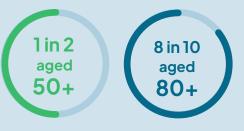
# Worrying waterworks? Ask your GP about fixing your flow

## Regular trips to the bathroom compromising life's flow?



aged 50+ are living with benign prostatic hyperplasia (BPH), or an enlarged prostate<sup>2-4</sup>

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,<sup>5</sup> and press against the bladder<sup>6</sup> New research involving 1,000+ Aussie men reveals waterworks problems are common:



## Enlarged prostate symptoms:7-10



Struggling to completely empty bladder



 Weakening or non-existent urine flow



Anxious locating bathroom quickly

at night

Peeing often

Almost **2 in 3** Aussie men aged 65+ report an urgent need to pee<sup>7</sup>

### It can affect your daily routine and impact your life

An enlarged prostate can disrupt your daily routine, <sup>7,11-13,14</sup> 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



say symptoms affect their daily lives<sup>7</sup>



Sleep disruption

Symptoms

can be awkward, embarrassing, confidence crushing<sup>7</sup> &

leave you feeling like a

"cranky old man"



Ċ,

Relationship issues

> Interrupted exercise

Those affected report:7

### Don't suffer in silence

#### An enlarged prostate is treatable,<sup>15</sup> yet:

**2 in 5** Aussie men affected fail to seek treatment<sup>7</sup>

**1 in 10** only visit their doctor soon after symptom onset<sup>7</sup>

**1 in 5** wait over 6 months before seeking treatment<sup>7</sup>

#### Enlarged prostate symptoms don't fix themselves<sup>16</sup>

They get worse<sup>4</sup>, are not a normal part of ageing<sup>16</sup> & **should not be left untreated**<sup>8</sup> Early diagnosis is key to effective management<sup>17</sup>

### **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





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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.

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