Benign Prostatic Hyperplasia (BPH) Assessment

Benign Prostatic Hyperplasia (BPH) is a common urological problem in male adults caused by the the noncancerous enlargement of the prostate gland with hypertrophy and hyperplasia of normal prostate tissue. As the prostate enlarges, it can squeeze down on the urethra causing lower urinary tract symptoms.



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Assessment

Men Over 50
Greater-than old (50) Cent
BPH is more common with age and usually occurs in men over the age of 50. Other risk factors include obesity, lack of physical activity, erectile dysfunction, alcohol consumption, smoking, diabetes, and family history of BPH.

Enlarged Prostate Gland
Enlarged Prostate-plum
Smooth, symmetric, firm enlargement of the prostate is found on digital rectal exam.

Urinary Retention
Urine Retained in bladder
Patients often complain of a feeling of incomplete emptying of the bladder related to urinary retention. Incomplete voiding results in stasis of bacteria in the bladder, which increases the risk of developing urinary tract infection. Additionally, calculi may develop in the bladder due to the alkalinization of the residual urine.

Weak Urine Stream
Dripping Urine
Compression of the urethra presents as problems with urination such as inability to start or maintain a constant strong urine stream or dribbling of urine. Problems maintaining a strong stream of urine is an early presentation of BPH.

Frequency
Frequency-wave
Compression of the urethra can lead to increased urinary frequency in patients.

Urgency
Urgently squeezing knees
Along with frequency, urinary urgency may occur, which manifests as a need to pass urine quickly for fear of incontinence.

Nocturia
Nocturnal-moon-urine
Compression of the urethra can also lead to nocturia, which is the need to void at night. Nocturia may contribute to insomnia.

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