

William, 57

Electrical engineer who experienced sudden, excruciating enlarged prostate symptoms when out socialising with friends, *ADELAIDE*

Electrical engineer, father-to-two, and fishing enthusiast, William, 57, Adelaide, was diagnosed with benign prostatic hyperplasia (BPH), or an enlarged prostate, in late 2022, following a severe episode of lower urinary tract symptoms over the Christmas holiday period.

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

William has an immediate family history of an enlarged prostate. His father lives with the disease too.

William experienced symptoms of an enlarged prostate for some time, including a sudden urge to use the bathroom more than normal when out socialising with friends, reduced flow, followed by a restless night's sleep, and trips to the toilet. William didn't think much of it, had already been visiting a urologist because of elevated PSA levels, and put it up with the symptoms which normally only accompanied alcohol consumption.



"Enjoying a beer without fear"

In December 2022, when out at a pub socialising with friends, William suddenly discovered he was unable to urinate. In excruciating pain, and feeling both bewildered, and concerned, William contacted his wife and asked her to pick him up.

He travelled home in the tray of the Ute, bent over in a foetal position, in excruciating pain. As the pain grew more severe, from home, William's wife called an ambulance. After waiting over 30minutes for the ambulance to arrive, he begged his wife to drive him directly to hospital.

Upon hospital arrival William had to wait for a qualified doctor, and finally a catheter was inserted, offering William instant relief. That evening, he decided he would proactively address his enlarged prostate.

This is William's story.

William was familiar with an enlarged prostate, given his father's medical history with the disease.

"My Dad had an enlarged prostate, but for years, didn't speak about it.

"I wasn't too worried about developing it, because I knew it wasn't cancerous," said William.

Today, William acknowledges having lived with symptoms of an enlarged prostate for some time.

"I had to visit the bathroom a lot whenever I went out drinking with friends, and not too much would come out. Although it was inconvenient at times, it didn't bother me that much.

"It was my sleep that was mainly affected after a drinking session," William said.

Prior to his enlarged prostate diagnosis, William was already under the care of a urologist.

“After my GP confirmed I had elevated Prostate-Specific Antigen (PSA) levels [a sign of prostate cancer or another non-cancerous condition, such as prostate enlargement, or inflammation], he referred me to a urologist for further investigation.

“However, it wasn’t until a frightening Christmas episode more than two years ago, that I recognised the seriousness of living with an enlarged prostate,” said William.

“That evening, I had drunk about six beers before feeling a sudden urge to urinate. But when I got to the bathroom, I couldn’t go.

“I called my wife, and she came to collect me,” William said.

“I was in a world of pain. I’ll never forget it.

“I was curled up in a foetal position, trying to get some relief,” William said.

“By the time we arrived home, the pain was unbearable. My wife called an ambulance, but it took so long to come, that we chose to drive me directly to hospital.

“I was admitted to hospital, had a catheter inserted, and experienced sudden relief,” said William.

Following his diagnosis, and subsequent discharge from hospital, William researched treatment options for his enlarged prostate.

“Fortunately, there are many treatment options available for an enlarged prostate. I chose to undergo a minimally invasive treatment a couple of months after my diagnosis.”

William has since chosen to share his lived experience with an enlarged prostate, with his family and friends.

“After my diagnosis, I shared my experience with my family and friends. I even convinced one of my friends to seek medical treatment!”

Today, William has a simple, but poignant message for other Australian men living with an enlarged prostate.

“Many of us tend to feel too embarrassed or ashamed to seek help, given men’s health problems are not a regular topic of conversation.

“I encourage men to speak with their GP or healthcare practitioner, because effective treatment options are available,” William said.

“Start a conversation with your family and friends. I assure you, you’re not alone.”

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To coordinate an interview with William, please contact:

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