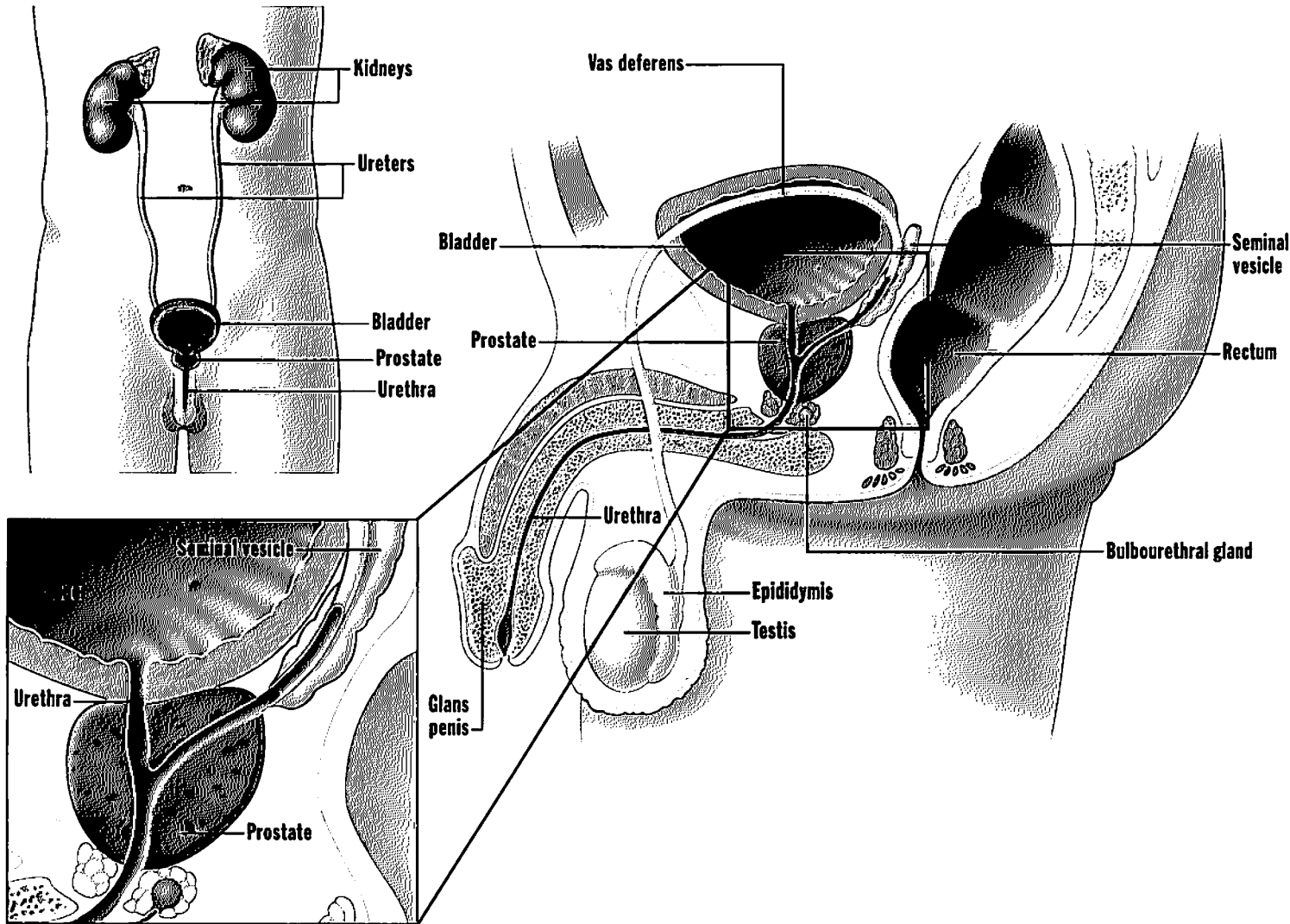


UNDERSTANDING BPH – BENIGN PROSTATIC HYPERPLASIA

WHAT IS THE PROSTATE?

