

Lower Urinary Tract Symptoms

Suggestive of Enlarged
Prostate Gland

提示前列腺增生症
的下泌尿道症状

Simptom-Simptom Saluran
Kencing Bahagian Bawah

சிற்றூர்க்குழாய் கீழ்ப்பகுதி அறிகுறிகள்

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This Patient Education Booklet has been prepared based on the Clinical Practice Guidelines on Lower Urinary Tract Symptoms suggestive of enlarged prostate gland. It is written for men above 50 years of age who have lower urinary tract symptoms, their family members and caregivers, and aims to help them understand their condition and treatment. It is hoped that patients, their family and caregivers would be able to use this booklet as a basis to discuss treatment options with their doctors.

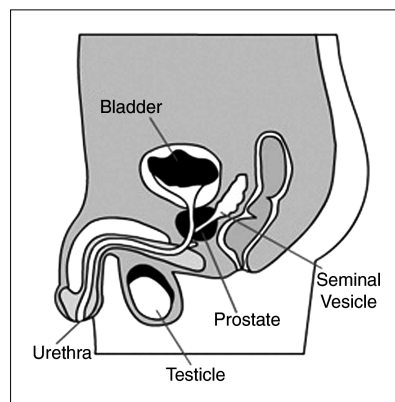
Clinical Practice Guidelines are guidelines, based on the best scientific evidence currently available, to help doctors make appropriate choices about treatment of their patients' illnesses. The guidelines do not replace the judgment of the doctor. It is important to remember that each person is different, and the Clinical Practice Guidelines may not always apply to everyone.

1 WHAT IS BENIGN PROSTATIC HYPERPLASIA?

Benign Prostatic Hyperplasia (BPH) is a common condition affecting the prostate gland usually in men over fifty years old. This is due to exposure to male hormones that result in the **enlargement of the prostate gland**.

2 WHAT AND WHERE IS THE PROSTATE?

The prostate is a gland, present only in males. It produces secretion, which nourishes the sperms in the semen. Walnut size, it is situated at the outlet of the bladder, encircling the lower urinary outlet like a doughnut.



Problems with urinating and discomfort occur when the enlarged prostate squeezes the bladder outlet and the lower urinary passage like a clamp around a garden hose. This blockage eventually damages the bladder and kidneys in severe cases.

3 LONG TERM PROBLEMS WITH BENIGN PROSTATIC HYPERPLASIA

Prolonged blockage of the urine tract by BPH can cause serious problems over time. These include:

- sudden inability to urinate (acute retention of urine)
- urinary leakage/ incontinence (chronic urinary retention)
- recurring urinary infections
- bladder stone formation
- presence of blood in the urine.

4 HOW PROSTATE PROBLEMS ARE DIAGNOSED

BPH gives rise to:

- nocturia - getting up more than once at night to pass urine
- weak urine stream
- feeling that urine is still in the bladder, even after urination
- passing urine often less than two hours interval
- interrupted urine flow
- difficulty in starting the urine flow
- urgent need to urinate immediately, may lead to uncontrolled leakage (incontinence).

These symptoms can also be present in illness like diabetes or cancer. If you experience any of these symptoms, you should see a doctor.

Your medical evaluation may include:

- Symptom chart (International Prostate Symptom Score) - shown at the end of this brochure.
- Digital rectal examination (DRE) - doctor will insert the index finger into the anus and feel the prostate.
- Urine test.
- Prostate-specific antigen (PSA) blood test.

5 WHAT OTHER TESTS MAY BE NEEDED?

After a preliminary diagnosis has been made, other diagnostic tests may be done to help pinpoint the cause of your symptoms:

- Ultrasound scan examination - A scan will detect how well you empty your bladder. It is also used to check the kidneys for harmful back pressure effect due to the blockage by the enlarged prostate.
- Uroflow test - A test to determine how well your urine flow is.
- Cystoscopy - A lighted tube is used to examine the bladder. This is done in cases where the blockage by the prostate is not certain or if you have blood in the urine.
- Urodynamics test - A procedure to measure the voiding pressure (pressure in bladder). This procedure may be required, to confirm the diagnosis, before the patient is subjected to an operation.

6 WHAT HAPPENS AFTER THE DIAGNOSIS OF BPH?

You may be referred to a urologist for further consultation. Once serious conditions like cancer of the prostate or bladder are ruled out, treatment would depend on the severity of the BPH.

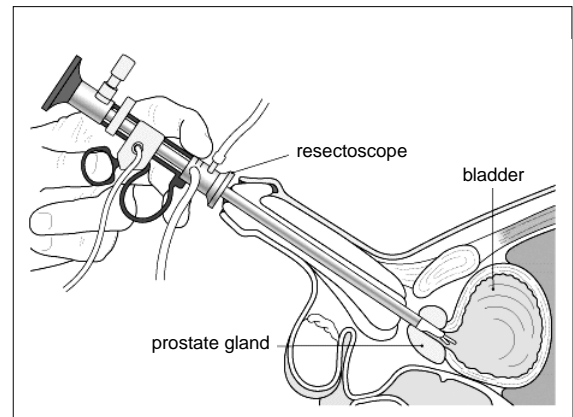
In *mild* BPH, there is no significant blockage of the bladder and the symptoms are not bothersome. Most of these patients can be managed with an adjustment in their fluid intake, regular exercise, and a proper diet with less red meat, more fruits and vegetables.

In *moderate* BPH, the blockage of the bladder is not severe but the symptoms are bothersome. Medication can be used to treat these cases to either relax the bladder outlet or help shrink the prostate, to improve the flow of urine.

In *severe* BPH, the blockage is severe and person is unable to empty the bladder completely. This results in frequent urination but small amounts. In severe BPH, an operation may be necessary.

This operation, called Transurethral Resection of the Prostate (TURP), usually takes about an hour. The obstructing part of the prostate gland is removed using a special instrument called the resectoscope that is inserted via the urinary passage. There is no skin incision. Recovery from operation takes about 3 to 4 days.

Transurethral Resection of Prostate (TURP)



TURP is generally safe and low risk. Less than 1% of TURP patients encounter serious complications. About 10% may face less serious complications such as bleeding and infection. Less than 1% will have loss of urinary control.

Side effects of TURP include dry ejaculation, and less than 4% may encounter erection (impotence) problems.

International Prostate Symptom Score (I-PSS)

Circle your score for each below

Over the past month, how often:	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
Incomplete emptying Have you had a sensation of not emptying your bladder completely after you finish urinating?	0	1	2	3	4	5
Frequency Have you had to urinate again less than 2 hours after you finished urinating?	0	1	2	3	4	5
Intermittency Have you found out that you stopped and started again several times when you urinate?	0	1	2	3	4	5
Urgency Have you found it difficult to postpone urination?	0	1	2	3	4	5
Weak stream Have you had a weak urinary stream?	0	1	2	3	4	5
Straining Have you had to push or strain to begin urination?	0	1	2	3	4	5
Nocturia Do you typically get up from sleep at night to urinate?	0	1	2	3	4	5

Total Symptoms Score (Sum of Q1 - Q7) =

Total Score	Symptom	Proposed treatment
0 - 7	Mild	Observe symptoms
8 - 9	Moderate	Medication
20 - 35	Severe	Surgery

Quality of life assessment

If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that?

Delighted	Pleased	Mostly satisfied	Mixed	Mostly dissatisfied	Unhappy	Terrible
0	1	2	3	4	5	6