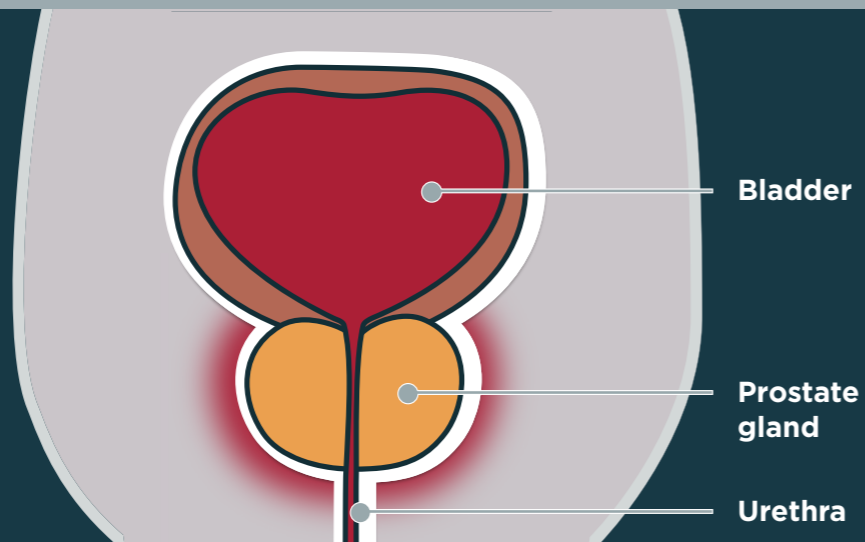


Caring for someone with Benign Prostatic Enlargement (BPE)









How could BPE affect your loved one?

BPE is a non-cancerous enlargement of the prostate gland typically affecting men as they get older.^{1,2}

It is a progressive disease where the prostate may continue to grow larger over time, which may cause worsening of symptoms and discomfort for your loved one.³



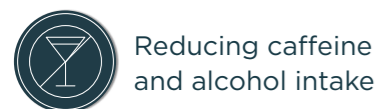
Symptoms may include:^{1,2}

| | |
|--|---|
|  Frequent daytime urination |  Straining when passing urine |
|  Urgent need to urinate |  Slow urine flow or dribbling at the end of urination |
|  Frequent night-time urination |  Feeling of incomplete emptying of the bladder |
|  Difficulty starting or stopping the flow of urine |  Difficulty controlling bladder and accidentally leaking urine |

How is BPE managed?

Your loved one may need medical treatment and lifestyle adjustments to manage their BPE, as advised by their doctor.^{1,2} This can help relieve their symptoms and improve their quality of life.¹⁻³

You can support your loved one with lifestyle changes such as:^{1,2}



Reducing caffeine and alcohol intake



Consuming a healthy diet with more high-fibre foods to prevent constipation



Regular exercise

Medicines to treat BPE symptoms fall into different categories depending on how they work. These include:^{2,4}



Medicines which can relax the muscles in the prostate and bladder, making it easier to urinate.



Medicines which stop the prostate getting larger, or may even shrink it.



Medicines which can be used alone, or in combination to manage BPE more effectively.

A doctor can advise your loved one on the treatment option that could most benefit their quality of life. Speak to your doctor for medical advice.

As a caregiver, your support and understanding are vital in helping your loved one cope with BPE. Here are some ways you can assist them:

- **Encourage prompt medical attention** by helping them seek medical advice early if there are any changes in their BPE symptoms.
- **Aid in medication management** by reminding them to follow their treatment plan as directed by their doctor.
- **Promote healthy lifestyle** which can positively impact their BPE symptoms.
- **Create a comfortable environment** with easy access to the toilet, especially at night to minimize sleep disturbances.
- **Foster open and understanding communication** about their symptoms and any physical or emotional challenges they may face.

Why is it important to stick to the treatment plan?

If your loved one stops following their treatment plan, their symptoms may return or worsen, and they may be at an increased risk of complications such as acute urinary retention and BPE-related surgery.^{3,4} Therefore, it is very important to encourage your loved one to continue on their treatment plan even if they feel better.

BPE can be very challenging for you and the person you care for. It's good to keep talking to your loved one, and their doctor about how you can support in managing their condition.



References:

1. Andrology Australia. BPH Prostate Enlargement. Available at: https://www.healthymale.org.au/files/resources/bph_prostate_enlargement_fact_sheet_healthy_male_2019.pdf. Last accessed November 2023. 2. EAU Patient Information. Benign Prostatic Enlargement. Available at: https://patients.uroweb.org/wp-content/uploads/2018/12/PL_Benign-Prostatic-Enlargement-EN-Q1-2020.pdf. Last accessed November 2023. 3. Emberton M, et al. *Int J Clin Pract* 2008;62:1076-1086. 4. Urology care foundation. Benign Prostatic Hyperplasia. Available at: [https://www.urologyhealth.org/urology-a-z/b/benign-prostatic-hyperplasia-\(bph\)](https://www.urologyhealth.org/urology-a-z/b/benign-prostatic-hyperplasia-(bph)). Last accessed November 2023.

This leaflet has been developed by GSK as an educational resource for carers. This information is not intended to replace professional medical advice. Please consult your registered medical practitioner on any question or concern you may have regarding you and your loved ones' condition.

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Registered office: 980 Great West Road, Brentford, Middlesex, TW8 9GS, United Kingdom.

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For more information and resources on caring for someone with BPE, visit the Carerhood website.