

#checkit

BPH or Benign Prostatic Hyperplasia is when your prostate is larger than usual and affects your urine flow.

5 facts you should know about **BPH**

1



The enlarged prostate squeezes your urethra, leading to uncomfortable urination issues

2



1 in 2 men over the age of 50 have BPH, but it can develop before then

3



Frequency of sex does not affect prostate enlargement and the symptoms arising from it

4



Drinking less tea, coffee or alcohol can bring about an improvement in some BPH symptoms

5



Use breathing exercises or other distraction techniques to help control incontinence