

New research breaking the silence on a serious but treatable prostate condition affecting 1 in 2 Aussie men aged 50+

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Professor Henry Woo

Urological Surgeon and Head of Department of Urology, Blacktown, Mount Drutt and Sydney Adventist Hospitals; and Director of Uro-Oncology, Chris O'Brien Lifehouse Comprehensive Cancer Centre, *SYDNEY*



(00:18 – 00:42)

What is benign prostatic hyperplasia, BPH, or an enlarged prostate?

Benign prostatic hyperplasia, also known as BPH, is a benign non-cancerous condition, commonly seen in the ageing male. For most men, it doesn't cause a problem. But if it starts to cause a blockage to the passage of urine, men can get a lot of urinary symptoms that can really impact on their quality of life.

(00:42 – 01:15)

What causes an enlarged prostate?

We don't actually know the precise cause of BPH. But we do know that it is commonly associated with the ageing process, and that it tends to run in families. We do know that there are a number of risk factors that make a man perhaps more likely to develop problems associated with enlarged prostate, and these include things like obesity, smoking, a sedentary lifestyle, and just generally not looking after themselves.

(01:15 – 01:34)

What are the symptoms of enlarged prostate?

Men might experience urinary frequency, an urgent need to pass urine, difficulty getting started to urinate, a weak urinary flow, and also getting up at night.

(01:34 – 01:56)

Who is at risk of developing an enlarged prostate?

BPH is an incredibly prevalent condition in the ageing male. It's been argued that, if all men were to live long enough, they would all get it. Those at risk of having a large prostate are obviously going to be men, and in particular, those men who are over 50 years of age.

(01:56 – 02:16)

How do you diagnose an enlarged prostate?

An enlarged prostate is something that is going to be diagnosed by your doctor. Now, this will be on the basis of your history of symptoms, and the physical examination, and perhaps some very simple tests.

(02:16 – 02:34)

How do you measure the size of a prostate?

A good reference point when trying to decide whether a prostate is enlarged, or normal size, is to think of the size of a golf ball. If it's larger than a golf ball, then it's enlarged, and if it's less than the size of a golf ball, then it's normal.

(02:34 – 02:57)

How does an enlarged prostate affect a man's overall quality of life?

The symptoms associated with having an enlarged prostate can really have a significant negative impact on quality of life. And I think that this is something that has been really understated. Um, in particular, the physical impact, and the psychological impact, but also the financial impact.

(02:57 – 03:18)

How problematic is living with an enlarged prostate for Australian men?

The fact that this new Australian research is telling us that 64 per cent of men with urinary symptoms from an enlarged prostate are having some negative impact on their quality of life, is telling us that this is a really big problem.

(03:18 – 03:38)

What is one of the impacts of having symptoms from an enlarged prostate?

One of the impacts of having symptoms from enlarged prostate is the need to have a toilet on hand. It can often get to the stage where a man's life is completely ruled by the location of toilets.

(03:36 – 04:09)

How does an enlarged prostate affect a man physically, mentally and socially?

Those men who've got a lot of symptoms are more likely to have problems with sexual function. And this can impact upon their self-confidence and relationships.

Having symptoms from an enlarged prostate can really have the potential to impact on a man's social life. Imagine if you're having to go to the toilet constantly and urgently, then that's going to be deterrent for you to actually go out.

(04:10 – 04:38)

How does living with an enlarged prostate affect a man's partner/spouse?

A man who is suffering from urinary symptoms is not the only person who's suffering. The partners who have to endure the difficulty in watching their loved one, literally suffering from symptoms, as well as having to get up at night, and waking both of them, is a much bigger deal than people realise.

(04:38 – 05:09)

How proactive are Australian men with managing their prostate health?

If this new Australian research is telling us that only three in 10 men are reporting urinary symptoms from an enlarged prostate, those of us in the urological field know that this is, ah, grossly under-representing the reality. This indicates that there is a huge unmet need in men suffering from urinary symptoms associated with prostate enlargement.

(05:10 – 05:47)

What motivates men to seek treatment for an enlarged prostate?

There are a number of reasons why a man may hesitate to seek treatment of their urinary symptoms. For some men, it's purely a case of embarrassment, and this is understandable, because it does take a lot for a man to admit that they've been suffering from urinary incontinence. But you also have a lot of men who are worried about what might come with the treatment associated with dealing with their urinary symptoms. And in particular, they're worried about the treatment leading to perhaps worse problems than what they already have.

