

men's health

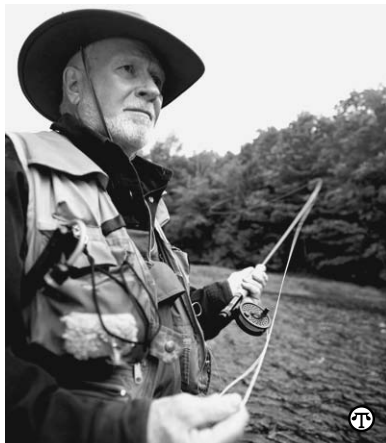
New National Survey Reveals Most American Men Age 50 And Over Do Not Recognize The Symptoms Of Enlarged Prostate

(NAPSA)—A national survey has revealed that most American men age 50 and over do not recognize the symptoms of enlarged prostate, also known as benign prostatic hyperplasia (BPH), as health issues unless they pose a “very severe” disruption to their lives.

In fact, nearly 70 percent of men surveyed would change their daily routines to compensate for the need to urinate frequently rather than seek medical attention.

The findings, released by the Men's Health Network (MHN), bring to light the need for better education and earlier detection about this non-cancerous condition of the prostate, which potentially interrupts the urine flow. Enlarged prostate affects more than 50 percent of men over age 60 and as many as 90 percent of men over age 70, but many may remain undiagnosed because they believe the symptoms are part of aging.

In addition to the national survey, MHN is launching *Back to Life Without Interruptions* (www.nointerruptions.com), a campaign to encourage men age 50 and over to see a physician if they urinate every two hours or more and not to accept these types of interruptions. The campaign, sponsored by sanofi-aventis, a member of the sanofi-aventis Group, offers a toll-free call in number 1 (866) 543-6461 (MHN1) ext. 116, where men can learn more about the symp-



toms of BPH and receive a free campaign brochure.

“Men tend to put off seeing a physician until their urinary symptoms become intolerable. It is well recognized that men should seek medical attention earlier, not only because the treatments are simpler, but the outcomes are more favorable,” said Urologist Jerry H. Singer, MD. “If left untreated, urinary symptoms associated with enlarged prostate or BPH, such as frequency, urgency, nocturia, hesitancy, intermittency, weak urinary stream and feeling of incomplete bladder emptying, could put them at risk for additional problems, such as bladder infections, or even kidney damage.”

According to the national survey, nearly five percent of men have not seen a doctor about their

prostate symptoms. Further, more than 50 percent of respondents said the number of times they urinate has increased in the last 10 years, yet many indicated that they have not addressed this problem with their doctor. In some cases, men indicated they would wait up to one year, if ever, before visiting a doctor to discuss the urinary symptoms associated with enlarged prostate.

“When I recognized the number of times I would go to the bathroom significantly increased, I figured it was just a common sign of aging, and waited to seek medical attention,” said Steven Silverman, MD, Ob/Gyn, and a BPH patient.

“But the symptoms started to disrupt my everyday life, work and intimacy. As a practicing physician myself, I learned I could manage my urinary symptoms. If I had realized this sooner, I would not have waited as long to seek advice from my urologist.”

BPH is a non-cancerous progressive disease in which prostate cells grow more rapidly than normal and cause the prostate to become enlarged. It affects more than eight million men in the United States.

Men and their partners can learn more about BPH and its symptoms by calling 1 (866) 543-6461 (MHN1), ext. 116 or log on to www.nointerruptions.com.