

Dealing With An Enlarged

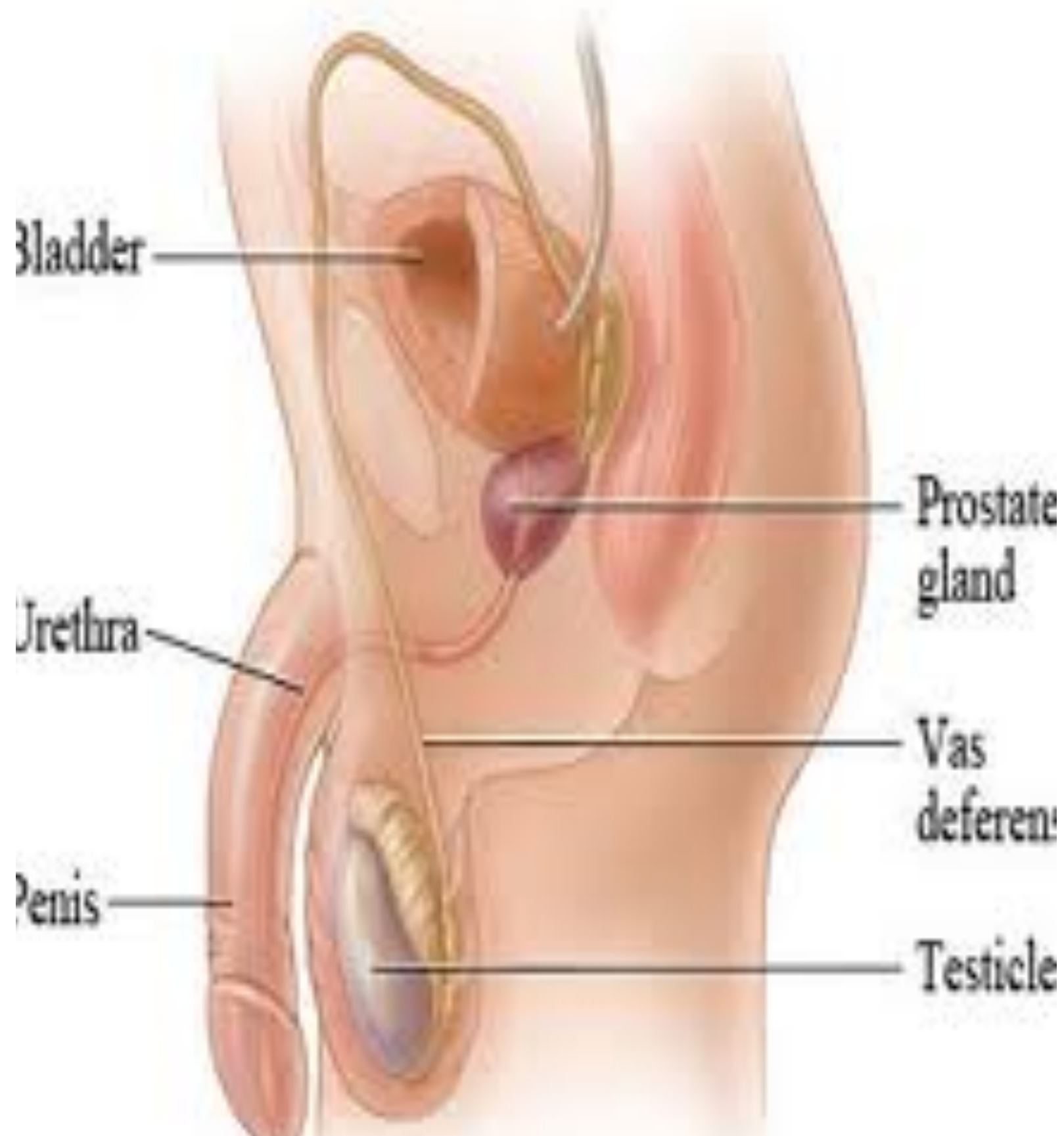


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[Introduction](#)

An enlarged prostate is nothing to sneeze at. After being scared to death that I might have cancer of the prostate, I was diagnosed with an enlarged prostate. An enlarged prostate is nothing to sneeze at.

You can have severe complications from an enlarged prostate that can even lead to surgery.



In this eBook you will learn what causes an enlarged prostate, complications from this condition and what you can do to control it such as taking [Prostacet](#).

I did not have all this information when I was diagnosed with an enlarged prostate, but did tons of research when I was diagnosed with a urinary tract infection. Up until this time all I worried about was developing cancer, but I learned there was more than cancer to watch out for.

Read these articles and become informed on what an enlarged prostate actually means to you.

