

Men: Could You Be Suffering From BPH?

Layne Lowery | January 18th, 2010 at 4:00 am |

If you get up at night for frequent bathroom visits, then it could be due to your decreased prostate health. And if your urine stream is often reduced to a few drops or dribbles... then this article could help warn you of a dangerous condition known as benign prostatic hyperplasia (BPH).

What is BPH? This condition causes an enlarged prostate. When this happens your prostate swells and puts pressure on your urethra—the tube that carries urine from your bladder out of the body. The more your prostate grows the more problems you begin to have with your urinary functions.

Besides frequent bathroom visits and weak urine stream, other symptoms of BPH include:

- Burning sensation in your groin area
- Interrupted sleep that drains your energy the next day
- Pain in your lower back and hips
- And low sex drive and soft erections

Under normal conditions your prostate should be about the size and shape of a walnut... and it's responsible for providing fluid for semen... moistening the lining of your urethra... and protecting sperm from the acidic environment of the vagina and cervix.

If you're having signs and symptoms of BPH, please see your physician for testing to determine your condition. If left alone, BPH can often lead to abnormal cell growth, which is the main cause of prostate cancer.

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