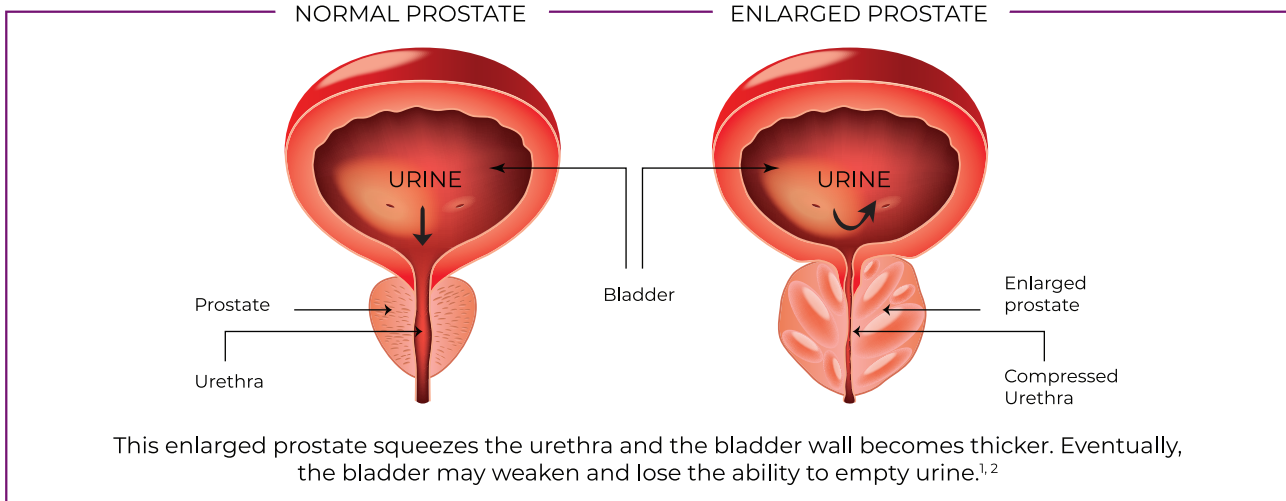


# BPH Benign Prostatic Hyperplasia



→ **Benign prostate hyperplasia is a non-cancerous enlargement or growth of the prostate gland<sup>1</sup> (Prostate gland - walnut-shaped gland of the male reproductive system).<sup>2</sup>**



## Signs and Symptoms<sup>1,2</sup>

- Feeling bladder is full even after passing urine
- Need to stop and start several times when passing urine
- A weak urine flow
- Need to pass urine often, about every 1-2 hours
- Frequent urination during night (Nocturia)
- Urine with blood or has an unusual color or smell
- Pain after ejaculation or during urination

**Silotime-D** Silodosin 8 mg + Dutasteride 0.5 mg Tablets

**Silotime-M 25/50** Silodosin 8 mg + Mirabegron ER 25/50 mg Tablet

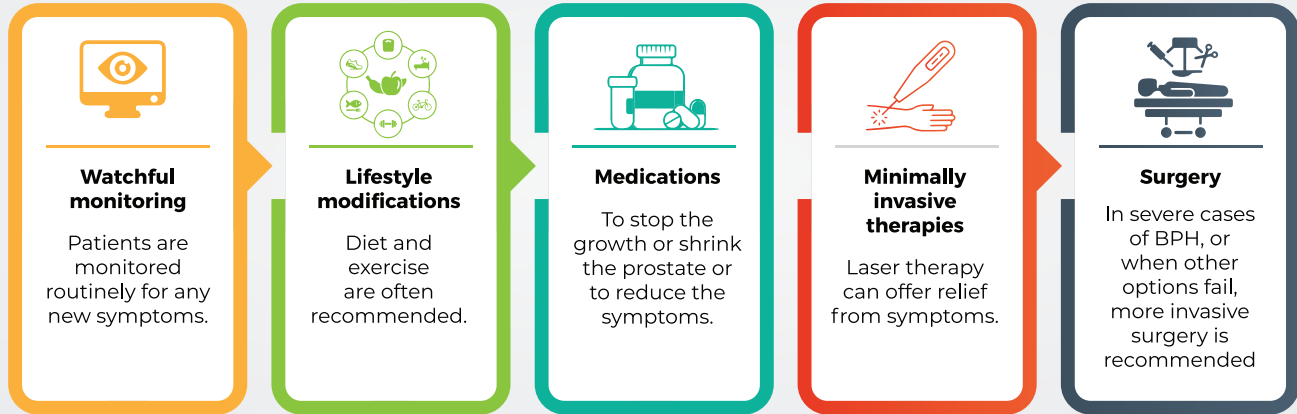
**Silotime** Silodosin 8 mg / 4 mg Tablets



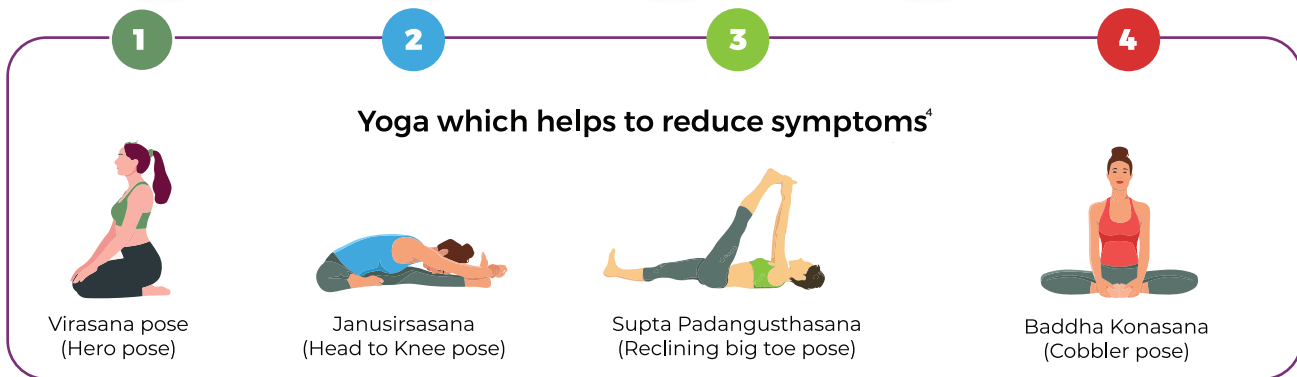


# BPH | Benign Prostatic Hyperplasia

## Treatment<sup>1,2</sup>



## Lifestyle Modifications<sup>2,3</sup>



**Please talk to your doctor for further information.**

Reference: 1. Fact Sheet, BPH Prostate Enlargement, Available at: [https://www.healthymale.org.au/files/resources/bph\\_prostate\\_enlargement\\_fact\\_sheet\\_healthy\\_male\\_2019.pdf](https://www.healthymale.org.au/files/resources/bph_prostate_enlargement_fact_sheet_healthy_male_2019.pdf), last accessed on 15th June 2022. 2. Benign Prostatic Hyperplasia (BPH) Patient Guide, Available at: <https://www.acsh.com.au/static/uploads/files/fou-19-4533-bph-patient-guide-web.pdf>, last accessed on 15th June 2022. 3. What are the treatment options for BPH?, Available at: <https://www.medicalnewstoday.com/articles/322436#lifestyle-changes>, last accessed on 15th June 2022. 4. 5 Yoga Stretches to Relieve Symptoms of Prostate Enlargement <https://www.healthline.com/health/mens-health/yoga-for-prostate-enlargement#reclining-big-toe-pose>, last accessed on 15th June 2022.



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