Chapter 1

Live With An Enlarged Prostate

So your Doctor has diagnosed you with an enlarged prostate gland, so now what? Well do not ignore it like I did. There can be complications caused by this condition. Lets look at what an enlarged gland is, complications from this condition and how to manage it.

What Is An Enlarged Prostate?- Normally a man's prostate is about the size of a walnut. When a man reaches middle age, 50% of men will experience their prostate growing. When this happens, it will put pressure on the urethra tube. This can create several problems when men urinate. Such problems as a failure to completely empty the bladder, dripping after urination, and frequent urination (especially at night), are some of the prevalent problems men encounter with an enlarged prostate.

This condition is normally detected by the doctor performing a PSA (prostate specific antigen) test on your blood. The normal range for PSA, will vary with age. For example, at age 40, normal PSA should 0 - 2.0 ng/ml. By the time a man is 50 years old, his normal PSA would be 0 - 2.8 ng/ml. Anything outside the specified range for your age group, would indicate either an enlarged prostate or cancer of the prostate.

To determine which condition you have, a biopsy on your prostate would normally be performed. When I was 56 years old, my PSA should have been 0 - 3.8 ng/ml. The results came back at 5.8 ng/ml, so I had a biopsy performed on my prostate. The results came back negative for cancer cells. Which was good news for me.

What Complications Can Result From An Enlarged Prostate? - Some complications you can get from having this condition are:

- Bladder Stones
- Urinary Tract Infection (UTI)
- Kidney Damage
- Bladder Damage

These are some of the complications you can receive from this condition. I developed UTI and was treated with antibiotics. If you develop frequent UTIs or any of the other conditions, surgery may need to be performed.

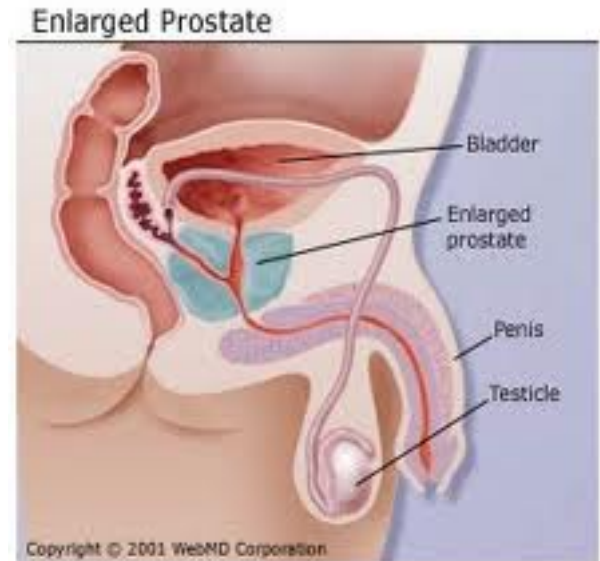
How To Manage Your Enlarged Prostate.- An enlarged prostate is caused by DHT (dihydrotestosterone). Anything that can reduce DHT will allow the prostate to shrink.

I have been taking an herb called Saw Palmetto, which helps regulate your DHT. My prostate has been reduced from 5.8 ng/ml to 4.7 ng/ml. At 63 years of age, my normal PSA at this age should be 0 - 4.4 ng/ml. My PSA is almost normal and I have not had any more bouts of UTI.

Chapter 2

Causes Of An Enlarged Prostate

Are you experiencing an enlarged prostate or benign prostatic hyperplasia (BPH)? I was diagnosed with it several years ago during the course of my annual physical.



The doctor did not immediately say I had this condition, but only that my PSA (prostate-specific antigen) was above normal at 5.8 ng/ml (normal is <4 ng/ml). In order to ensure it was not cancerous and only enlarged, I needed to have a biopsy performed on my gland.

Fortunately the results from the biopsy came back negative for cancer cells. With that good news, I became curious on what causes this gland to grow in middle age. I was surprised to learn that the exact cause on why the gland enlarges was not well known.

Enlarged Prostate - Normally the gland is about the size of a walnut and surrounds the urethra tube. As men approach middle age, about 50% of men will see their prostate grow, this will cause them to develop urinary problems.

Reasons researchers believe men develop an enlarged prostate are:

- **Testosterone**- One prominent theory is that the male hormones, androgens, especially testosterone, are the cause of this growth. Testosterone is believed to be converted into the hormone DHT (dihydrotestosterone), a very powerful hormone that causes the prostate cells to start growing.
- **Estrogen**- This theory focuses on the female hormone estrogen. It is known that testes produce small quantities of estrogen. As man approaches middle age, his testosterone levels starts to fall, allowing estrogen to start the prostate gland growing again.
- **Genetics**- Another theory is that if your father had it, you have a good chance of developing it also. In this scenario the genetics that caused the prostate to grow in early life, kick in again and cause the gland to grow in midlife.

