



# **BENIGN PROSTATIC HYPERTROPHY (BPH)**

*SRIDHAR NADAMUNI*

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# BENIGN PROSTATIC HYPERTROPHY (BPH)

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## **BENIGN PROSTATIC HYPERTROPHY (BPH) SRIDHAR NADAMUNI**

Benign prostatic hypertrophy or hyperplasia (BPH) refers to the constellation of obstructive symptoms associated with increased smooth muscle tone in the prostate or the bulky enlargement of prostate. BPH is the most common benign neoplasm in males. BPH affected nearly 210 million males as of 2010. BPH incidence rates increase from 3 cases per 1000 man-years at age 45–49 years, to 38 cases per 1000 man-years by the age of 75–79 years. It is prevalent in 2.7% of men aged 45–49, increasing to 24% by the age of 80 years. The costs associated with the diagnosis and treatments of BPH are staggering. In the USA alone, in 2000, BPH accounted for \$1.1 billion in direct health-care expenditures, 4.4 million office visits, 117,000 emergency room visits, 105,000 hospitalizations and 21–38 million hours in lost productivity, with estimated annual treatment costs of at least \$3.9 billion. A steady increase in the prevalence and incidence of BPH and LUTS was observed in the United States between 1994 and 2000. The age-adjusted prevalence of BPH among hospitalized patients in the United States almost doubled between 1998 and 2007. Increases in BPH and LUTS prevalence and incidence should be considered within the context of an aging population. By 2030, for example, a fifth of the US population will be 65 years or older, including over 20 million men. The number of individuals 80 years and older in the US is expected to climb from 9.3 million in 2000 to 19.5 million in 2030, an increase of over 100%. Therefore, in addition to primary care physicians, health-conscious individuals worldwide should be knowledgeable about the symptoms, causes, diagnosis and management of this condition. This eBook offers an insight into and understanding of cutting-edge advances in BPH. It should be of interest to all adult men over the age of 30 years, to plan carefully for the golden years ahead. The book offers cutting-edge insights into the pathophysiology, symptoms, etiology and risk factors as well as diagnosis and comprehensive management (treatment and prevention) of BPH. Copious references are provided within the text for all those health-conscious men interested in enhancing their fund of knowledge, and design a plan of action appropriate to their needs and circumstances.

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