

## **New research breaking the silence on a serious but treatable prostate condition affecting 1 in 2 Victorian men aged 50+**

**A common, non-cancerous prostate condition affecting more than 722,000 Victorian men aged 50+ years, <sup>1-3</sup> is seriously compromising their physical, mental and social health and wellbeing, new Australian research reveals.<sup>4</sup>**

**Benign prostatic hyperplasia (BPH), or 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.<sup>5, 6</sup> Yet concerningly, the condition is currently under-diagnosed and under-treated,<sup>7</sup> with new research confirming only 17 per cent of Victorian men aged 50+ years with symptoms have been formally diagnosed.<sup>4</sup>**

According to Director of Uro-Oncology, and Head of Robotic Surgery, Chris O'Brien Lifehouse, and Urology Department Head, Blacktown Mount Drutt Hospital, Professor Henry Woo, Sydney, Victorian men fail to recognise the commonness, and potential seriousness of the urological condition.<sup>4</sup>

"Living with an enlarged prostate is life-disrupting.

"An enlarged prostate compromises the lives of two in three (66 per cent) affected Victorian men.<sup>4</sup> A concerning 57 per cent experience an urgent need to pee, while 51 per cent make regular toilet trips at night,"<sup>4</sup> said Prof Woo.

"This in turn, affects their energy levels, concentration, and productivity, and regularly disturbs their partner's sleep.<sup>8</sup>

"In fact, sleep disturbance is a daily challenge for the more than one in three (35 per cent) men battling the condition," Prof Woo said.

"Other common lower urinary tract symptoms (LUTS) associated with an enlarged prostate include poor urine flow, difficulty starting and ending flow, peeing more often than usual, and a feeling of not being able to completely empty the bladder.<sup>4, 9-11</sup>

"For the almost three in five (59 per cent) of those living with an enlarged prostate, needing to know the location of the closest toilets causes feelings of anxiety, nearly two in 10 (17 per cent) reporting "feeling anxious" every day<sup>4</sup> – symptoms which have also been linked to depression, anxiety, and stress,"<sup>12</sup> said Prof Woo.

"Importantly, men do not need to suffer in silence, because effective treatment options are available."

According to Consultant Urological Surgeon, Mr Tony de Sousa, Melbourne, 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.<sup>13</sup>

"There is no agreed definition of normal prostate size and there is a lot of variability among men. In general, the prostate increases in size with age and with this, men are more likely to experience

symptoms related to urination. Having said that, even men with a small prostate can have trouble urinating.

“As the prostate grows, it causes obstruction and can block the outlet of the bladder, resulting in symptoms including a slow and interrupted flow,<sup>15</sup> along with a need to urinate frequently, including at night” Mr de Sousa said.

“In some cases, untreated symptoms may lead to progressive bladder damage, urinary tract infections, bladder stones and in rare cases kidney damage, reinforcing the importance of early, proactive medical assessment.

“Importantly, an enlarged prostate, and its associated symptoms, are treatable,”<sup>16</sup> Mr de Sousa said.

“Men experiencing these symptoms should see their family doctor for an assessment and in many cases, will benefit from seeing a specialist Urologist to discuss treatment options.”

Urological Society of Australia and New Zealand (USANZ) President, Professor Helen O’Connell AO, Melbourne, said too many Aussie men living with an enlarged prostate are not seeking timely medical care.

“An enlarged prostate is a reversible cause of bladder symptoms in ageing men.”<sup>10, 17</sup>

“The longer the male has had the problem, and the more severe it is, the less likely it is to be fully reversible,”<sup>18, 19</sup> Prof O’Connell said.

“More than four in five (83 per cent) of men are open to seeking treatment, yet fewer than 40 per cent are really doing so.”<sup>4</sup>

“Among those who do choose to seek treatment, one in five (20 per cent) elect to endure symptoms for six months before doing so,”<sup>4</sup> said Prof O’Connell.

“A man’s enlarged prostate also affects the quality of life of their partner, adversely affecting relationships.”<sup>20</sup>

Small business owner, and father-to-one, Grayham, 65, Melbourne, wrestled with symptoms of an enlarged prostate for six years – frequent and incomplete bladder emptying; a weak urine flow; persistent urination throughout the night; and minimal control over his bladder. These symptoms made him feel ‘like a zombie during the day’, and further compromised his physical and mental wellbeing.