What is known about an enlarged prostate is that males who have their testes removed before puberty, do not develop an enlarged prostate. This fact helps support the first two theories, testosterone and estrogen, since the testes produce testosterone and estrogen.

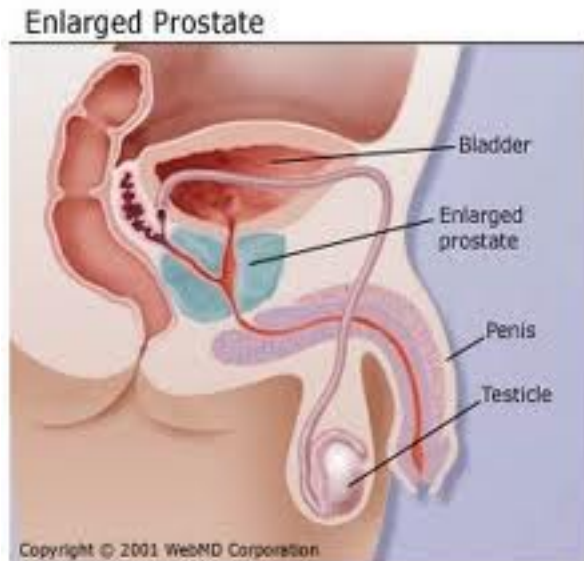
Conclusion- The exact reason why a prostate gland grows in middle life is not well known. It is believed to be caused by one of the hormones produced by the testes, testosterone or estrogen. This is because it has been determined that boys who have their testes removed before puberty, do not develop this condition.

Men who have an enlarged prostate have been taking [Prostacet](#) to stop their prostate from growing with great success.

Chapter 3

BPH - Who Is Susceptible To BPH?

Introduction



BPH (benign prostatic hyperplasia) or an enlarged prostate is a health condition that will be developed by most men as they reach middle age and beyond. In fact, close to 50% of men will develop BPH when they reach 60 years of age and 80% of all men will develop this condition when they reach 80 years of age.

But who is more susceptible to BPH?

BPH

BPH is when your prostate begins to grow when you reach middle age. Since the prostate surrounds the urethra tube this enlargement will disrupt your urinary functions. By becoming larger, the prostate will squeeze the urethra tube causing such problems as dripping, frequent urination and a feeling of a full bladder after urination.

Besides these symptoms, you can also develop severe medical conditions with BPH. Such conditions as bladder damage, urinary tract infection, bladder stones and chronic urinary retention may develop. These conditions are serious and usually will require medical surgery.

Who Is Susceptible To BPH

Though most men will develop BPH as they age, some men are more susceptible than others to this condition. Not necessary in any order, here are the conditions that will make you more susceptible than others to BPH:

- **Over-Weight** - It has been found that men who have a body mass index (BMI) of greater than 25 have a greater chance of developing BPH than men whose BMI are less than 25. This is especially true of men who have excess fat around their mid-section.
- **Race** - Researchers have determined that black and Hispanic men have a 41% better chance of developing BPH than white men.
- **Family History** - If your family has a history of males developing BPH, then there is a good chance of you developing this condition also.
- **Diet** - Your diet has been shown to be a factor in determining if you develop BPH or not. Men who ate processed foods were more susceptible to developing this condition than men who ate natural foods, such as fresh vegetables and fruits, whole grains and white meat.
- **Exercise** - If you do not exercise, you are more likely to develop BPH than men who exercise routinely.

Conclusion

If you are a man your chances are good you will develop BPH. But you are more likely to develop this condition if you are over-weight, a black or Hispanic male, have a family history of BPH, eat a poor diet or do not exercise.

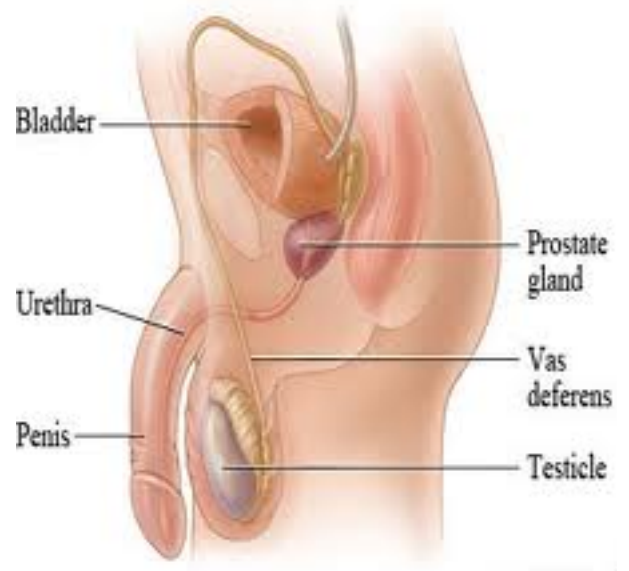
To help you keep a healthy prostate you can take [Prostacet](#). This has helped millions of men with prostate problems.

