

Prostatic hyperplasia: A review

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Abstract: - Benign prostatic hyperplasia (BPH), also called prostate enlargement, is a noncancerous increase in size of the prostate gland. Symptoms may include frequent urination, trouble starting to urinate, weak stream, inability to urinate, or loss of bladder control. Complications can include urinary tract infections, bladder stones, and chronic kidney problems. It is the only condition in which an over growth of prostate tissue pushes against the urethra and the bladder, blocking the flow of urine. This is the review on the gradually increasing diseased condition.

Introduction

The prostate is a small, muscular gland in the male reproductive system. Your prostate surrounds your urethra and makes most of the fluid in your semen. The muscular action of the prostate helps propel the fluid and semen through your penis during sexual climax. In many men, the prostate can become enlarged. Sometimes it leads to symptoms and, over time, other complications. However, there are treatments.

Enlargement of the prostate is called benign prostatic hyperplasia (BPH). It occurs when the cells of the prostate gland begin to multiply. These additional cells cause your prostate gland to swell, which squeezes the urethra and limits the flow of urine.

BPH isn't the same as prostate cancer and doesn't increase your risk for cancer. However, it can cause symptoms that can affect your quality of life. BPH is common in men over 50.

Causes

BPH is considered a normal condition of aging. Although the exact cause is unknown, changes in male sex hormones that come with aging may be a factor.

Any family history of prostate problems or any abnormalities with your testicles may raise your risk for BPH. Men who've had their testicles removed at a young age don't develop BPH.

BPH symptoms

The symptoms of BPH are often very mild at first, but they become more serious if they aren't treated. Common symptoms include:

- Incomplete bladder emptying
- Nocturia, which is the need to urinate two or more times per night
- dribbling at the end of your urinary stream
- Incontinence, or leakage of urine
- Straining when urinating
- A weak urinary stream
- A sudden urge to urinate
- A slowed or delayed urinary stream
- Painful Urination
- Blood in the urine

Talk with your doctor if you have any of these symptoms. They're treatable, and treating them often can help prevent complications.

BPH diagnosis

When checking you for BPH, your doctor will usually begin by doing a physical exam and asking you about your medical history. The physical exam includes a rectal examination that allows the doctor to estimate the size and shape of your prostate. Other tests can include:

- ✓ **Urinalysis.** Your urine is checked for blood and bacteria.
- ✓ **Urodynamic test.** Your bladder is filled with liquid via a catheter to measure your bladder's pressure during urination.
- ✓ **Prostate-specific antigen (PSA) test.** This blood test checks for cancer of the prostate.
- ✓ **Post-void residual.** These tests the amount of urine left in your bladder after urination.
- ✓ **Cystoscopy.** This is the examination of your urethra and bladder with a tiny lighted scope that's inserted into your urethra.

Your doctor may also ask about medications you're taking that might be affecting your urinary system, such as:

- ✓ Antidepressants
- ✓ Diuretics
- ✓ Antihistamines
- ✓ Sedatives

Your doctor can make any necessary medication adjustments. Don't attempt to adjust your medications or doses yourself.

Let your doctor know if you've taken self-care measures for your symptoms for at least 2 months without noticing any improvement

Discussion

In terms of Benign prostatic hyperplasia the word benign is not used for cancer. It is the only condition in which an over growth of prostate tissue pushes against the urethra and the bladder, blocking the flow of urine. The androgenic hormones testosterone and dihydrotestosterone play at least a permissive and important role. Growth factors and other hormones including estrogens may also play a role. BPH is a truly hyperplastic process resulting in growth of glandular-epithelial and stromal/muscle tissue in the prostate, leading to often measurable growth taking on different shapes and configurations which may impact symptoms and secondary outcomes. It is important to recognize that BPH is a histological conditions, which is one but not the only cause of lower urinary tract symptoms, and may or may not be associated with prostate enlargement and bladder outlet obstruction. Recognizing the different entities and determining their presence in individual patients may help with therapeutic decision making.

References

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