

認識前列腺肥大

Knowing about Enlarged prostate

Is BPH only for men?

Females have tissues similar to prostate, but they are degraded already. Scientists confirm that female have prostate, which is a gland that surrounds the female urinary tract. Therefore, female may also get prostate cancer.

The development of prostate?

1. At birth, it is small like a pea.
2. Grows rapidly during teenage period.
3. Fully developed between 25-30 years old.
4. Second growth at middle age (around 40 or more years old).
5. under 50 years old – no problem.
6. above 60 years old – 50% have benign enlarged prostate.
7. above 80 years old – 80% have benign enlarged prostate.

Symptoms of enlarged prostate?

1. Urine stream thins, with discontinuous urination process.
2. When starting to urinate, is very difficult, and after urination, will continue to drip.
3. Frequent urination or when feeling urge to urinate, unable to be completely emptied.

Treatment Objectives and Method

1. Observational Treatment:
 - (1) Restrict intake of beverages and liquid, and to empty urine in bladder as much as possible.
 - (2) Restrict use of alcoholic beverages, and being careful to use cold medicine including anti-nasal congestion drugs.
 - (3) Regular exercises, and keep body warm.
2. Medication:
 - (1) Influenza adrenaline antagonists: relax the muscle of the prostate and smooth bladder neck.
 - (2) Male hormone inhibitor: shrink the prostate, prostatic hypertrophy with good results.



3.Surgery:

- (1)Transurethral prostate resection.
- (2)Transurethral prostate incision.
- (3)Open prostatectomy surgery.

Conclusion

When there is abnormality with prostate, should visit doctor and not to believe in folk prescription that may lead to delay of treatment, leading to worsening of condition.