Chapter 4

The 3 Stages Of Understanding Your PSA and Prostate

Introduction

Prostate-Specific Antigen (PSA) and how to understand its 3 stages is difficult to identify because they are very subtle, but they are there. Here are the 3 stages I went through when I was diagnosis with an elevated PSA.



What Is An Elevated PSA

A normal PSA reading for a man should be < 3 ng/mL. If it is above this and depending on your age, it could be indicative of a problem with your prostate. It could be cancer of the prostate, an enlarged prostate or prostatitis. I did not know this when I was diagnosis with and elevated PSA, in fact I did not know anything about my prostate.

When I was told I had an elevated PSA I went through 3 stages of understanding my PSA and my prostate, you will too when you get told that you have an elevated PSA and most men over 50 will be diagnosis with an elevated PSA.

Stage 1 – Ignorance

Ignorance is the first stage you will go through. I did not even know that on my annual physical the doctors measured my PSA, why they measured it and what was the purpose of a prostate.

Imagine my surprise when my doctor told me my PSA was elevated and I needed a biopsy on my prostate to determine if it was cancerous. Not understanding what PSA was or what my prostate was, I just went with the flow and received the biopsy

Step 2 – Understanding

When I left the doctor's office, my first step was to determine what a PSA was and what was a prostate. What I found was that it was a measure of the enzyme produced by your prostate and it is normally kept in your prostate and urinary tract. If large amounts of this enzyme are released to the blood stream, then you could have a problem with your prostate.

This enzyme produced by the prostate is important to a man's reproductive system, since it keeps the semen in liquid form.

With my PSA being only 5.8 ng/mL and having a clear digital rectal exam, I started to breath a little easier.

I went ahead with my biopsy and the results came back benign for cancer that is indicative of an enlarged prostate. So the final result was I had an enlarged prostate.

Step 3 – Acceptance

I have lived to learn with my elevated PSA and enlarged prostate. In fact one of the first questions I now ask my doctor what is my PSA score. I do this because I have learned to take care of my prostate and reduce it to minimize

any complications I could develop from this condition. So it is important to me to reduce my prostate.

These complications include such complications as urinary tract infection, bladder stones, kidney damage, and acute or chronic urinary retention and bladder damage

Conclusion

If you are approaching 50 years of age or are over 50, you need to understand what PSA is so you can understand the test results when they are returned during your physical exam.

Chapter 5

BPH - 3 Questions To Ask Your Doctor

Introduction

Here are some questions to ask your doctor about BPH (benign prostatic hyperplasia), also called an enlarged prostate, before you leave his office. I did not have a clue of what BPH was when I was told that I had this condition, I should have asked these questions before I left his office.

Most men are not concerned about BPH (an enlarged prostate) till they are diagnosis with it in their middle age or later years. Men should be aware of BPH before they are diagnosis with it so they can talk intelligently with their doctor about it.

When I was diagnosis with it when I was 58 years of age, I did not have a clue about what it was, I was just relieved that it was not cancer.

BPH

Most men will develop the condition BPH if they live long enough. BPH is when your prostate starts to grow as you go into middle age and beyond. When this happens you start to develop subtle symptoms such as frequent urination, dribbling after urination and a weak urination stream are some of the external symptoms. I had these symptoms but did not notice them.

These symptoms are a result of your growing prostate squeezing your urinary tube.

BPH is normally detected by your PSA (prostate-specific antigen) test results being elevated. But to determine if it is BPH or if you have cancer a biopsy needs to be performed on your prostate. The biopsy will determine if your prostate is cancerous or enlarged.

In my case, the results of the biopsy came via a phone call from the nurse saying it was benign. Being so relieved to find out it was not cancer I did not ask any questions on what it meant. I should have asked for the doctor and asked three questions.

Three Questions

If I had known anything about BPH I would have asked these three questions:

How will my life change with BPH? I will have more frequent urination, weak urine stream, dribbling and a feeling of failure to empty my bladder.

Are there any complications with BPH? I found this out the hard way. There are several significant complications you can develop.

Urinary Tract Infection - This is an infection I developed and when I looked it up I was surprised to find that men with BPH are more susceptible to this condition. I looked further and found several other complications I could develop.

