

Prostate Enlargement



What is it?

***Prostate**- may enlarge (Benign Prostatic Hyperplasia or Hypertrophy), it is a Natural Process

-**Gland Enlarges**- it squeezes the Urethra, causes Urinary Problems as Urine Dribbling, Frequent Urge to Urinate, Being Awakened by the Urge to Urinate, Decreased Urine Stream when Urinating, Feeling of not Emptying the Urine when Urinating



Signs and Symptoms:

*Fever, Back Pain, Abdominal Pain, Chills, Blood or Pus in the Urine

Medications:

***Avoid**- Antihistamines, Decongestants, Nasal Sprays, Water Pills/Diuretics, Tranquilizers, some Antidepressants can aggravate Urinary Problems



Facts:



***Dangerous**- if Difficult or if there is a Backup of Urine causing a Bladder Infection or Kidney Damage

***Dribbling**- may not be a sign of Prostate Enlargement

***Beverages High in Caffeine**- Beverages as Colas, Coffee, Tea, Cocoa, Chocolate Desserts, Nonprescription Standard Dose Medications as Alertness Tablets, Analgesic/Pain Relief Tablets, Cold/Allergy Remedies, Diuretics, Weight Control Aids, Caffeine Pills

What can I do?

***See your Physician**-Surgery is usually not necessary, medications or not doing anything, Do Not Postpone Urinating, Take your time when Urinating, Talk with Your Physician about taking Medications

***See RD**- Cut Down on Beverages at Bedtime especially Caffeine and Alcohol

***See FFF RD**- Drink a Minimum of 8 Glasses per Day



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