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Patient Resource in English

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Benign Prostate Hypertrophy

(Causes, Symptoms, Diagnosis and Prevention)

BEST UROLOGIST DELHI NCR
PROSTATE SYMPTOMS
DELHI NCR GURGAON
drvijayantgovinda.com

Patient Information Manual for Indian and International Patients

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Intended Audience

India - USA - Bangladesh - Nepal - Pakistan - Sri Lanka - Myanmar - China - Maldives - Bhutan- EU

Delhi NCR - Gurgaon - Faridabad - Ghaziabad - Sonipat - Panipat - Meerut - Noida



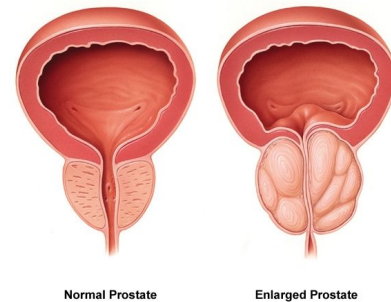
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What is BPH (Benign Prostate Hypertrophy)?

BPH or Benign Prostate Hypertrophy is a medical condition which represents the enlargement of the prostate gland. The prostate gland is a apple shaped gland that lies between the bladder and the penis. This gland in the young age contributes to sex in the form of a secretion also called as semen. The semen is majorly made up of secretions from this gland. But with time, especially with increasing age this gland may enlarge or become bigger.

The normal prostate is approximately 5 to 6 grams in the size. But with time and age this gland may increase in size. The gland may increase to as large as 45 grams to 10 grams of prostate size. This enlargement is called benign prostatic enlargement (older term is Benign Prostate Hypertrophy).



This enlargement in itself may not cause any problems but in some men this enlarged prostate may cause problems which is called prostatitis.

(The normal prostate is composed of glands and fibrous tissue. Imagine like a fruit or an apple which has a skin and inside is the soft core or the pulp. Similarly any of these components may enlarge. In some men the prostate may not enlarge but the fibrous covering may thicken. So even if the prostate size is small, these men may still develop symptoms. This category is called fibrous or small prostate.)

Certain conditions in men may mimic symptoms of prostate enlargement but are actually not due to prostate. These conditions are sometimes erroneously classified as benign prostatic enlargement. These conditions in men are -

1. Urethral Stricture
2. Bladder neck Obstruction
3. Posterior Urethral Valves
4. Neurogenic bladder (Hypocontractile Bladder)
5. Urethritis
6. Prostatitis
7. Cystitis or Bladder Infection
8. Chronic Pelvic pain Syndrome

These conditions need to be differentiated from Benign prostatic Enlargement or BPH and require expert evaluation by a qualified Urologist.

What are the Symptoms of BPH?

(What is Prostatitis or LUTS (Lower Urinary Tract Symptoms)?)



Watch my Video on Symptoms of Prostate on You Tube

Prostatitis or LUTS are an entire of spectrum of symptoms that can occur with BPH or Benign Enlargement of prostate. Prostate can cause so many different variety of symptoms, that they were encompassed in one term that includes them all called LUTS (older term - prostatism).

These symptoms are

1. Frequency - Going to void many many times - Ideally the bladder capacity of a human is approximately 300 to 350 ml. At 400 ml, someone would get a strong desire to pass urine. But, in men with Prostate enlargement, due to continuous pressure on the bladder, the bladder thickens and capacity may reduce. There are other reasons too but mostly, men would go to pass urine many many times a day. Even every 15 minutes. Sometimes too frequent voiding may signify retention which is an emergency and requires urgent treatment.
2. Urgency - The affected man may need the strong uncontrollable urge to pass urine and has to run to the bathroom. Sometimes the desire is so strong, he may pass urine in the pants or underwear.
3. Nocturia - Old gentlemen may need to get up once or twice in the night to pass urine. Some men may get up so many times that it disturbs sleep and may even lead to falls or fatigue during the day
4. Poor Stream - Ideally the man should be able to pass urine in a good thick strong stream. Men may report loss of pressure, thin streams, inadequate thickness etc.
5. Intermittency - Instead of passing urine in one continuous stream, men have to stop start their flow many many times.
6. Straining - Some men may have to strain or really apply force to pass urine and this can lead to pain and even bleeding
7. Feeling of Incomplete Emptying - Some men may report the feeling that after voiding they are not satisfied and never ever get the feeling of complete satisfaction or emptying.
8. Post Void Dribbling - Some men may wet their underpants or may leak some urine just after leaving the bathroom

