

(PROSTATIC HYPERTROPHY, PROSTATIC HYPERPLASIA)**DEFINITION**

1. **Benign enlargement of the prostate** is an enlargement of a gland which is part of the male genital system and which surrounds the neck of the bladder.

CLINICAL MANIFESTATIONS

2. The earliest symptom is usually nocturnal frequency of micturition and, as the disease progresses, frequency becomes a feature day and night.
3. The urinary stream is weak, with hesitancy at the beginning of micturition and dribbling of urine at the end. Acute retention of urine may be the first symptom, which compels the patient to seek medical aid.
4. Slight haematuria is not uncommon and occasionally may be severe.
5. In the early stages there is increased libido with impotence becoming the rule later.

AETIOLOGY

6. Prostatic enlargement is an anatomical feature of old age sufficiently common to be regarded as a variety of the normal. Only when obstruction to the flow of urine is produced does it become a disease. It is essentially a disease of advancing years usually occurring in men over 50 years of age and being very common after the age of 60 years. Only a small percentage of those with enlargement of the gland develop symptoms due to pressure on the urethral outlet.
7. Though regarded by some as a benign new growth, most authorities agree that it is an expression of imbalance of the male hormones associated with the ageing process. Environmental factors have not been shown to play any part in its aetiology.
8. Temporary exacerbation of symptoms may be caused by indulgence in alcoholic liquors, exposure to cold or confinement to bed. Otherwise, its course is not affected by environmental factors.

CONCLUSION

9. **Benign enlargement of the prostate** is an age-related degenerative process in the male, which is associated with changes in hormonal balance produced by ageing. The symptoms may be temporarily worsened by the factors mentioned above.

REFERENCES

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