Bladder Stones

Bladder Damage

Acute and Chronic Urine Retention

Can I shrink my enlarged prostate? This is an important question because you do not want to just let it grow or remain enlarged. There are steps you can take to stop its growth and even reduce it. I have managed to reduce mine and now for a man my age my PSA is normal and I have few of the symptoms.

Men have also had help in stopping the growth and shrinking their prostate by taking [Prostacet](#).

Conclusion

BPH is not to be taken lightly and you should be knowledgeable of it before you are diagnosed with it so you can discuss it with your doctor.

Chapter 6

PSA and Prostate Cancer - Normal PSA Readings For Men in Their 60s

Introduction

Are you a man approaching middle age, then you need to know about what a PSA test for men is and what the normal range is for a man in their 60s. PSA?

PSA stands for prostate-specific antigen which is an enzyme produced by your prostate. This enzyme is used to liquefy your semen that allows the semen to live longer in order to successfully reach the female's egg.

Under normal conditions, very small amounts of this enzyme are released to your blood stream while most of it stays in the urethra tube. If you have a higher than normal PSA reading in your blood stream, it could indicate you have some prostate problems such as cancer of the prostate, an enlarged prostate or prostatitis.

These three prostate problems cause your prostate to grow forcing more of the enzyme into your blood stream resulting, in an elevated PSA.

Why Do A PSA Test

There is some controversy today about the usefulness of the PSA test in detecting cancer. The U.S. Preventive Service Task Force studies show that testing men over 50 has no benefit when it comes to saving lives.

I believe you should receive a PSA test every year if you are over 50 to distinguish between an enlarged prostate and cancer of the prostate.

If you have cancer of the prostate then action can be taken to prevent and stop the growth. If you have an enlarged prostate, you do need to be aware of the potential complications you can develop from this condition:

- **Urinary Tract Infection**
- **Bladder Stones**
- **Bladder Damage**
- **Kidney Damage**

Because these complications can be severe, you need to take action to reduce the size of your prostate.

Interpreting Your PSA

Normally for men less than 50 years of age, their PSA should be < 3 ng/mL. If it is higher than that it indicates a potential prostate problem and you should visit your urologist to determine why your PSA is high.

But as you age, your prostate will grow naturally resulting in an elevated PSA, which is not indicative of any problem just normal aging. So what should a normal PSA be for a man in his 60s?

PSA For Men Over 60

For a young man < 50 years of age, a normal PSA is .3 to 2.5 ng/mL. But for men in their sixties a normal PSA could range from .3 ng/mL to as high as 8.3 ng/mL with the average being 3.1 ng/mL.

When I was 56 my PSA was 5.6 ng/mL, after determining that my prostate was not cancerous I sort of forgot about it till I developed a urinary tract infection. After some research I decided to take actions to keep my prostate healthy by taking [Prostacet](#).

I have lowered my PSA to 4.6 ng/mL since I started taking [Prostacet](#).

Conclusion

As men age the normal expected value of PSA will rise, with men in their 60s the average could be as high as 3.1 ng/mL.

Chapter 7

Problems Caused By An Enlarged Prostate

Introduction

Want to know what to expect if and when you develop an enlarged prostate? Here is my personal account on what I experienced with my enlarged prostate and what I did to make living with it acceptable.

I was diagnosed with an enlarged prostate in 2003 and have been living with it since. It was discovered when my prostate-specific antigen (PSA) was measured at 5.9 ng/ml.

Since anything above 3 ng/ml is considered indicative of prostate problems, my doctor requested a biopsy on my prostate to detect if it was cancerous. Fortunately for me the biopsy results came back negative for cancer and the diagnosis was changed to be an enlarged prostate.

Since then I have been more conscious of my prostate and the problems I have developed with it. Here are the problems I have encountered and what I have done to live with it.

Frequent Urination

I have noticed an increase in urination. But when you read articles about it, the articles make a man with an enlarged prostate sound like a yo-yo getting in and out of bed to urinate.

In my case, I can sleep all night without having to get up and go to the restroom. But sometimes I get up maybe twice a night.

I credit this with taking medication to control my enlarged prostate. In fact my prostate has actually shrunk based on my PSA from 5.9 ng/ml to 4.8 ng/ml.

Weak Urine Stream

I have notice a weakness in the pressure I generate in my urine stream. But this has not created a problem for me that I have noticed.

Wet Spots

This to me is the most embarrassing part of having this health problem. After urination, I have to make special efforts not create a wet spot on my pants. This is something I am very conscience of so that I do not embarrass myself or spend extra time in the restroom drying off.

Action Taken

As I have mentioned, I take medication to control my prostate. This medication has been effective because based on my PSA it has shrunk. The medication I take is Prostacet that contains the herbal supplement Saw Palmetto that has been proven to improve your urinary tract.

