

Enlarged Prostate: BPH Answer Sheet

The 5 signs of BPH, the 4 call-now flags, and the habits that calm symptoms.

✓ **Verified against published guidance** from NIDDK (NIH), Mayo Clinic & Cleveland Clinic - sources below

Call the doctor now if you cannot urinate at all, have painful urgent urination with fever and chills, see blood in your urine, or have serious lower-belly pain.



Do This

Run the 5-Sign Check

- Trouble starting a stream
- Night trips, urgency, incomplete emptying
- Weak or stop-start stream, end dribble

COACH'S TIP Any of these is worth a visit.

Count Your Night Wake-Ups

- Keep two weeks of notes
- Bring the log to your visit
- Note evening drinks too

COACH'S TIP The log does half the diagnosis.

Make the Evening Swap

- Fewer liquids before bed
- Empty fully, do not hold it
- Less alcohol and caffeine

COACH'S TIP Small habits cut night trips fast.

Check Your Medicine Cabinet

- Decongestants can worsen symptoms
- Ask about antidepressants and diuretics
- So can antihistamines

COACH'S TIP Tell your doctor everything you take.

Stay Physically Active

- Inactivity raises BPH risk
- Regular exercise protects the bladder
- Movement helps symptoms

COACH'S TIP A daily walk counts.

Ask About the Medicine Menu

- Alpha blockers relax the muscle
- The combo can beat either alone
- 5-ARIs shrink the gland

COACH'S TIP Steam and lift procedures exist too.



Do Not

Do Not Assume It Is Cancer

- BPH is benign by definition
- Both can exist, so get checked
- Not thought to raise cancer risk

COACH'S TIP The word benign is literal.

Do Not Judge by Size

- Size does not equal severity
- The reverse happens too
- Small gland, big symptoms happens

COACH'S TIP Symptoms drive treatment, not size.

Do Not Ignore the 4 Flags

- Cannot urinate at all
- Blood in urine, serious pain
- Pain with fever and chills

COACH'S TIP These mean now, not next week.

Do Not Wait It Out Silently

- Untreated blockage can worsen
- Early treatment protects your kidneys
- Retention, UTIs, stones, kidney strain

COACH'S TIP Mention symptoms even if mild.

Do Not Self-Diagnose

- UTIs and prostatitis mimic BPH
- Prostate cancer can overlap too
- So can bladder problems

COACH'S TIP A simple exam sorts it out.

Do Not Expect Overnight Fixes

- Medicines take time to work
- Ask about side effects up front
- Follow-up visits matter

COACH'S TIP About half with BPH need treatment.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

50% by 60 of men show some signs of BPH by age 60

90% by 85 show signs by age 85; it is the most common prostate problem after 50

4 flags mean call the doctor now, not at the next checkup