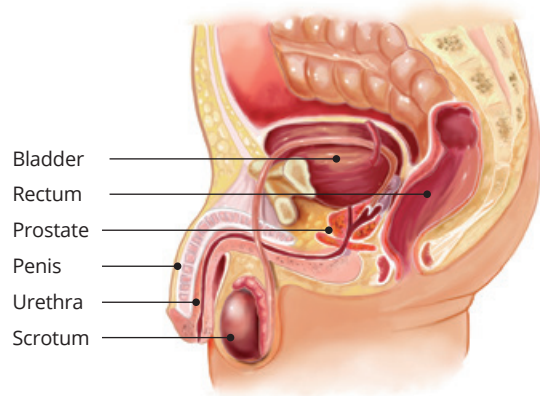


# Benign Prostatic Enlargement (BPE)

## What is the prostate?

The prostate is a gland that produces the fluid in semen. It is located under a man's bladder and wraps around his urethra. The urethra is the tube that carries urine from the bladder through the penis to the outside of the body.



## What is Benign Prostatic Enlargement (BPE)?

It is common for the prostate gland to slowly get bigger as men get older. Symptoms can occur as early as 40's. When the prostate enlarges, it causes the gland to press on the urethra and leads to the muscles surrounding the urethra to contract, making it more difficult for the urethra to relax. Therefore, the urine flow is weakened, slower and with less force. This condition is called BPE.

## What are the signs of BPE?

You might start to have some of these signs:

- Trouble starting to urinate
- Feeling the need to urinate frequently and have trouble holding back
- Dribbling after urinating
- Needing to get up more often to urinate at night time
- Decreased force of the urine stream
- Urinary infection
- Blood in urine

Tell your doctor if you have any of these signs. Other problems, like an infection or cancer, can also cause these signs.

## If I have signs of BPE, what will my doctor do?

Your doctor will ask questions about your urine flow. You will have a rectal examination to check the size of your prostate. During this examination, your doctor will also feel for other prostate problems, such as cancer and infection.

A urine test may be conducted to check for blood or infection. Blood tests may also be arranged to see if your kidneys are functioning well and assess your risk of prostate cancer. A urine flow test (uroflow) may also be required.

## What can I do if I have BPE?

Here are a few things you can do:

- Give yourself time to urinate completely
- Restrict alcohol, drinks with caffeine in them such as coffee, tea and sofa drinks or other fluids in the evening
- Do not take decongestants
- Do not take antihistamines

### Source:

American Academy of Family Physician

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## How is BPE treated?

Your doctor may ask you to have a urine flow assessment and have you wait over some time to check for improvement.

Your doctor might have you take an alpha blocker. This medicine will cause the muscles of your urethra to relax. Since the alpha blocker may lower your blood pressure, it can make you feel tired or sleepy. Some alpha blockers are terazosin (brand name: Hytrin) and doxazosin (brand name: Cardura). Tamsulosin (brand name: Harnal) is a newer alpha blocker. It has little, if any, effect on blood pressure. Finasteride (brand name: Proscar) and Dutasteride (brand name: Avodart) make the prostate gland become smaller and work more slowly than alpha blockers and can also cause impotence or lack of sexual desire.

If the BPE gets bad enough that you cannot urinate much or urinate at all, a tube is put into your urethra to empty your bladder. This tube is called a catheter which is usually left in for a week or two. Should the problem recur when the catheter is taken out, you may be given a treatment to shrink or remove the prostate.

## Is BPE treated with surgery?

The most common surgery for BPE is called TURP (this stands for transurethral resection of the prostate). This surgery is done through the urethra.

After TURP, there is a small chance of problems such as bleeding, infection and reoccurrence. Movement of semen into the bladder, instead of out to the penis, can happen after TURP, and is referred to as retrograde ejaculation.

The prostate can also be removed by a laser (Photoselective Vaporization of the Prostate, PVP). This procedure usually allows patients an earlier return home.

Newer surgery uses heat, or microwaves to remove prostate tissue. How well this surgery works is not yet fully known.

Your doctor will discuss treatment options suitable for you.



