

Prostate Enlargement (BPH): Symptoms, Causes, and Treatment Options



New Delhi, Delhi Sep 23, 2026 ([Issuewire.com](https://www.issuewire.com)) - As men get older, changes in the prostate become increasingly common. One of the most frequent prostate conditions is **benign prostatic hyperplasia (BPH)**, also known as an enlarged prostate. Although BPH is not prostate cancer, it can cause uncomfortable urinary symptoms and may affect sleep, work, travel, and everyday life.

The symptoms can start gradually, so many men may ignore them at first. A weak urine stream, frequent trips to the bathroom, difficulty starting urination, or waking several times at night may seem like a normal part of ageing. However, these symptoms deserve attention, especially when they become persistent or interfere with daily activities.

If you are experiencing ongoing urinary problems, understanding **Enlarged Prostate Treatment in Rohini** can help you learn about available options and when medical evaluation may be appropriate.

What Is an Enlarged Prostate?

The prostate is a small gland located below the bladder in men. It surrounds part of the urethra, the tube that carries urine out of the body.

As men age, prostate cells may gradually increase in number, causing the gland to become larger. This condition is called benign prostatic hyperplasia.

As the prostate grows, it can put pressure on the urethra and affect the flow of urine. The bladder may also have to work harder to push urine through the narrowed passage.

Importantly, BPH is **benign**, meaning it is not cancer. However, its symptoms can range from mild inconvenience to significant urinary problems.

Common Symptoms of BPH

The symptoms of prostate enlargement can vary from one person to another. Some men may have a large prostate with relatively few symptoms, while others may experience significant urinary problems even with less enlargement.

Common symptoms include:

- Difficulty starting urination
- Weak or interrupted urine stream
- Frequent need to urinate
- Sudden urinary urgency
- Waking frequently at night to urinate
- Dribbling after urination
- Feeling that the bladder has not completely emptied
- Taking longer than usual to finish urinating

If these symptoms are becoming more noticeable, consulting a [Urologist in Rohini](#) can help determine whether an enlarged prostate or another urinary condition is responsible.

What Causes Prostate Enlargement?

The exact reason why some men's prostates enlarge more than others is not completely understood. However, ageing and changes in male hormones are considered important factors.

Age

BPH becomes more common as men get older. Many men begin noticing urinary changes after middle age, although the severity can vary considerably.

Hormonal Changes

Changes in hormones such as testosterone and dihydrotestosterone (DHT) are believed to play a role in

prostate growth.

Family History

Men with a family history of prostate problems may have a higher likelihood of developing BPH.

Lifestyle and Overall Health

Certain health conditions, excess weight, and a less active lifestyle may be associated with urinary symptoms and prostate problems.

Because several conditions can produce similar symptoms, it is important not to assume that every urinary problem is caused by BPH.

How Is an Enlarged Prostate Diagnosed?

A proper diagnosis starts with a discussion about your symptoms and medical history. Your doctor may ask how frequently you urinate, whether you wake at night, whether you have difficulty starting urination, and whether you experience pain or blood in your urine.

Depending on your symptoms, several tests may be recommended.

Physical Examination

A doctor may perform an examination to assess the prostate and identify possible abnormalities.

Urine Test

A urine test can help rule out infections and detect blood or other abnormalities.

Blood Tests

A blood test may be used to assess kidney function or measure prostate-specific antigen (PSA), depending on your age, symptoms, risk factors, and clinical situation.

Ultrasound

Ultrasound can provide information about the prostate, bladder, and kidneys. It can also help determine whether urine remains in the bladder after urination.

Urinary Flow Test

A uroflowmetry test can measure the speed and pattern of urine flow, which may provide useful information about possible obstruction.

Your doctor will decide which tests are appropriate based on your individual symptoms and medical history.

Treatment Options for BPH

Not every man with an enlarged prostate needs immediate treatment. If symptoms are mild, your doctor may recommend monitoring the condition and making lifestyle adjustments.

When symptoms are more troublesome, treatment may involve medication or a procedure.

1. Lifestyle Changes

Simple changes can sometimes help reduce urinary symptoms.

These may include:

- Reducing caffeine and alcohol intake
- Avoiding large amounts of fluid before bedtime
- Staying physically active
- Maintaining a healthy weight
- Avoiding unnecessary medications that may worsen urinary symptoms
- Taking enough time to empty the bladder

These measures may help manage symptoms but should not replace medical evaluation when symptoms are persistent or worsening.

