



# 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 condition 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.

"I consulted my urologist who prescribed Uroxatral® (alfuzosin HCl) Extended-Release Tablets, 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
- Feeling of incomplete emptying of the bladder.

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

For additional information about BPH, its symptoms, or Uroxatral, or to take a BPH quiz, men should visit [www.uroxatral.com](http://www.uroxatral.com). You may also call 1-800-633-1610.



**Important Safety Information:** Do not take Uroxatral if you have liver problems or if you are taking the antifungal drugs ketoconazole or itraconazole, or HIV drugs like ritonavir. The most common side effects with Uroxatral are dizziness, headache and tiredness. Uroxatral can cause a sudden drop in blood pressure that may lead to fainting, dizziness and lightheadedness, especially when starting treatment. Do not drive, operate machinery or do any dangerous activity until you know how Uroxatral will affect you. Before taking Uroxatral, tell your doctor if you have kidney problems. Also tell your doctor if you have, or take medications for, a rare heart condition known as congenital prolongation of the QT interval.

In studies there was a low incidence of sexual side effects vs. placebo (Ejaculatory Dysfunction {EjD} with Uroxatral 0.6% vs. 0.0% for placebo and Erectile Dysfunction {ED} with Uroxatral 1.5% vs. 0.6% for placebo).