Conclusion

My problems with an enlarged prostate are minimal. My biggest problem is ensuring I do not develop a wet spot after urination that could be very embarrassing in public. I also take [Prostacet](#) to help stop the growth of my prostate and to shrink it.

Chapter 8

What If You Are Diagnosed With An Enlarged Prostate

If you are a man, chances are good you will be diagnosed with an enlarged prostate as you enter middle age or your senior years. So what can you expect? I have lived with an enlarged prostate since I was 56 years old. Here is my experience with it.

Diagnosis- I went for my annual physical and the doctor told me that based on my PSA (prostate-specific antigen) results, 5.8 ng/ml, I needed to have a biopsy on my prostate to determine if it was enlarged or cancerous.

A PSA measure the amount of prostate-specific antigen in the blood stream. Normally, the PSA in men with healthy prostates is less than 4.0 ng/ml. Since mine was 5.8 ng/ml, the doctor said I needed a biopsy.

I have since learned that even men with PSA less than 4.0 ng/ml can have cancer of the prostate. The best way to determine if biopsy is needed is by a digital rectal exam. If it is hard and/or lumpy, no matter what the PSA results, a biopsy should be performed to determine if it is cancerous.

A PSA of 5.8 ng/ml is really not indicative of prostate cancer, but if it goes above 10 ng/ml, the chances of your prostate being cancerous increase exponentially. So before you go for a biopsy, discuss the real need with your doctor.

The Effects- When I was diagnosed with an enlarged prostate I started to notice the symptoms. I had frequent urination, dripping, and urination at night. But my symptoms were mild and my next PSA test a year later showed my prostate had shrunk to 4.7 ng/ml. I think it went down because I was taking an herbal supplement called Saw Palmetto.

Complications- There are several complications you can get from an enlarged prostate. This is where you need to be careful because it may require surgery. There are many different types of surgery that can be performed, so discuss all the different types with your doctor.

Complications that could require surgery are:

- Urinary Blockage
- Kidney Stones
- Bladder Damage

The complication I received was a Urinary Tract Infection, which was treated with antibiotics.

To measure the severity of your enlarged prostate take the International Prostate Symptom Score test.

Go to this site to learn more about your prostate and click the link to take the test to see how severe your symptoms are <http://www.squidoo.com/enlarged-prostate>.

Chapter 9

Treatments For Enlarged Prostate



Let me tell you about how I was diagnosed with an enlarged prostate or benign prostatic hyperplasia (BPH). If you get or are diagnosed with BPH, here are some lessons learned. In 2003, I went in for my annual physical and everything was great except for my PSA (prostate-specific antigen), which was 5.8 ng/ml. For men, their PSA should normally be <4 ng/ml. Anything higher than this indicates an enlarged gland or one that might be cancerous.

What the PSA measures is the protein that is produced by the prostate gland. If your gland becomes enlarged or is cancerous, more of this protein is released to the blood stream.

When your PSA goes above 4 ng/ml, the only way to positively determine if the high PSA caused by a cancerous condition is to have a biopsy performed. Fortunately mine was determined to be non-cancerous. And that was it. That was all the doctor told me about my enlarged prostate is that it was non-cancerous.

Well several years later, I developed a urinary tract infection (UTI). Before going to the doctor (not my regular), I looked UTI up on the Internet. I was surprised to learn that if I was diagnosed with UTI, I should tell the doctor I have an enlarged prostate.

Well I did this and asked the doctor why I had to tell her I had an enlarged prostate. She said that one of the complications from BPH is UTI. Other complications she said include:

- **Bladder Stones** - These are caused by inability to empty the bladder. One of the symptoms of BPH is being unable to empty the bladder.
- **Kidney Damage** - If you have urine retention, you could create high pressure in the bladder causing kidney damage.
- **Bladder Damage** - With increase urine retention, the bladder could swell and weaken the bladder wall.
-

I did not know that my enlarged prostate could cause all this. My priority then became looking for ways to care for my prostate.

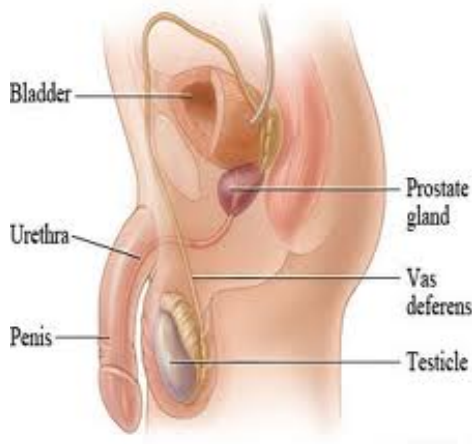
An enlarged prostate is believed to be caused by testosterone combining with the 5 alpha reductase enzyme creating DHT. DHT then causes the prostate glands to grow creating BPH. So if you can control testosterone, 5 alpha reductase enzyme or DHT, you can help your prostate gland.