(05:47 – 06:16)

Will an enlarged prostate improve if not treated?

It's interesting how in some men, they have this idea that if you have a problem, it'll eventually go away if you leave it alone. But we know that the natural history of urinary symptoms associated with an enlarged prostate, is that it will get worse over time. And as it gets worse, it's going to impact even more so on your quality of life.

(06:16 – 06:40)

Can you reflect on the trend involving minimally invasive treatments for an enlarged prostate?

With advances in technology, we now have treatments that are less invasive, and are far less likely to be associated with significant side-effects, such as sexual dysfunction or urinary incontinence.

Dr Jo Schoeman

Specialist Urological Surgeon, The Wesley Hospital,
BRISBANE



(06:45 – 06:56)

What is benign prostatic hyperplasia, BPH, or an enlarged prostate?
BPH or Benign Prostate Hyperplasia is the non-cancerous enlargement of the prostate.

(06:56 – 07:13)

How many men in Australia are estimated to be living with an enlarged prostate?

More than 2.8 million men suffer with lower urinary tract symptoms.

Fifty per cent of these men are over the age of 50, and up to 80 per cent of men over the age of 80 suffered, or suffer with these symptoms on a daily basis.

(07:14 – 07:23)

What is the size of a normal prostate?

The normal size of a prostate is the size of a walnut, and this is where most of the sizes stay at.

(07:23 – 07:36)

What is the average size of a prostate that you see in your practice and how large can a prostate grow?

The average size of prostate that I see in my practice is the size of a mandarin, but they can get as large as a lemon.

(07:36 – 07:51)

Who has more symptoms? A man with a prostate the size of a lemon, or a man with a prostate the size of a walnut?

You may have a large prostate, and you would have no symptoms at all. But usually the guys with the bigger prostates, the lemon, will have more symptoms than the guy with the walnut.

(07:51 – 08:21)

How do men living with an enlarged prostate present to you?

Men are quite alarmed by the fact that they have urinary symptoms, especially the younger blokes. They are totally in a conundrum when they come in where they think they're gonna die, they've got cancer, and it's always a, a gratifying, consultation to tell them that they are only suffering with enlarged prostate and we have caught it in time and we can do something about it.

(08:21 – 08:53)

What are the physical effects of an enlarged prostate?

You would be going to toilet more often. You'd find that your stream is much slower. You'd be getting up at night to urinate more. This then spills over into your daily life. You become more irritated, you'd become short tempered, cranky. And this is where the term "cranky old man" comes from. This then bleeds over into all of your, your life and, social environments. Your work environment. It's horrific once you are in that pattern.

(08:53 – 09:17)

What are the mental consequences of living with an enlarged prostate?

They isolate themselves, and it leads to depression, anxiety, worry about what's going on with them. Do they have cancer? Are they going to die?

Sometimes most guys, or some of the guys, uh, just stick their head under the sand, and ignore it, and hope that it would go away. But it's not always the case. And, uh, it escalates, and it becomes worse.

(09:17 – 09:42)

At what age did you realise you had symptoms of an enlarged prostate?

I hit 50 – 50 is the big number. And, I started realising that I have troubles with urinating. I can't focus, I have to run the toilet all the time. I have urgency symptoms with a slow stream. It takes me ages to get rid of my flow, and having to get up at night, it just led me to become tired. I couldn't concentrate properly.

(09:42 – 10:10)

As a Specialist Urological Surgeon, did you ever suspect you would develop an enlarged prostate?

I thought, you know, having these symptoms at 50, this wasn't supposed to happen. But then taking into consideration that my father had a big prostate, I was kind of expecting that this would be my, my, my path to follow. So it was a bit of a battle coming to terms with the fact that I needed help. And, and started off with, conservative therapies, and eventually ended up with a surgical option.

(10:10 – 10:41)

How did living with an enlarged prostate affect the quality of your life?

I too, suffered with BPH, and I can relate to the symptoms that most of my patients have. For me, it was more the overactive bladder symptoms, the frequency, urgency, and getting up at night to urinate.

In a busy job like mine where I'm, I need to focus, and have long surgeries, I found that I had to starve myself, or dehydrate myself from fluid, so that I could actually get through a surgical procedure without having to run to toilet.

(10:41 – 10:56)

What were the physical, mental and social effects of living with an enlarged prostate that you experienced?

