

MEDIA RELEASE

February 2012

Prostate problems affect about half of all Australian men

Research shows that about 50 per cent of men in Australia will have prostate problems. The most common prostate disease is a non-cancerous enlargement of the prostate.

Andrology Australia Director Professor McLachlan said enlargement of the prostate gland was not normally a life-threatening condition, but symptoms could cause a lot of discomfort.

“If the condition is severe and left untreated for a long period of time, it may cause problems with the function of the bladder, or even the kidneys,” he said.

Usually the enlargement of the prostate starts after the age of 40, but it usually becomes more of a problem over time.

“Almost one in seven men aged 40 to 49 years report being diagnosed with a prostate problem, and this increases to about one in every four men aged 70 years and older,” Professor McLachlan said.

He said the main symptoms of prostate enlargement involved changes to urination and could mean it was painful or difficult pass urine.

“Men with the condition may have a longer than usual wait for the stream of urine to begin, or they may have a weak and poorly directed stream of urine.

“They may also have to strain to urinate or find there is a dribbling after urination has finished.”

Professor McLachlan said men with these and similar types of symptoms should visit their doctor for a thorough health check.

“There are now many treatment options available to men with non-cancerous prostate enlargement, so talk to your doctor about whether any of these are suitable for you.

“It’s also important to check that the symptoms are not caused by another, more serious problem such as an infection or cancer.”

Andrology Australia (The Australian Centre of Excellence in Male Reproductive Health) is the peak Australian authority on male reproductive health and associated conditions. It is an initiative funded by the Australian Government Department of Health and Ageing and is administered by Monash University.

For further information, please contact:

Sophia Arthur, Andrology Australia

Email: media@andrologyaustralia.org

Phone: 03 9902 4789 or 0421 356 714

www.andrologyaustralia.org