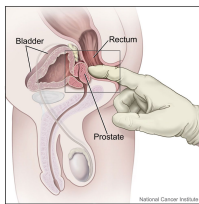
Ominous Signs - These symptoms require urgent intervention and emergent treatment

1. Pain
2. Blood in urine

3. Fever

What are the Recommended Diagnostic Tests for BPH?

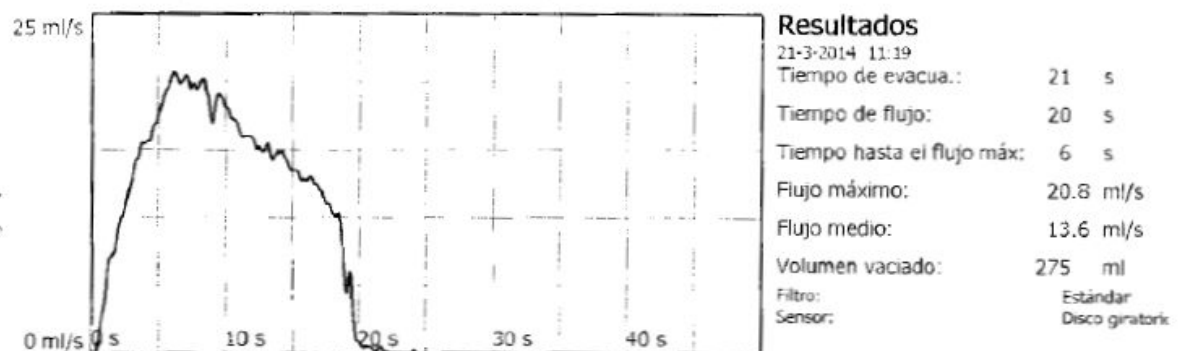
BPH is a nuanced disease to diagnose and treat. Instead of using a battery of tests, it is now recommended to use selected specific tests perfect for a particular patient's. Some of the common tests used for BPH diagnosis are



1. Digital Rectal Examination or DRE - The surgeon introduces his finger inside the rectum to feel the prostate. A urologist with a well done DRE can feel subtle abnormalities.

2. Serum PSA - It is a marker for prostate enlargement and can help differentiate between prostate cancer and benign conditions.

3. Uroflowmetry - It is a specialised test in which the patient passes urine into a computerised machine which generates a graph recording displaying the flow speed and other characters which can help predict the level of obstruction.



4. Urine Examination - Examining the urine for routine and microscopic abnormalities like blood, pus, and infection are used to plan management.
5. Ultrasound or Ultrasonography - An Ultrasound of the Kidneys and Urinary bladder (also called as KUB) and the post void residual (also called as PVR) help the surgeon understand the severity of the BPH and rule out dangerous conditions like Chronic Retention or Hydronephrosis
6. Serum Creatinine and Kidney Function test - Long standing BPH can cause renal loss and creatinine helps in identifying this abnormality. A raised creatinine is an emergency requiring urgent surgery.

What is the AUA Score or AUASI?

AUA Score (Also known as American Urological Association Symptom Index or AUASI) is a validated international questionnaire that is aimed at quantifying the symptoms of a person suffering from BPH into one single number which can then be used to plan management or follow and see if the patient is improving (score decreases) or is worsening (score increases).

Now this score is called as the IPSS or the International Prostate Symptom Score.

[You can take this score here on my website.](#)

In case you find that your score is high, you can get in touch with me for a free E Consult.

