

# When it's much more than 'just old age'

Many men joke about not passing up an opportunity to use the toilet. However, frequency could be a sign of something more serious.

Benign Prostatic Hyperplasia (BPH) is a common condition in which the prostate enlarges as men get older. As the prostate enlarges it squeezes the urethra, the thin tube that releases urine from the bladder.

BPH is more common than prostate cancer and affects more than 70 per cent of men in their 60s.

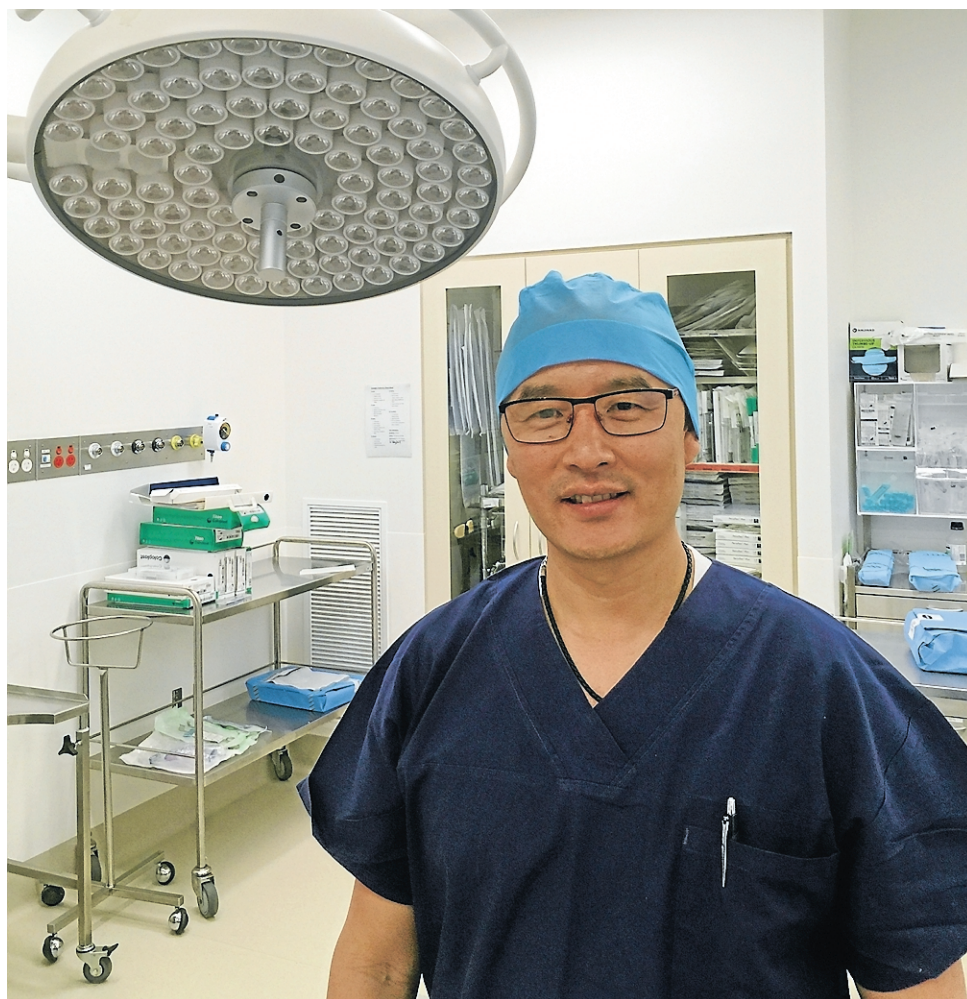
For many men the first symptoms are subtle. They may need to urinate more frequently. Urination may be slower than before. They may find it difficult to start urinating, they may stop and start or there may be dribbling after urination finishes.

At its worst, men fail to make it to the toilet in time.

Dr Peter Chin, an associate professor at the University of Wollongong's Graduate School of Medicine, specialises in urology with expertise in BPH, robotic urology, laparoscopic surgery and prostate cancer.

Dr Chin says the early symptoms of BPH build up resistance. Just like biceps worked at the gym, resistance training makes the muscles bigger.

"If you have been working against



Associate professor Peter Chin specialises in urology with expertise in BPH.

resistance for a long time you end up with the Arnold Schwarzenegger of bladders," Dr Chin says.

"It's powerful and it gives you that urgency that you must get to the toilet fast."

From that point, men often develop habits to stop themselves losing control. Many will ensure they stop to urinate when they see a

toilet "just in case". Or they often feel the need urinate in the middle of the night.

However, Dr Chin says these habits can make the problem worse. They train the bladder to not hang on.

BPH can be treated. It's not "just old age".

Anyone experiencing symptoms should see their GP for an assessment. The earlier,

the better. "Men often wait until the last minute to do something. By that time there are a lot of changes to the bladder and they can't be changed," Dr Chin says.

There are three main treatments for men suffering from BPH. Medication can alter hormones to smooth and relax the prostate. Surgery can remove part of the prostate to allow more room for the urethra. However, invasive surgery does carry a small risk of erectile dysfunction.

## 'Men often wait until the last minute to do something.'

- Dr Peter Chin

The third option is a device called UroLift. The implant is inserted in the prostate to hold the prostatic tissue away from the urethra.

Dr Chin has been involved in the clinical research and surgical technique of the UroLift system since its first human trials in 2005.

"The prostate is a firm organ but you can manipulate it and pull it to one side," Dr Chin says. "Because you are not burning or destroying the organ it has no sexual side effects."

The UroLift is inserted during day surgery, often under general anaesthetic. But it can be inserted under local anaesthetic.

Dr Chin says the device was created in Australia and is covered under most health insurance plans.

"UroLift was evaluated and clinically proven in Australia," Dr Chin says.

"Australia should be very proud we can do this world class research that has changed the way BPH is managed."

The key to a better life is asking for help as early as possible.

## Are your waterworks interrupting your life drip by drip?

### Looking for relief from an enlarged prostate without medication or major surgery?

We invite you to learn about a proven approach to BPH treatment that doesn't require ongoing medication or major surgery.

Check with your GP about a specialist referral.

For more information and a list of specialists, visit [UroLift.com.au](http://UroLift.com.au)