

Dina, 63

Entrepreneur, mother, grandmother and wife to Barry,
who lived with an enlarged prostate, untreated, for 25 years, *ORANGE*

Dina, 63, Orange, is an entrepreneur, mother and grandmother, who provided invaluable support to her husband Barry, during his protracted battle with Benign prostatic hyperplasia (BPH), or an enlarged prostate.

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

Diagnosed with an enlarged prostate in 1999, at 40 years of age, Barry was unaware at the time, of just how significantly the condition would eventually compromise both his, and Dina's quality of life.

Barry's frequent, and incomplete bladder emptying, weak urine flow, persistent urination throughout the night, and minimal control over his bladder and bowel movements for many years, caused him significant embarrassment and discomfort, and further compromised Dina's sleep, and intimacy with her husband.



This experience spearheaded Dina's resolve to lend her support to, and further participate in her husband's journey of living with an enlarged prostate, and eventually accessing effective, long-term treatment.

Today, Dina has chosen to share her side of the story, to help shake the stigma and embarrassment continuing to weigh heavily on those wrestling with an enlarged prostate, and to demonstrate the important role that a partner can play, in urging their loved one to prioritise their health and wellbeing.

This is Dina's story.

Barry battled symptoms of an enlarged prostate for 25 years – urgency to pee, lower urinary tract symptoms, constipation and erectile dysfunction – largely with Dina by his side.

"Barry and I got married 13 years ago. While we all know we have to grow old, we would prefer to grow old gracefully.

"I consider men's health to be an extremely important topic. Women are more inclined to talk about female health-related issues, such as menopause, but men choose not to talk about theirs. It can emasculate them," said Dina.

According to Dina, the most confronting consequence of Barry living with an enlarged prostate, was how it continued to pervade their daily lives.

"Barry drank plenty of water every day, but his water consumption only exacerbated his urgency to pee.

"Every time we were intimate, his enlarged prostate would be on his mind. It didn't just affect his bathroom habits. It affected our bedroom habits as well," Dina said.

“Barry would go to the toilet four-to-five times a night. I grew accustomed to him getting up and down during the night.

“Obviously, as his prostate continued to grow, his toilet habits became much worse. That made me feel anxious, mostly because I was very concerned for his health, but also because our sleep was being consistently compromised,” said Dina.

Dina knew discussing the problem with Barry was a crucial step towards him accessing effective treatment.

“As a man ages, things will eventually go wrong. This also applies to a woman.

“A man living with an enlarged prostate needs to be able to talk to his partner. The partner needs to be able to bring that out of him too. They need to have that conversation,” Dina said.

“Unfortunately, I think too many men are just too shy, or embarrassed to do so, because they feel emasculated.

“Men generally don’t know how to talk about these things. There’s also a fine line between being over the top, and working together, to do something about it,” said Dina.

Supporting Barry with exploring suitable treatment options for his enlarged prostate, was key to moving forward.

“If your partner is living with an enlarged prostate, and is prepared to research the topic, in order to find a treatment that best suits him, then it’s up to you to help him, rather than criticise, or condemn him.

“Barry and I discussed the issue. But I didn’t force him to do something about it. Ultimately, he had to do it on his own accord,” Dina said.

In June 2024, Barry underwent a minimally invasive treatment offering long-term, symptomatic relief for an enlarged prostate.

“It got to the stage where it was unmanageable. Barry’s prostate was the size of a softball, and it was really affecting his lifestyle.

“I knew it was time that he did something about it,” said Dina.

“Barry finally found an effective treatment.

“His enlarged prostate had compromised his life for 25 years, and then suddenly, the issue resolved,” Dina said.

“It was a massive change for both of us, psychologically. Nowadays, Barry and I no longer need to worry about his enlarged prostate. It’s all in the past.”

Dina has a simple, but poignant message for other men who too suspect they may be living with an enlarged prostate, and their partners.

“If you, or your partner suspects you may be experiencing symptoms of an enlarged prostate, talk to your doctor without delay. Effective treatment options are available that best suit you.”

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