Some medications that are prescribed to treat the symptoms of BPH are alpha 1 - blockers, 5 alpha reductase inhibitors and some herbal supplements such as saw palmetto.

I have used [Prostacet](#) and have lowered my PSA to 4.7 ng/ml and have had no recurring bouts with UTI.

Chapter 10

Keep Your Prostate Healthy - Exercise



Most men do not think about their prostate till they get to their middle age when they are told their PSA is elevated. The first thing they say is what is a PSA and what is a prostate? When men find out what a PSA and a prostate is they then question how could I have taken care of it? Well one way is to exercise.

Want to know more about your prostate, PSA and what exercises to do? Read on.

Prostate

The prostate in a man is essential for reproduction. It produces an enzyme that keeps a man's semen in liquid form that will then allow for the semen to reach the female's egg to allow for reproduction.

PSA

PSA also known as the prostate-specific antigen test measures the enzyme produced by the prostate that has been released to a man's blood stream. Normally this enzyme is kept in the prostate or urinary tract. Some of this enzyme is released to the blood stream, but is normally less than 3 ng/mL. If it is higher than this it indicates a problem with the prostate that may be indicative of cancer or an enlarged prostate.

Keeping Your Prostate Healthy

So how can a man keep his prostate healthy? Well there are certain **supplements** you can take, plus your diet is important too. But one thing you can do to help

your prostate and your entire body is exercise. The right exercise for your prostate is the one that will increase blood flow to the prostate gland.

To do this you need to do an exercise that removes the pressure on the gland that is created by the organs that are on top of it. One way to relieve the pressure on your prostate is to stand up and while not breathing, pull your stomach in.

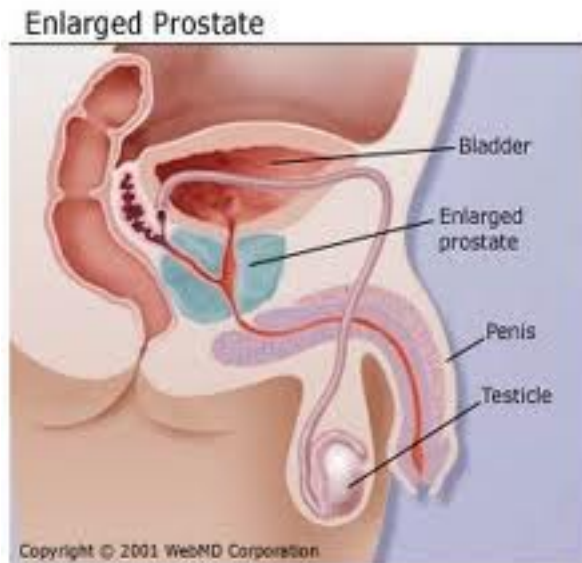
You can also get the same benefit by doing sit-ups, but ensure you pull your stomach in as you perform each sit-up. There are some exercises you need to avoid. Basically any exercise that requires you to sit which puts pressure on your prostate should be avoided. Exercises such as rowing and biking fall into this category.

Conclusion

It is important for men to keep their prostate healthy and exercise is one important way for men to do that. Even if you have already been diagnosis with an enlarged prostate, you can improve the symptoms you develop from this condition by doing the right exercises and taking [supplements](#).

Chapter 11

What Happened To "EP In America With Joe Theismann"?



Based on a survey taken in the summer of 2003, a survey of 1000 men, 200 spouses of men with enlarged prostate, 100 primary care physicians and 100 urologists, Joe Theismann launched a campaign called "EP In America with Joe Theismann". The purpose was to educate men about an enlarged prostate.

What is an enlarged prostate, what were the results of the survey that got Joe to launch this campaign and how is the campaign doing?

Enlarged Prostate

An enlarged prostate, or benign prostatic hyperplasia (BPH), develops in most men over 50 when their prostate starts to grow. This growth is caused by dihydrotestosterone (DHT) which is formed when the male hormone testosterone combines with the 5 alpha reductase enzyme.

By becoming larger the prostate chokes the urinary tube causing men to urinate more often and causing them to have difficulty urinating. Other problems that could be caused by this condition is totally blocking the urinary tube preventing urination, frequent urinary tract infections, damage to the bladder, bladder stones and damage to the kidneys.

So you can see, men with this condition can develop significant problems. The results of the survey were surprising on how little men knew about BPH.

