

Keith, 61

Professional engineer and father-to-two who lived with symptoms of an enlarged prostate for five years, *ADELAIDE*

Professional engineer, father-to-two, and avid cyclist, Keith, 61, Adelaide, lived with symptoms of benign prostatic hyperplasia (BPH), or an enlarged prostate, for five years prior to seeking medical advice.

An enlarged prostate is a common, urological disease affecting older men^{1,2} that involves a non-cancerous enlargement of the prostate gland, and expansion of the surrounding tissues.^{3,4} This enlargement leads to compression of the urethra, reducing the flow of urine from the bladder, and sometimes blocking it entirely.⁵

Keith has an immediate family history of an enlarged prostate. His father had surgery to treat his enlarged prostate years ago.

Keith visited his GP in 2021 complaining of enlarged prostate symptoms – inefficient bladder emptying, and sleep-disturbing nocturia (frequent night-time urination) – which had “become too difficult to live with.” He was subsequently referred to a urologist, and diagnosed with an enlarged prostate.

Post-diagnosis, Keith trialled multiple treatments, to no avail. Finally, he found a minimally invasive treatment that worked for him.

Today, Keith has chosen to share his story, to raise community awareness and understanding of what it’s like to live with an enlarged prostate, and to urge men nation-wide, to prioritise their health.

This is Keith’s story.

Keith developed symptoms of an enlarged prostate in 2016.

“I started to get up throughout the night to visit the toilet. I felt like I couldn’t empty my bladder properly, so I had to visit the toilet twice a night.

“The issue grew worse over time. Five years later, I chose to visit my GP for advice,” said Keith.

Despite leading an active lifestyle, and visiting his GP for an annual “grease and oil change”, Keith’s symptoms nonetheless, continued to progress over time.

“My symptoms began to compromise my life. I couldn’t sleep soundly throughout the night without having to visit the toilet, which disturbed both my sleep, and my wife’s.

“Eventually, I had to get up around five times a night before my diagnosis,” Keith said.

“The constant toilet stops and interrupted sleep wasn’t good for me, or anyone around me.”



Despite undergoing annual an annual health check, Keith maintains his prostate health was never raised.

"I had a number of men's health tests every year, but don't recall my GP ever asking me about my prostate health, until post-diagnosis.

"It certainly would have been much easier, had I undergone regular prostate health checks," said Keith.

Keith regrets not raising his symptoms with his GP earlier.

"Unfortunately, I waited until I was completely sleep deprived, and exhausted, before seeking medical treatment.

"In hindsight, I should've addressed the problem much earlier," Keith said.

"My father was diagnosed with, and treated for, an enlarged prostate many years ago.

"So, when I developed symptoms of an enlarged prostate, I had some idea of what was going on, which worried me.

"But I still chose to tolerate my symptoms for five years, until they became such a nuisance, that I had to act," said Keith.

Keith and his urologist worked together, to identify a suitable, and effective treatment option for him.

"An enlarged prostate can't resolve on its own. It requires prompt medical attention."

According to Keith, stigma weighs heavily on the topic of men's health.

"Men tend to bury their heads in the sand over health-related problems until they get so bad, that they're forced to seek help.

"We tend to suffer in silence. Personally, I know many older men who choose to put up with, and ignore their health conditions, at their peril," Keith said.

Keith has a simple, but poignant message for other Australian men living with symptoms of an enlarged prostate.

"If you suspect you're living with symptoms of an enlarged prostate, don't ignore them. Speak to your GP, and get educated.

"An enlarged prostate won't resolve on its own. Without treatment, it will only get worse," said Keith.

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To coordinate an interview with Keith, please contact:

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