In young men, the prostate is about the size and shape of a chestnut.¹ It sits just below the bladder, surrounding the urethra (the tube which carries urine from the bladder to the tip of the penis) like a donut.² The prostate adds fluid to the semen, helps control the flow of urine and the ejaculation of semen.^{1,2}



NOTES:

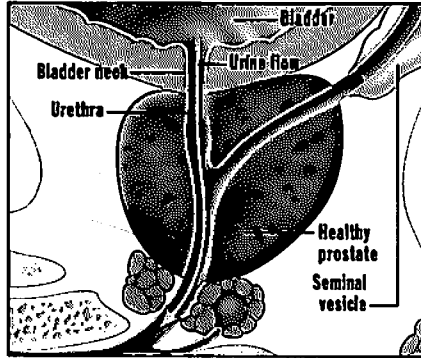
FLOMAX[®]
TAMBULOSIN[®]
Targeted BPH Control

Product Indication: For the treatment of the signs and symptoms of benign prostatic hyperplasia (BPH).

WHAT IS BPH – BENIGN PROSTATIC HYPERPLASIA?

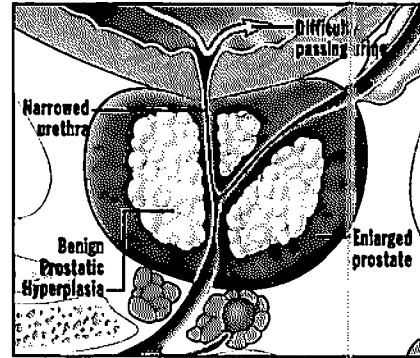
- Hyperplasia means an increase in size, due to an increase in the number of cells.^{1,2}
- Benign means these cells are not cancerous.^{1,2}

As the prostate enlarges, it may block the flow of urine.^{1,3}



WHO DOES BPH AFFECT?

- Almost half of all men over 65 years of age have symptoms of BPH.¹
- BPH increases in frequency with age.³
- May be due to hormonal changes that occur with aging.^{3,4}



SIGNS AND SYMPTOMS OF BPH^{1,3,4}

- Waking at night to urinate
- Difficulty starting to urinate
- Interruptions in urine flow
- A weak stream of urine
- Dribbling after passing urine
- Feeling the bladder is not completely emptied

DIAGNOSIS

1. Digital Rectal Exam (DRE) – the doctor inserts a gloved finger into your rectum to feel the size and texture of your prostate, and to feel the area around the prostate.^{1,3}
2. Blood tests – PSA (prostate-specific antigen) is a blood test that can detect substances that may indicate prostate cancer.^{1,3} Other blood tests may be done to check kidney function.
3. Symptom Questionnaires – helps your doctor determine the severity of your discomfort.³
4. Urine Tests – to look for signs of infection, or blood.¹ Urine flow tests may be done to measure the speed of your urine flow.
5. Bladder ultrasound – checks the amount of urine left in your bladder after urinating.¹


TREATMENT OPTIONS

The choice of therapy must take into account the potential benefits and possible side effects of treatment. These must be discussed fully with each individual man.

- Watchful waiting – regular check-ups to monitor your symptoms.^{1,4}
- Drug therapies^{1,4}: 1. Alpha blockers i.e. FLOMAX® (tamsulosin) – relax muscles at the bladder neck and in the prostate to relieve pressure around the urethra. 2. Five alpha-reductase inhibitors – block hormone action to reduce prostate growth.
- Herbal remedies (phytotherapy)^{1,2,5} – may help relieve symptoms, but little scientific evidence to show how effective plant extracts are.
- Surgery^{1,4}: 1. Removal of the core of the prostate is usually done through the urethra, called transurethral resection of the prostate (TURP), or through the abdomen, called open prostatectomy. 2. Transurethral Incision of the Prostate (TUIP) – involves several small cuts in the bladder neck and prostate to improve urine flow.¹
- Transurethral Microwave Thermotherapy (TUMT) – microwave heat destroys some of the prostate cells. The device is passed up the urethra inside a catheter.^{1,2,4} This procedure is not available at all centers.

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