Write to admin@drvijayantgovinda.com

Are there any known causes or Risk Factors for developing BPH

Many men think that doing or not doing something will prevent development of BPH. A lot of theories and misconceptions abound. There are two things clear in science.

1. That BPH is a normal component of the ageing male similar to greying of hair
2. Every enlarged prostate does not require treatment
3. And that BPH is completely treatable
4. And that BPH has not yet known risk factor.

Some things that are postulated or theorised to cause BPH, but there is weak scientific evidence for the same

1. Too much masturbation or sexual activity
2. Too much testosterone or male hormones
3. Too much zinc or other factors in diet
4. Recurrent urinary infections or STDs

But there are still not proven or science has completely discarded these as quackery.

How do I prevent the development of BPH?

In continuation of the last question, if there are no known risk factors, then what to do prevent BPH. Like ageing and growing old are natural, but one can grow healthy old, similarly the below steps can help you cope with BPH better or delay its effects.

1. Stop Smoking
2. Control Diabetes and Blood Cholesterol
3. Healthy diet
4. Regular Exercise
5. Maintain Healthy Body weight
6. Engage in regular healthy sexual relationship

What are the lifestyle changes required to manage early symptoms of BPH?

Certain lifestyle changes can help you manage your BPH better and avoid progression or surgery. But for that the ominous signs of BPH should be missing.

The changes you can make are

1. Drink limited amount of water - not more than 3 litres per day
2. Stop Smoking
3. Restrict or Stop Coffee and Tea, Shift to green tea
4. Prevent Constipation
5. Do not hold urine for more than a few hours, do not wait for the urge to void
6. Control Hypertension and Diabetes
7. And restrict all fluid intake 4 hours before sleeping
8. If you have the habit of coughing at night, instead of water, shift to sucking a sweet

Information for Medical Tourists visiting India for treatment of BPH

New Delhi is the Capital of India. Coming to New Delhi, India for treatment can be a wise decision. India offers to its guests coming for BPH treatment excellent benefits which include

1. High Quality Surgery
2. International standards in term of Patient safety and Infection Control
3. Global Best Practices
4. Economical Services



[Dr Vijayant Govinda Gupta, is a Surgeon and Urologist based in New Delhi, India.](#)

He has been providing treatment of BPH to his patients in an Economical and Ethical way since many years.

His practice welcomes international guest and medical tourists.

My team shall be able to arrange for you

1. Translator for your language
2. Comfortable Homely stay
3. Food in your local cuisine
4. Safety
5. Visa Services
6. Travel arrangements for you and your family
7. Banking services and arrangement of currency
8. Follow up visits and Online medical support

Patients from the following countries are most welcome

***Pakistan - Nepal - Bangladesh - Myanmar - Bhutan - Sri Lanka
- Maldives - China - USA - EU - Russia***

Leave a message on admin@drvijayantgovinda.com to schedule an appointment and arrange a language interpreter

Information for Patients from Delhi NCR for BPH

Dr Vijayant Govinda Gupta, is a Surgeon and Urologist based in New Delhi, India. He has been providing treatment of BPH to his patients in an Economical and Ethical way since many years. [Find his clinics here](#)..

His practice welcomes all patients in Delhi NCR to avail

High Quality Surgery
Global Best Practices
International Safety Standards
Latest technology
Infection control
Ethical and Scientific advice

Patients from the following areas are most welcome.

[Clinic Locations \(Click Here\)](#)

Karol Bagh - Patel Nagar - Rajinder nagar - Pusa Road - Laxmi Nagar - Noida - South Delhi - Shastri Nagar - Punjabi Bagh - Kamla Nagar - Inder Lok - Connaught Place - Central Delhi - West Delhi - Saket - Lodhi Road - Rohtak Road - Civil Lines - University - Shalimar Bagh - South ex-Green Park - Vasant Vihar - Vasant Kunj - Dwarka



Leave a message on admin@drvijayantgovinda.com or call +919592999184 to schedule an appointment and arrange a language interpreter. If required economical lodging, food and banking services can be arranged.