



HEALTH AWARENESS

A Common Health Problem That Interrupts Men's Lives

(NAPSA)—The urgent need to go to the bathroom can strike at any time—while driving, at work, or during sleep. This could be one of the symptoms of a condition known as Benign Prostatic Hyperplasia (BPH).

Men over the age of 50 can suffer for years trying to cope with bothersome urinary symptoms such as the frequent need to go to the bathroom. Often, men learn to live with these interruptions and discomfort, rather than seeking medical attention.

Steven Silverman, MD, is one of millions of men whose lives are affected by urinary problems associated with BPH. On long car trips, planning ahead was necessary to map out the nearest rest stops. He would also get up several times a night to use the bathroom.

"I felt like BPH was interrupting my life every single day. I knew something had to change," said Dr. Silverman.

Eventually, after experiencing disruptions at work, he sought advice from his urologist, Jerry Singer, MD, of Urologic Specialists in West Palm Beach, Florida.

"As men age, they will more likely than not experience symptoms related to an enlarged prostate. This noncancerous condition, known as BPH, can often cause men to have difficulty urinating," said Dr. Singer.

Dr. Silverman's experience is a common example of how this con-

dition impacts a man's quality of life. After being diagnosed with BPH, he began treatment with a medication to help control and improve his symptoms.

"The first BPH medication I took helped relieve my urinary symptoms, but I began experiencing sexual side effects. As a result, I went off treatment for six months. However, because of the urinary symptoms, I again consulted my urologist who prescribed Uroxatral, which has since worked to treat my BPH symptoms without causing sexual side effects," said Dr. Silverman.

According to the National Institutes of Health, BPH affects more than 50 percent of men over age 60 and as many as 90 percent of men over the age of 70.

If you or your partner experience any of the following urinary symptoms, it may be time to visit a doctor:

- Waking several times at night to urinate
- Frequent or urgent urination
- Decreased force in urine stream
- Difficulty or pain while urinating
- Incomplete emptying of the bladder

BPH symptoms can be easily treated, allowing men to return to life without interruptions.

For additional information or to take a quiz to evaluate symptoms, men should visit www.prostatedisease.org. 

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EDITOR'S NOTE: UROXATRAL (alfuzosin HCl extended-release tablets) is contraindicated in patients with moderate or severe hepatic insufficiency and therefore should not be used in these patients. UROXATRAL should not be administered with potent CYP 3A4 inhibitors, and therefore should not be used in combination with drugs such as ketoconazole, itraconazole, or ritonavir. Postural hypotension with or without symptoms (e.g., dizziness) may develop within a few hours following administration of UROXATRAL. As with all alpha-blockers, there is a potential for syncope. Patients should be warned of the possible occurrence of such events and should avoid situations where injury could result should syncope occur. UROXATRAL should be used with caution in patients with severe renal insufficiency, and should not be prescribed to patients with a known history of QT prolongation or to patients who are taking medication known to prolong QT. The most common side effects are dizziness, upper respiratory tract infection, headache and fatigue.