

Benign Prostatic Hyperplasia

Other names: BPH, Enlarged Prostate, Prostatic Hyperplasia

Benign prostatic hyperplasia (BPH) is a non-malignant enlargement of the prostate gland. BPH is completely benign and is NOT a precursor to prostate cancer.

The prostate is a small organ about the size of a walnut that lies below the bladder and surrounds the urethra. The prostate makes a fluid that becomes part of semen.

Prostate problems are common in men 50 and older. Most can be treated successfully without harming sexual function.

What happens in BPH?

In BPH, the prostate gland grows in size. It may compress the urethra which courses through the center of the prostate. This can impede the flow of urine from the bladder through the urethra to the outside. It can cause urine to backup in the bladder and the need for frequent urination. If severe enough, complete blockage of the urethra can occur, which can injure the kidneys.

A doctor usually can detect an enlarged prostate by rectal exam. The doctor may want to test a sample of blood to look for prostate-specific antigen, or PSA. The doctor may also examine the urethra, prostate, and bladder using a cystoscope, an instrument that is inserted through the penis.

How is BPH treated?

There are several different ways to treat BPH:

- ✓ **Watchful Waiting** is often chosen by men who are not bothered by symptoms. They have no treatment but get regular checkups and wait to see whether or not the condition gets worse.
- ✓ **Medical Treatment** is usually reserved for men who have significant symptoms. Supplements are available to shrink or relax the prostate to keep it from blocking the bladder opening.
- ✓ **Surgery** is the treatment most likely to relieve BPH symptoms; however it also has the most complications.

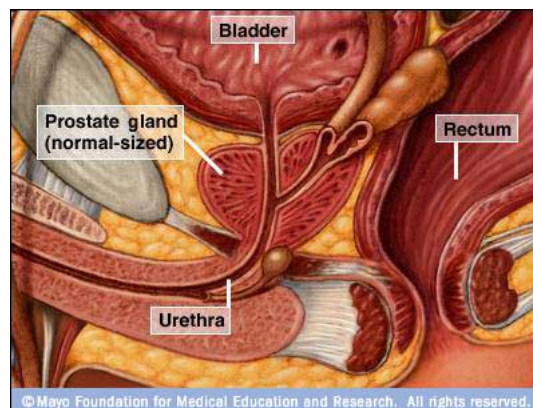
What can men do to protect themselves from prostate problems?

The best protection against prostate problems is to have regular medical checkups that include a careful prostate exam. See a doctor promptly if you experience a frequent urge to urinate, difficulty urinating or dribbling of urine. The following self-care steps may be helpful:

- ✓ **Stay active** – more physically active men have a lower frequency of symptoms related to BPH.
- ✓ **Try supplements** – in many parts of Europe, herbal supplements are considered standard medical treatment to BPH.

Recommended Lyflo Select products:

- ✓ **Prostate Defense** – Researchers have found that when saw palmetto, pygeum and stinging nettle root are combined, a healing response is triggered by the body that is far superior to that of a single herb. Lyflo Select has combined these herbs in Prostate Defense. It also contains Celadrin® which has been found to reduce the production of the negative immune factor IL-6 and control other immune factors responsible for inflammation. It has been known for decades that zinc helps support prostate health by inhibiting the activity of a key enzyme called 5-alpha-reductase. This enzyme converts testosterone to DHT which is the primary cause of BPH. If you suffer from BPH or other prostate problems, consider adding Prostate Defense to your supplement plan.
- ✓ **Inflammation Defense** – Treatment for benign prostatic hyperplasia (BPH) focuses on reducing the symptoms. Inflammation Defense contains Celadrin®, Quercetin and other powerful anti-inflammatory ingredients to help in reduce the inflammation associated with prostatitis or BPH.
- ✓ **Omega Defense** – Many doctors have been impressed with the effectiveness of essential fatty acids



(EFAs) in cases of BPH. Men given EFA supplementation showed a decrease in nighttime urination and urine retention along with reduction in the size of the prostate.

References: Medicinenet.com, Vitasearch.com

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