

# Worrying waterworks?

Ask your Urologist about fixing your flow



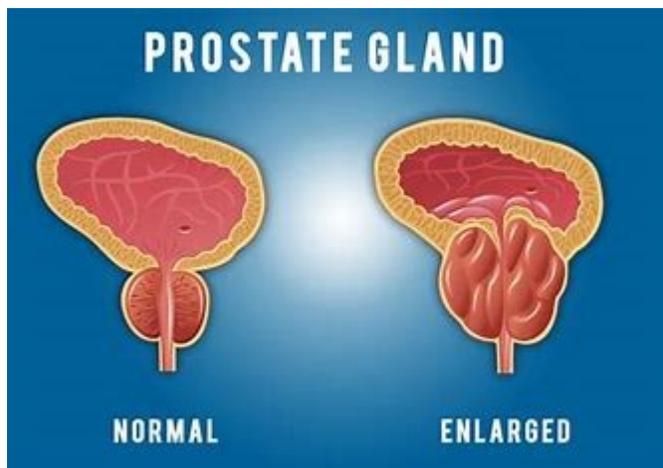
**URO-JO**

Keeping your prostate happy

## BPH—Benign Prostate Hyperplasia

An enlarged prostate

- a common and serious condition affecting older men
- involves a non-cancerous enlargement of the prostate gland and expansion of the surrounding tissues.



## ‘woes affecting your flow?’

1 of the 2.8 million Aussie men aged 50+ years living with an enlarged prostate.

1 in 2 men aged 50+ years will develop an enlarged prostate during their lifetime.

Enlarged prostate symptoms are present in:

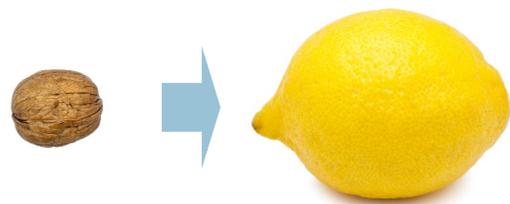
- 50% of men over 50
- 60% of men over 60
- 80% of men over 80

## New market research: YouGov

Boston Scientific commissioned YouGov to perform an online quantitative survey on benign prostatic hyperplasia (BPH), involving a nationally representative sample of 1,011 Australian men aged 50+ years between July 4 to 10, 2024.

The data was weighted by age and region to reflect the latest Australian Bureau of Statistics (ABS) population estimates of Australian men over 50 years of age.

Included are some of the findings:



While a normal prostate is about the size of a walnut, an enlarged prostate can grow to the size of a mandarin, a lemon, or even larger, and press against the bladder

## Learn what >1000 Aussie men have to say about living with BPH

**2 in 3**

Men experience a reduced QOL

**1 in 3**

Claim the condition has taken a toll on their relationship

**1 in 2**

Men state it has affected their confidence

**3 in 4**

A weekly sleep challenge

**3 in 10**

Claims it affects their partners QOL

**2 in 5**

Affects their social life

### Lower Urinary Tract Symptoms –LUTS

- An inability to completely empty the bladder when urinating
- Difficulty starting and ending urination
- Poor urine flow
- Getting up at night to pass urine
- An urgent need to pass urine
- Passing urine more or less often than usual



## Don't bury your head in the sand

*Suffering in silence is not a solution*

### Don't suffer in silence

An enlarged prostate is treatable, yet:

- **2 in 5** Aussie men affected fail to seek treatment
- **1 in 10** only visit their doctor soon after symptom onset
- **1 in 5** wait over 6 months before seeking treatment

Enlarged prostate symptoms **don't fix themselves.**

They get worse, are not a normal part of ageing & should not be left untreated.

**Early diagnosis is key to effective management!**

Ask your Urologist about fixing your flow, or visit [fixmyflow.com.au](http://fixmyflow.com.au)

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#### Visiting:

St Andrews War Memorial Hospital

Caboolture Private Hospital

Mater Bundaberg

#### Functional Urologist

BPH treatment options:

- Minimally invasive surgeries,
- Greenlight laser Vaporization,
- Robotic Assisted Enucleation



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