Survey Results

Here are some of the findings of the survey:

- Only 6% of the men surveyed knew that one of the complications from an enlarged prostate was acute urinary retention (inability to urinate).
- 56% of the men believed that having BPH increased their risk of developing cancer of the prostate. There is no correlation between BPH and prostate cancer.
- Most men believed that the condition will get worse, when actually it can be controlled.
- Most men did not know there was medication available to treat an enlarged prostate.
- There is also a communication problem between the doctor and the patient. Doctors claimed that they told their patients about possible surgery and that they could control BPH. Only one-third of the men remember having being told this.

Joe's EP Campaign

Because he has this condition, in January of 2005, Joe Theismann launched a campaign to educate men on BPH because of this survey. When I clicked on the link to find out more about "EP in America with Joe Theismann" I got nothing. When I did a Google search for the campaign, I received nothing newer than 12/2005.

So it appears the campaign ended like Joe's football career, quickly and suddenly.

It appears he has started his campaign, but not just to help men but to help his wallet mainly by selling a [supplements](#).

Chapter 12

BPH - How I Treated My BPH

Introduction

Need to shrink your enlarged prostate? Well I was diagnosed with an enlarged prostate (BPH) several years ago, but my doctor said it was not too bad, so we should wait and see what happens. Well I was not going to wait around for it to get worse, so I decided to do something about it.

First I did some research on what exactly was an enlarged prostate, what causes it and what are proven ways to stop it from growing and how I could shrink it.

What Is An Enlarged Prostate

Most men will develop an enlarged prostate as they get to middle age or in their senior years. Your prostate is normally about the size of a walnut for much of your adult life, but when you get to age 50 and beyond, your prostate starts to grow, squeezing your urinary tube.

This constriction of the urinary tract causes urinary problems such as weak urine stream, dribbling, frequent urination and a feeling of a full bladder after urination.

Cause Of An Enlarged Prostate

The exact reason we men develop an enlarged prostate is not fully understood, but it is believed to be caused by the hormone DHT (dihydrotestosterone). DHT is formed when the hormone testosterone is converted to DHT.

DHT is believed to stimulate the prostate to start growing in your later years.

How I Stopped My Prostate From Growing And Started to Shrink

When I started on my program to stop my prostate growth and reduce its size, my PSA was measured at 5.8 ng/mL Today it is 4.3 ng/mL which is an indication my prostate has stopped growing and may have actually shrunk. This is what I did:

- **Diet** - I changed my diet from processed foods (foods not in their natural state) and saturated fats to more whole grain, fresh vegetables, fresh fruit, fish, poultry and I use more olive oil for cooking.
- **Exercise**- I started exercising more by lifting weights and riding the bike for 30 to 40 minutes a day. Not only did my prostate shrink, but I have also lost 40 pounds.
- **Supplements**- I now take [saw palmetto](#) that claims to stop the growth of your prostate. Medical research and studies on this herb as to its effectiveness are inconclusive. but I believe it does work on stopping prostate growth. I also take Omega - 3, fish oil, which helps my body all the way around.
- **Sex**- This is the best part; my wife and I have sex at least four times a week. Frequent sex is reported to keep your prostate healthy. It took some convincing, but I finally convinced my wife that it was for my health.

Chapter 13

A Guide To Living With An Enlarged Prostate

Lets face it, living with an enlarged prostate gland can be very difficult, but it is not impossible. I was diagnosed with one and went through the biopsy bit to ensure it was not cancerous. Now, that it has been determined to be non-cancerous, what do I do to control it? Well I did some research to find out what I could do to help keep my prostate healthy, and even shrink it. Here is what I found:

- **Eat Vegetables** - Eat plenty of vegetables. In fact it is recommended that you eat tomatoes because they have lycopene, which is a powerful antioxidant. It is not only healthy for your gland, but is also great for your heart.
- **Eat Less Red Meat** - It is recommended that you eat at the most one serving of red meat a week. In place of red meat, replace it with white meat such as poultry. In fact, fish such as salmon, trout and sardines is highly recommended because of the Omega - 3 they contain.
- **Exercise** - Has been found to be not only beneficial for your prostate but also for your whole body.
- **Vitamins** - Vitamins such as vitamin D, and E have been shown to be very effective in keeping your prostate healthy and functioning properly.

- Herbal Supplements - Herbal supplements have been shown to be very helpful in keeping your prostate healthy. Supplements such as zinc and saw palmetto are essential to good prostate health. Studies in Europe have shown that [saw palmetto](#) is highly successful in helping to keep your prostate healthy.

I have an enlarged prostate and found taking a herbal supplement has helped keep my prostate healthy.