

Benign Prostatic Enlargement



The Urology Service offers a comprehensive range of adult urologic care to patients, including advanced diagnostic, medical and surgical care for men and women. Our team of specialised urologists offer individualised care on general urological conditions, urologic cancers (bladder, kidney, penile, prostate and testicular), urinary stone disease, urinary tract infection, prostate diseases (benign prostatic hyperplasia and prostatitis), urinary incontinence for males and females, male infertility and blood in the urine (haematuria).

What is the prostate?

The prostate is a gland located in the lower urinary tract, under the bladder and around the urethra (*Fig 1a*) in men. It produces the fluid which carries semen. The prostate contains smooth muscles which help to push out the semen during ejaculation.

A healthy prostate is about the size of a large walnut and has a volume of 15 to 25 millilitres. The prostate grows slowly as men age.



Benign prostatic enlargement

Prostate diseases are usually associated with older age and can cause bothersome symptoms in men above 50 years old, such as difficulty passing urine, slow flow and dribbling. These symptoms may be caused by an enlargement of the prostate, a condition known as benign prostatic enlargement (BPE) (Fig. 1b). Other conditions could also cause these symptoms. Your doctor will take these into account when diagnosing your condition.

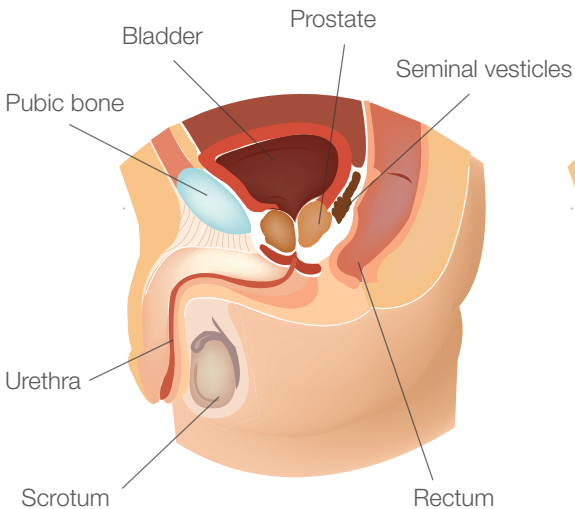


Fig. 1a: A healthy prostate in the lower urinary tract

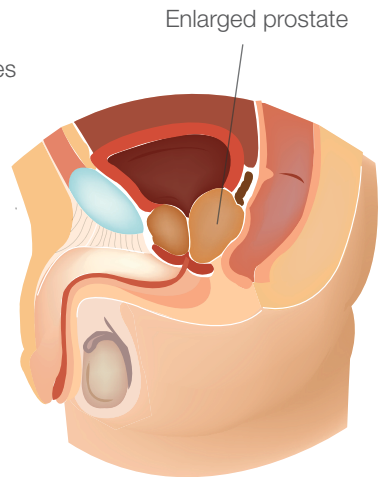


Fig. 1b: An enlarged prostate compressing the urethra and bladder

BPE is a common condition and is related to hormonal changes that take place with age. Prostate diseases can be very worrying but it is important to know that BPE is not prostate cancer. However, BPE and prostate cancer may develop with age and co-exist. Consult your urologist to find out more.

What are BPH, BPE and BPO?

Benign prostatic hyperplasia (BPH) is a common benign condition that happens to some extent, in all men. Related to hormonal changes, it happens when men get older.

In about half of these men, BPH may lead to BPE. This enlargement can obstruct urine and is known as benign prostatic obstruction (BPO). BPO occurs to about half of men diagnosed with BPE.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

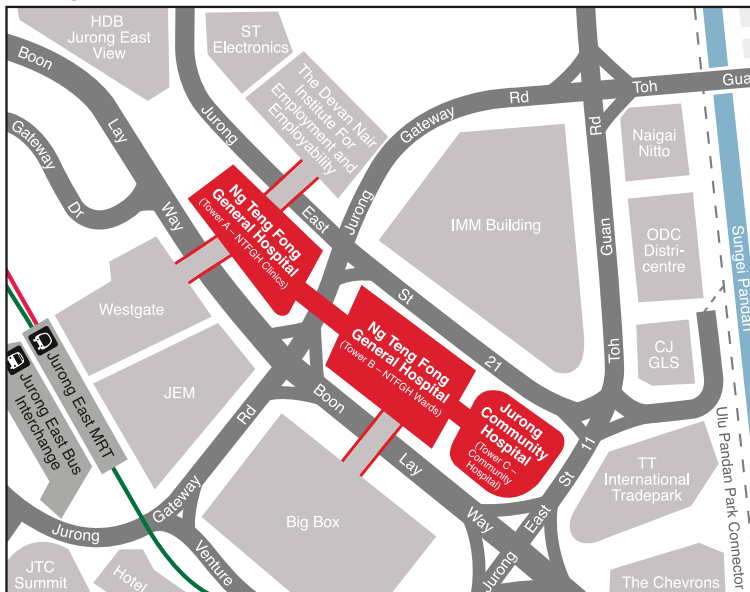
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

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