“As I experienced more frequent urination, I also had trouble with my flow, and difficulty emptying my bladder, despite my bladder constantly feeling full, and uncomfortable.

“I never felt rested. I was unable to concentrate during the day, and even driving became difficult,” Grayham said.

“I work in an environment that often requires me to be operating at heights. Sleep deprivation and working at heights are not two things that go hand in hand.

“Living with an enlarged prostate was devastating and dangerous,” said Grayham.

Grayham found it increasingly difficult to cope with his enlarged prostate.

“As time went on, it affected my mental wellbeing. It also affected my relationship, because my partner also experiencing disturbed sleep too,” Grayham said.

According to Grayham, a heavy stigma continues to weigh heavily on men’s health.

“Blokes have a tendency to avoid, or delay doctor visits. But for a treatable condition like an enlarged prostate, it’s not ideal to bury your head in the sand.

“Blokes might think it’s not ‘manly’ to talk about an enlarged prostate, and may feel that it compromises their masculinity, but it’s nothing to be embarrassed about,” said Grayham.

“If you’ve got it a problem, get it fixed. Go to your doctor, and get the help that you need”.

**To learn more about symptoms, management and treatment of an enlarged prostate, visit your doctor or head to [www.fixmyflow.com.au](http://www.fixmyflow.com.au).**

#### 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.<sup>4</sup> 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.

Boston Scientific Pty Ltd, PO Box 332 Botany NSW 1455 Australia. Tel +61 2 8063 8100.

*ends#*

---

For media enquiries, please contact:

**Kirsten Bruce and Sam Jacobs, VIVA! Communications**

M 0401 717 566 | 0422 654 404

T 02 9968 3741 | 02 9968 1604

E [kirstenbruce@vivacommunications.com.au](mailto:kirstenbruce@vivacommunications.com.au) | [sam@vivacommunications.com.au](mailto:sam@vivacommunications.com.au)

## AVAILABLE FOR INTERVIEW

EXPERT	
<b>Prof Helen O’Connell AO</b>	<b>President, Urological Society of Australia and New Zealand (USANZ);</b> Urological Surgeon, Epworth Health; Research Professor, Monash University; and Professor, Department of Surgery, University of Melbourne, <b>MELBOURNE</b>
<b>Mr Tony de Sousa</b>	Consultant Urological Surgeon, Epworth Freemasons Hospital, St John of God Berwick Hospital, Mulgrave Private Hospital, and Beleura Private Hospital, Mornington, <b>MELBOURNE</b>
<b>Dr Kapil Sethi</b>	Urological and Robotic Surgeon, <b>MELBOURNE AND SHEPPARTON</b>
AUSSIES WHO LIVED WITH / AFFECTED BY AN ENLARGED PROSTATE	
<b>Grayham, 65</b>	Small business owner and father who wrestled with symptoms of an enlarged prostate for six years, <b>MELBOURNE</b>
<b>DIGITAL MEDIA KIT</b>	<a href="http://enlargedprostatemediakit.com.au">enlargedprostatemediakit.com.au</a>
<b>VNR</b>	<a href="http://enlargedprostatemediakit.com.au/vnr">enlargedprostatemediakit.com.au/vnr</a>
<b>RADIO GRABS</b>	<a href="http://enlargedprostatemediakit.com.au/anr">enlargedprostatemediakit.com.au/anr</a>

<b>MEDIA CONTACTS</b>	<b>Kirsten Bruce &amp; Sam Jacobs, VIVA! Communications</b> <b>T 02 9968 3741   1604</b> <b>M 0401 717 566   0422 654 404</b> <b>E <a href="mailto:kirstenbruce@vivacommunications.com.au">kirstenbruce@vivacommunications.com.au</a>   <a href="mailto:sam@vivacommunications.com.au">sam@vivacommunications.com.au</a></b>
-----------------------	---

