a portion of the upper urethra, a growing prostate can put undue strain and pressure on these areas, leading to the urinary symptoms.

The whole growing prostate thing is totally normal in aging men, and isn't really a disease or medical condition, but rather one of those things you can look forward to in older age. If you are having urinary difficulties, and are 40 years or older, there is an 8 out of 10 likelihood that you have benign prostatic hyperplasia. You still need to see a doctor about it, however, as only he or she can tell for sure. There is a small chance it could be prostate cancer, or something else serious.

If it does turn out to be benign prostatic hyperplasia, you can breath a sigh of relief because it is in no way lethal, and only rarely causes actual damage. Untreated, bladder difficulty can lead to some kidney problems, so it is important to seek treatment. The prostate glands is no one's favorite subject, but there are treatments available today that can go a long ways in reducing the symptoms of benign prostatic hyperplasia so it's a good thing to ask your doctor about.