

BPH can cause variety of problems as men age

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As men age, they can develop a condition called benign prostatic hypertrophy (BPH), caused by the prostate gland.

With BPH, the prostate gland increases in size, causing urine to flow with more difficulty. It also can give men the feeling that they need to urinate more than usual. The condition will cause a lessened urinary stream, and can make it more difficult for men to urinate.

Often, the problem is defined when men have to get up from bed during the night more than once or twice. If this condition continues untreated, it can lead to obstruction of urinary flow entirely.

BHP can be aggravated by consuming certain medicines and foods. Additionally, alcohol and caffeine drinks (sodas, tea and coffee) will cause a person with BPH to have more symptoms.

Also, over-the-counter medications, including cold pills that contain decongestants, will cause men to have difficulty emptying their bladder. These medications are known as pseudoephedrine and are found in many medications, including Sufafed. It Antihistamine medications, like Benadryl (or diphenhydramine), can cause a man's prostate symptoms to get worse.

Any man who believes he is suffering from BPH should see a doctor for a complete evaluation.

Today, there are many different medications that can help with this condition. One of the main medicines currently used to help this condition is known as an alpha blocker. This is a medication that does require a prescription.

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