## References

1. Profile of Australia's population: Australian Government - Australia Institute of Health and Welfare; 2024 [Available from: <https://www.aihw.gov.au/reports/australias-health/profile-of-australias-population>].
2. Population: Australian Bureau of Statistics; 2024 [Available from: <https://www.abs.gov.au/statistics/people/population#:~:text=The%202021%20Census%20counted%2025%2C422%2C788,age%20of%2039%20years%20old>].
3. Management of Lower Urinary Tract Symptoms Attributed to Benign Prostatic Hyperplasia: AUA Guideline: American Urological Association; 2023 [Available from: [https://www.auanet.org/guidelines-and-quality/guidelines/benign-prostatic-hyperplasia-\(bph\)-guideline](https://www.auanet.org/guidelines-and-quality/guidelines/benign-prostatic-hyperplasia-(bph)-guideline)].
4. Australian market research on benign prostatic hyperplasia (BPH). YouGov: YouGov; 2024.
5. Awedew AF, Han H, Abbasi B, Abbasi-Kangevari M, Ahmed MB, Almidani O, et al. The global, regional, and national burden of benign prostatic hyperplasia in 204 countries and territories from 2000 to 2019: a systematic analysis for the Global Burden of Disease Study 2019. *The Lancet Healthy Longevity*. 2022;3(11):e754-e76.
6. Launer BM, McVary KT, Ricke WA, Lloyd GL. The rising worldwide impact of benign prostatic hyperplasia. *BJU Int*. 2021;127(6):722-8.
7. Speakman M, Kirby R, Doyle S, Ioannou C. Burden of male lower urinary tract symptoms (LUTS) suggestive of benign prostatic hyperplasia (BPH) – focus on the UK. *BJU International*. 2015;115(4):508-19.
8. Devlin CM, Simms MS, Maitland NJ. Benign prostatic hyperplasia – what do we know? *BJU International*. 2021;127(4):389-99.
9. Lokeshwar SD, Harper BT, Webb E, Jordan A, Dykes TA, Neal DE, Jr., et al. Epidemiology and treatment modalities for the management of benign prostatic hyperplasia. *Transl Androl Urol*. 2019;8(5):529-39.
10. Benign prostate hypertrophy: healthdirect; [Available from: <https://www.healthdirect.gov.au/benign-prostate-hypertrophy>].
11. Lepor H. Pathophysiology of lower urinary tract symptoms in the aging male population. *Rev Urol*. 2005;7 Suppl 7(Suppl 7):S3-s11.
12. Park S, Lee KS, Choi M, Lee M. Factors associated with quality of life in patients with benign prostatic hyperplasia, 2009-2016. *Medicine (Baltimore)*. 2022;101(36):e30091.
13. Understanding Prostate Changes and Conditions: National Cancer Institute 2024 [Available from: <https://www.cancer.gov/types/prostate/understanding-prostate-changes#:~:text=The%20prostate%20is%20part%20of,the%20size%20of%20a%20lemon>].
14. Bruskewitz RC. Quality of life and sexual function in patients with benign prostatic hyperplasia. *Rev Urol*. 2003;5(2):72-80.
15. Foundation UC. Benign prostate hyperplasia (BPH) 2023 [Available from: [https://www.urologyhealth.org/urology-a-z/b/benign-prostatic-hyperplasia-\(bph\)](https://www.urologyhealth.org/urology-a-z/b/benign-prostatic-hyperplasia-(bph))].
16. Morton A, Williams M, Perera M, Teloken PE, Donato P, Ranasinghe S, et al. Management of benign prostatic hyperplasia in the 21st century: temporal trends in Australian population-based data. *BJU Int*. 2020;126 Suppl 1:18-26.
17. Enlarged Prostate (Benign Prostatic Hyperplasia): National Institute of Diabetes and Digestive and Kidney Disease [Available from: <https://www.niddk.nih.gov/health-information/urologic-diseases/prostate-problems/prostate-enlargement-benign-prostatic-hyperplasia>].
18. Benign prostate enlargement [Available from: <https://www.nhs.uk/conditions/prostate-enlargement/>].
19. Benign Prostatic Hyperplasia (BPH): John Hopkins Medicine; [Available from: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/benign-prostatic-hyperplasia-bph>].
20. Shvartzman P, Borkan JM, Stoliar L, Peleg A, Nakar S, Nir G, et al. Second-hand prostatism: effects of prostatic symptoms on spouses' quality of life, daily routines and family relationships. *Fam Pract*. 2001;18(6):610-3.