2. Medicines

Doctors may prescribe medicines to improve urine flow or reduce prostate-related symptoms.

Alpha-blockers can help relax muscles around the prostate and bladder neck, making urination easier. Other medicines may help reduce prostate size over time.

The choice of medication depends on factors such as symptom severity, prostate size, other health conditions, and the medicines a patient already takes.

3. Minimally Invasive Procedures

Men who do not get enough relief from medication or who have certain prostate-related complications may be candidates for minimally invasive procedures.

These treatments are designed to improve urine flow while minimizing tissue damage and recovery time. The appropriate procedure depends on prostate size, anatomy, symptoms, and other medical factors.

4. Surgical Treatment

For men with severe symptoms or complications, surgery may be recommended. Procedures can remove or reduce the prostate tissue that is blocking urine flow.

Surgery may be considered when medications are ineffective or when BPH leads to problems such as repeated urinary retention, recurrent urinary infections, bladder stones, or kidney-related complications.

A detailed discussion with your doctor can help determine whether [Enlarged Prostate Treatment in Rohini](#) should involve medication, a minimally invasive procedure, or surgery.

Can an Enlarged Prostate Cause Complications?

BPH itself is not cancer, but untreated or severe urinary obstruction can sometimes cause complications.

Possible problems include:

- Acute urinary retention
- Recurrent urinary tract infections
- Bladder stones
- Blood in the urine
- Bladder damage
- Kidney problems in severe cases

Suddenly being unable to urinate is a medical emergency and requires prompt medical attention.

BPH and Prostate Cancer: Are They the Same?

No. Benign prostatic hyperplasia and prostate cancer are different conditions.

BPH involves non-cancerous growth of prostate tissue. Prostate cancer involves abnormal cancerous cells.

However, urinary symptoms alone cannot reliably distinguish between different prostate or urinary conditions. This is why persistent symptoms should be evaluated rather than automatically attributed to ageing or BPH.

Regular medical evaluation can help identify the cause and determine whether additional testing is needed.

When Should You See a Doctor?

You should consider a urological evaluation if urinary symptoms are persistent, worsening, or affecting your quality of life.

It is especially important to seek medical attention if you experience:

- Inability to urinate

- Blood in the urine
- Severe lower abdominal pain
- Recurrent urinary infections
- Significant difficulty starting urination
- Very weak urine flow
- Frequent nighttime urination that affects sleep

A **Urologist in Rohini** can evaluate your symptoms and determine whether they are related to BPH or another urinary condition.

How Can You Manage BPH Symptoms at Home?

Along with medical treatment when needed, certain habits may make urinary symptoms easier to manage.

Try to spread your fluid intake throughout the day rather than drinking a large amount at once. Reducing caffeine and alcohol, particularly in the evening, may also help reduce nighttime urination.

Avoid routinely holding urine for long periods. Regular physical activity and maintaining a healthy weight can also support overall urinary and prostate health.

However, these steps are supportive measures. They should not be used as a substitute for professional evaluation when symptoms are persistent.

What Should You Expect During Treatment?

The treatment journey varies from person to person. Some men may only need lifestyle adjustments and periodic monitoring, while others may require medication or a procedure.

Before recommending treatment, your doctor will consider the severity of your symptoms, prostate size, urinary flow, bladder function, overall health, and whether complications are present.

For men considering **Enlarged Prostate Treatment in Rohini**, having a detailed consultation can make it easier to understand the available options and choose an approach suited to their individual condition.

Final Thoughts

An enlarged prostate is a common condition among ageing men, but troublesome urinary symptoms should not simply be accepted as a normal part of getting older. BPH can often be managed effectively when it is diagnosed and treated appropriately.

Whether symptoms are mild or significantly affecting your daily life, an evaluation can help identify the underlying cause and prevent potential complications.

If you are experiencing weak urine flow, frequent urination, difficulty starting urination, or repeated nighttime bathroom visits, **Enlarged Prostate Treatment in Rohini** may offer several options depending on your condition.

Speaking with a qualified **Urologist in Rohini** can help you understand your diagnosis, available treatments, and the steps that may be appropriate for your urinary and prostate health.



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