



Health Awareness

Coaching Men About Enlarged Prostate



(NAPSA)—Coaches are great at making tough decisions, whether they are deciding who to include in their starting lineups, what plays to run or when to make substitutions. A coach always has to be on his toes and in control of the game.

For years, Chuck Daly, famous for coaching the Detroit Pistons to consecutive NBA championships and leading the U.S. basketball “Dream Team” to a gold-medal victory in the 1992 Summer Olympics, was so focused with coaching, mentoring and making the best decisions for his team that he placed his personal health on the back burner.

Coach Daly’s story is not unique; many men over 50 may be ignoring one of the most common health problems facing older men: benign prostatic hyperplasia (BPH), commonly known as enlarged prostate.

Coach Daly lived with symptoms of BPH for over 20 years, attributing them to simply getting older.

BPH is a progressive condition in which the prostate becomes enlarged and leads to urinary problems. BPH affects more than 8 million men in the U.S.; in fact, four out of five men will develop BPH in their lifetime.

Although about half of all men

over 50 and as many as 90 percent of men over 70 are affected by BPH, most remain undiagnosed because they often tolerate the symptoms, associating them with the aging process, rather than seeking professional help.

Daly experienced common BPH symptoms, such as the frequent and urgent need to urinate, the need to urinate at night, weak urinary stream and the feeling of incomplete bladder emptying.

Finally, when the frustration of the symptoms became too much to handle, Daly realized he needed to seek the help of his doctor.

Daly was diagnosed with BPH. He is currently managing his symptoms with Uroxatral® (alfuzosin HCl 10 mg), a treatment he says has helped to get him “back in the game.”

“The most important thing for men to remember is BPH is common and the symptoms are manageable,” said Dr. Michael J. Naslund, professor of surgery (urology) and director of the Maryland Prostate Center at the University of Maryland School of Medicine.

“Men should talk to their doctors about effective treatment options such as Uroxatral for symptom management, because if left untreated, BPH symptoms may put men at risk for sexual dysfunction,

acute urinary retention, bladder stones, bladder infections and even kidney damage.”

Daly is now encouraging others who have experienced disruptions in their lives due to symptoms of BPH to talk to their doctors and “get back in the game.”

In partnership with a leading men’s health organization dedicated to bringing awareness to prostate health issues, Daly is launching BPH Game Plan Starts with U, a national program to raise awareness of and encourage screening for BPH.

Daly is traveling across the country to talk to men about his experiences and encourage them to get screened.

“I know this is an uncomfortable topic to discuss,” admitted Daly. “But I want to remind men that they no longer need to live with the uncomfortable symptoms of BPH. I hope that sharing my experience will help men everywhere speak with their doctors to create a game plan of their own.”

For more information on BPH and local screening events with Coach Daly, visit www.talkaboutBPH.com. This Web site also provides tips about how to start a dialogue with your physician and information on BPH and treatment options.

Note to Editors: ABOUT UROXATRAL:

UROXATRAL (alfuzosin HCl 10 mg), is indicated for the treatment of the signs and symptoms of benign prostatic hyperplasia (BPH). UROXATRAL, a selective alpha1-blocker (alpha1 receptor subtype), works by relieving symptoms of urinary obstruction by relaxing the tone of the smooth muscle surrounding the prostate gland, bladder neck and prostatic urethra.

Important Safety Information

Do not take UROXATRAL if you have liver problems or if you are taking the antifungal drugs like ketoconazole or itraconazole, or HIV drugs like ritonavir. UROXATRAL can cause a sudden drop in blood pressure especially when starting treatment. This may lead to fainting, dizziness, and lightheadedness. Do not drive, operate machinery or do any dangerous activity until you know how UROXATRAL will affect you. This is especially important if you already have a problem with low blood pressure or take medicines to treat high blood pressure. Before taking UROXATRAL, tell your doctor if you have kidney problems. Also tell your doctor if you or any family member(s) have or take medications for, a rare heart condition known as congenital prolongation of the QT interval. BPH and prostate cancer can cause the same symptoms. However UROXATRAL is not a treatment for prostate cancer. The most common side effects with UROXATRAL are dizziness, upper respiratory tract infection, headache and tiredness. Please see accompanying full prescribing information. Please see www.uroxatral.com for additional prescribing information.