

## **Benign Prostatic Hyperplasia (BPH) or Prostate Enlargement**

As men age, the prostate gland slowly gets bigger. It may start to press on the urethra, thereby causing the flow of urine to be more difficult. This condition is called BPH, which stands for Benign Prostatic Hyperplasia. Though the prostate continues to grow during most of a man's life, this enlargement doesn't usually cause problems until late in life. Many people feel uncomfortable talking about the prostate, since it plays a role in both sex and urination. Still, prostate enlargement is a natural part of aging. When you first get BPH, you might not experience any discomfort or symptoms. After a while, however, you might experience some of these signs:

- Trouble urinating
- Feeling the need to urinate often
- Dribbling after you think you have finished urinating
- Decreased force of your urine stream