

Glenn, 64

Former cabinet maker and father-to-two who spent five years feeling concerned about his enlarged prostate symptoms, *SYDNEY*

Retired cabinet maker and father-to-two, Glenn, 64, Sydney, lived with symptoms of benign prostatic hyperplasia (BPH), or an enlarged prostate, for five years, before his diagnosis in 2022.

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

Mistakenly attributing his symptoms to ageing, Glenn wrestled with a weak, and frequent urine flow, incomplete bladder emptying, and nocturia (frequent night-time urination) for five years, until seeking medical advice. During this period, his GP also identified another prostate issue during a standard health check.

Following his enlarged prostate diagnosis two years ago, Glenn chose to undergo a minimally invasive treatment.

Today, he 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 Glenn's story.

Glenn developed symptoms of an enlarged prostate in 2019, following treatment for another urological problem.

"My symptoms developed slowly over a few years. Initially, I noticed the time between my toilet breaks was becoming a bit shorter than usual.

"Next, I began to have a toilet break during the night. Eventually, I noticed it became hard to initialise a stream," said Glenn.

Glenn subsequently, chose to visit his GP for advice.

"I just knew something wasn't right. I was getting concerned about the frequency with which I was going to the toilet, and my weak flow.

"I chose to tolerate my symptoms until they began to seriously interrupt my life. That's when I knew I had to act," Glenn said.

"I visited my GP, who performed an ultrasound and a series of other tests, and diagnosed me with an enlarged prostate.

"I then began to research the topic, and learn about treatments available," said Glenn.

According to Glenn, men in general, fail to seek proactive medical advice.

"I've heard of many men who experience serious health problems in silence. They feel like they have no one to turn to, or are embarrassed.

"Given my personal medical history, should something feel not quite right, I know I need to get it checked out, because it most likely, will not resolve on its own," Glenn said.

"I try to look after myself. For many men however, this doesn't come easily.

"I think many men feel embarrassed having to ask for help. But should they fail to seek help, their health issue will most likely, get worse," said Glenn.

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

"You're not the only Aussie bloke with an enlarged prostate. One in two of us over 50 years of age are in the same boat!

"Don't 'put up' with your symptoms. Seek prompt medical advice, and suitable treatment," said Glenn.

"It should all be worth it in the end."

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To coordinate an interview with Glenn, please contact:

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