Urine flow assessment

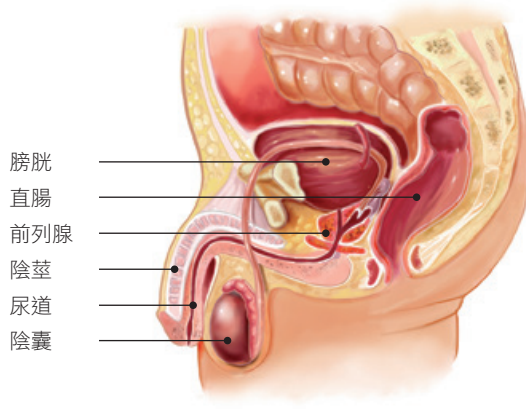
Scan the QR code to obtain information of our medical centre or clinic downtown



# 前列腺增生症

## 甚麼是前列腺？

前列腺是男性製造精液的腺體，位於膀胱頸口，包圍著尿道。尿道乃是輸送尿液從膀胱經由陰莖排出體外的管道。



## 甚麼是前列腺增生症？

當男士年紀漸大，前列腺慢慢變得肥大，這是十分常見的。徵狀可早於40歲起出現。前列腺肥大壓著尿道、令包圍著尿道的肌肉收縮，尿道因而難以放鬆，尿液流動減弱、變慢和變得無力。我們稱之為前列腺增生症。

## 前列腺增生症有哪些徵狀？

患上前列腺增生症或會有以下徵狀：

- 小便困難
- 小便頻繁及難以忍尿
- 小便後段排尿斷斷續續
- 夜尿次數變得頻密
- 尿流無力
- 尿道感染
- 尿液有血

如果你有以上任何徵狀，請向醫生尋求意見。以上的徵狀也有可能是細菌感染或癌症所引致的。

## 若我有前列腺增生症的病徵，醫生會建議我怎麼做？

醫生會查問你的排尿情況，用直腸指檢來檢查你前列腺大小，並診斷你的前列腺有沒有出現其他問題，如癌症和感染等。

你可能需要進行尿液測試，以檢視小便有沒有血絲或感染；你又或會被安排進行血液測試，以確定你的腎功能是否正常及有沒有患有前列腺癌的風險。此外，你或會需進行尿流測試。

## 若我患上前列腺增生症，可以怎麼辦？

如你證實患上前列腺增生症，我們建議你：

- 給予自己足夠的時間完成整個排尿過程
- 不要在傍晚飲用含酒精及咖啡因飲品（如咖啡、茶及可樂）或其他飲料
- 不要服用解充血劑
- 不要服用抗組胺劑

## 如何治療前列腺增生症？

你的醫生或會建議你進行尿流測試及隔一段時間再評估你的病情有否改善。

醫生或會建議你服用alpha 受體阻斷劑。這類藥物其實是血壓藥，包括terazosin（品牌為Hytrin）及doxazosin（品牌為Cardura），讓你的尿道肌肉放鬆，但由於藥物會降低你的血壓，服後你或會感到十分疲倦或有睡意。Tamsulosin（品牌為Harnal）則是較新的alpha受體阻斷劑，對血壓也有較少的影響。另外，Finasteride（品牌為Proscar）及 Dutasteride（品牌為Avodart）則會令前列腺縮小，其成效會比alpha受體阻斷劑慢，但陽痿或性慾降低的副作用會較少。



尿流測試

若病情變壞，你只能排出少許尿液或難以小便，則需插尿管幫助你排便，通常尿管會待一至兩星期才移走。假如移走尿管後，問題仍未能解決，你則需要接受進一步的治療以縮小或移除前列腺。

## 手術能否治療前列腺增生症？

尿道前列腺切除術是治療前列腺增生症最常見的手術。但手術後，或有少許機會出現出血、感染和復發的問題；亦可能出現逆行射精的情況，即精子或會射到膀胱內，而非正常地射出體外。

前列腺可透過激光前列腺治療系統去除接受該治療的病人通常可較早出院。

新手術透過熱能或微波去除前列腺組織。然而，新手術治療的成效還未能完全掌握。

你可向你的醫生諮詢有關治療的選擇。

資料來源：  
美國家庭醫生

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