

New research set to break the silence on a serious but treatable prostate condition affecting 1 in 2 Aussie men aged 50+

A common, non-cancerous prostate condition affecting more than 2.8 million Aussie men aged 50+ years,¹⁻³ is seriously compromising their physical, mental, and social health and wellbeing, according to new Australian research set for release next [Tuesday, October 29, 2024](#).⁴



An 'enlarged prostate' affects 50 to 60 per cent of men aged in their 60s, and a staggering 80 to 90 per cent of those aged 70+ years.^{5,6} Yet concerningly, the condition is currently under-diagnosed, and under-treated, the new research is set to reveal.⁴

While a healthy prostate resembles the size of a walnut, an enlarged prostate can grow to the size of a mandarin, or even a lemon,⁷ causing obstruction, bladder blockage, and life-disrupting symptoms – an urgency to pee, poor urine flow, regular toilet visits day and night, and a feeling of being unable to empty the bladder.⁸⁻¹⁰ This in turn, affects a man's energy levels, concentration, productivity, and his partner's sleep.¹¹

Commonly associated with depression, anxiety, and stress,¹² should an enlarged prostate be left untreated, it may also lead to urinary tract infections, kidney stones, and kidney damage.⁹

While Aussie men fail to recognise the commonness, and potential seriousness of this urological condition,⁹ they do not need to suffer in silence, according to Urological Society of Australia and New Zealand (USANZ) President, and Urological Surgeon, Professor Helen O'Connell AO, Melbourne.

"If you are experiencing enlarged prostate symptoms, seek help from your GP, and get effective treatment, because you may become completely free of the problem."

To learn more about the new research, and the importance of effective management, and treatment of an enlarged prostate, tee up an interview with a spokesperson overleaf.

AVAILABLE FOR INTERVIEW

EXPERTS	
Prof Helen O'Connell AO	President, Urological Society of Australia and New Zealand (USANZ); Urological Surgeon, Epworth Health; Research Professor, Monash University; and Professor, Department of Surgery, University of Melbourne, <i>MELBOURNE</i>
Mr Tony de Sousa	Consultant Urological Surgeon, Epworth Freemasons Hospital, St John of God Berwick Hospital, Mulgrave Private Hospital, and Beleura Private Hospital, Mornington, <i>MELBOURNE</i>
Dr Kapil Sethi	Urological and Robotic Surgeon, <i>MELBOURNE AND SHEPPARTON</i>
Prof Henry Woo	Director of Uro-Oncology; Head of Robotic Surgery, Chris O'Brien Lifehouse; and Urology Department Head, Blacktown Mount Druitt Hospital, <i>SYDNEY</i>
Dr Dinesh Patel	Urology Department Head, Canterbury Hospital; Visiting Medical Officer (VMO), Canterbury, Bankstown and Prince of Wales Hospitals; Consultant Urological and Robotics Surgeon, Hurstville Private, Sydney Southwest Private, and St George Private Hospitals, <i>SYDNEY</i>
Dr Joseph Schoeman	Specialist Urological Surgeon, The Wesley Hospital and St. Andrews War Memorial Hospital, Brisbane; Caboolture Private Hospital, Sunshine Coast; and Mater Private Hospital, Bundaberg, who developed symptoms of an enlarged prostate at 50 years of age, <i>BRISBANE</i>
Dr Borjana Barth	Urological Surgeon and Uro-Oncologist, Sunshine Coast University Private Hospital, and Sunshine Coast University Hospital, <i>SUNSHINE COAST</i>
Dr James Aspinall	Specialist Urologist, The Royal Adelaide Hospital, <i>ADELAIDE</i>
Dr Elayne Ooi	Principal and Consultant Urologist Surgeon, Swan Urology; Consultant Urologist, Sir Charles Gairdner Hospital; and Visiting Medical Practitioner, Hollywood Private Hospital, <i>PERTH</i>
AUSSIES WHO LIVED WITH / AFFECTED BY AN ENLARGED PROSTATE	
Glenn, 64	Former cabinet maker and father-to-two who spent five years feeling concerned about his enlarged prostate symptoms, <i>SYDNEY</i>
Barry, 65	Online business owner, father, and grandfather who wrestled with symptoms of an enlarged prostate for 25 years, <i>ORANGE</i>
Dina, 63	Entrepreneur, mother, grandmother, and wife to Barry, who lived with an enlarged prostate, untreated, for 25 years, <i>ORANGE</i>
Dr Ethan, 60	General Practitioner and Senior University Lecturer who wrestled with symptoms of an enlarged prostate for two years, <i>BRISBANE</i>
Ray, 75	Retired Chief Information Officer who experienced enlarged prostate symptoms for more than a year, <i>BRISBANE</i>
Graham, 65	Small business owner and father who wrestled with symptoms of an enlarged prostate for six years, <i>MELBOURNE</i>
Keith, 61	Professional engineer and father-to-two who lived with symptoms of an enlarged prostate for five years, <i>ADELAIDE</i>
Patrick, 59	Electrical technician and father-to-three who endured enlarged prostate symptoms for almost 10 years, <i>PERTH</i>
Bruce, 72	Former police officer and semi-retired IT Technician who endured symptoms of an enlarged prostate for more than a decade, <i>WHEATBELT, WA</i>
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About YouGov market research

Boston Scientific commissioned YouGov to perform an online quantitative survey on benign prostatic hyperplasia (BPH), involving a nationally representative sample of 1,011 Australian men aged 50+ years between July 4 to 10, 2024.⁴ The data was weighted by age and region to reflect the latest Australian Bureau of Statistics (ABS) population estimates of Australian men over 50 years of age.

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