

Worrying waterworks?

Ask your GP about fixing your flow

Regular trips to the bathroom compromising life's flow?

2.8+m
Aussie men

aged 50+ are living with benign prostatic hyperplasia (BPH), or an enlarged prostate²⁻⁴

While a normal prostate is about the size of a walnut, an enlarged prostate can grow to the size of a mandarin, a lemon, or even larger,⁵ and press against the bladder⁶



New research involving 1,000+ Aussie men reveals waterworks problems are common:

1 in 2
aged
50+

8 in 10
aged
80+

Enlarged prostate symptoms:⁷⁻¹⁰



Struggling to completely empty bladder



Peeing often at night



Weakening or non-existent urine flow



Anxious locating bathroom quickly

Almost
2 in 3
Aussie men aged 65+ report an urgent need to pee⁷



It can affect your daily routine and impact your life

An enlarged prostate can disrupt your daily routine,^{7,11-13,14} and lead to...

- Spending a long time in the bathroom to avoid dribbling urine
- Standing for ages at the urinal
- Scheduling intimacy around your symptoms
- Altering driving routes and pre-planning toilet stops

2 in 3
say symptoms affect their daily lives⁷



Symptoms can be awkward, embarrassing, confidence crushing⁷ & leave you feeling like a "cranky old man"

Those affected report:⁷



Sleep disruption



Compromised working life






Relationship issues



Interrupted exercise

Don't suffer in silence

An enlarged prostate is treatable,¹⁵ yet:

-  **2 in 5** Aussie men affected fail to seek treatment⁷
-  **1 in 10** only visit their doctor soon after symptom onset⁷
-  **1 in 5** wait over 6 months before seeking treatment⁷

Enlarged prostate symptoms don't fix themselves¹⁶

They get worse⁴, are not a normal part of ageing¹⁶ & should not be left untreated⁸


Early diagnosis
is key to effective management¹⁷

Act now

Effective, available treatment options can help:

- Restore sleep
- Avoid embarrassment
- Boost confidence
- Make you feel like your old self



Ask your GP about fixing your flow, or visit

fixmyflow.com.au



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Boston Scientific commissioned YouGov to perform an online quantitative survey on benign prostatic hyperplasia (BPH), involving a nationally representative sample of 1,011 Australian men aged 50+ years between July 4 to 10, 2024. The data was weighted by age and region to reflect the latest Australian Bureau of Statistics (ABS) population estimates of Australian men over 50 years of age.

This infographic is for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always discuss with your healthcare provider any questions or concerns you may have about your health.

Boston Scientific Pty Ltd, PO Box 332 Botany NSW 1455 Australia. Tel +61 2 8063 8100.