For me, it, it affected my daily life. I could not, work through a, a, a four-hour operation. I needed to go and urinate between consultations. This really affected the way I functioned.

(10:56 – 11:25)

How did living with an enlarged prostate affect your partner?

My wife and I have an open relationship, and she knew my symptoms from the start. I think she could have picked that I had the symptoms if she had, if she had to go delve deeper into it.

So from the start, I expressed to her my irritation with my voiding symptoms, my urinating symptoms. And, she has been a, a major support in my journey through my surgery and recovery.

(11:25 – 11:42)

What treatment options did you turn to?

So I tried conservative therapy, which would be use of medications. Unfortunately, the side-effect profile didn't work for me. And being a surgeon, I opted for a surgical option. And this has worked very well for me.

(11:42 – 12:26)

How has undergoing a minimally invasive treatment for your enlarged prostate improved your quality of life?

I get enough sleep. I can function in my high functioning job. I can give my patients the, the attention that they need without having to worry about where's the next toilet. From a social point of view. I, can now enjoy the things I, I love doing. I love running. I love watching movies. I don't have to get up 10 times during a movie to go and urinate. And I can spend more quality time with my family.

And for me in the process, being a 50-year-old male, obviously, having normal urination function and normal sexual function is quite an important factor. I don't have to stand back. I do what I used to do.

(12:26 – 12:55)

Why are men aged 65+ years 13 per cent more likely than those aged 50 – 64 years to experience sudden urinary tract symptoms (63 per cent versus 50 per cent)?

According to a recent Australian study, more than 13 per cent of men over the age of 65 are more prone to a sudden urological incident. Now, this incident is commonly known as acute urinary retention, or inability to empty your bladder. This then involves requiring an in-dwelling catheter. It's an absolute emergency. It's extremely painful.

(12:55 – 13:21)

Why do you think one in four Australian men are yet to seek treatment or information about their enlarged prostate?

New Australian research has indicated that they have refrained from seeking help for their benign prostate enlargement. Reasons being, well, it can't happen to me. It happens to older blokes. I, I'm not bad enough. I can live through this. I can, I can ignore this. I can, I can push through. I'll be alright. She'll be right.

(13:21 – 13:42)

Why is timely and effective treatment crucial for men living with an enlarged prostate?

I think if a guy really wants to limit the complications from an enlarged prostate, seeking help sooner would make a world of difference. It reduces the surgical impact, reduces the side-effects, and much better outcomes.

Dr Ethan, 60

S100 General Practitioner who wrestled with symptoms of an enlarged prostate for two years, *BRISBANE*



(13:47 – 14:13)

What were your enlarged prostate symptoms?

I would notice that when I go to the toilet, my stream was not as strong as what it was as when I was a younger person. The other symptoms were also, um, the need to go to a toilet more frequent, uh, than normal. And finally, the, the most distressing symptom that I experienced was, um, going through, getting up in the middle of the night to go to the toilet multiple times.

(14:13 – 14:36)

When were you diagnosed with an enlarged prostate and what events led to your diagnosis?

So I was diagnosed with, uh, BPH in 2020 after the, experiencing the symptoms two years previously. The reason I went and got the diagnosis was because I was getting up in the middle of the night and it was affecting my quality of life. So we did some imaging and that confirmed the diagnosis

(14:36 – 14:49)

How did you feel when you were diagnosed with an enlarged prostate?

It was a relief to know that it's not in my head. It was a relief to know that there is a diagnosis and now there are things that we can do about it to relieve my symptoms.

(14:49 – 15:12)

How did it feel to live with an enlarged prostate?

Living with an enlarged prostate was a very distressing time in my life. I was getting up every two hours to go to the toilet in the middle of the night, and during the workday, I had to go to a toilet every two to three hours, which impeded the flow of my, my workday. And it, I became very fatigued and was very, very cranky.

(15:12 – 15:48)

Do you have a family history of an enlarged prostate?

I have 10 uncles in my family from both sides, uh, of my parents, and almost all of them experience some sort of lower urinary tract symptoms, uh, associated with benign prostatic hypertrophy. Their most distressing symptoms were initially difficulties with, uh, going through the toilet, taking a, a long time to empty their, their bladder. But the, it was the, uh, difficulties in staying asleep, the nocturia, getting up in the middle of the night, uh, to go to a toilet, distress them the most.

(15:48 – 16:19)

How did living with an enlarged prostate affect your quality of life?

As a doctor, I'm required to give my patients a hundred per cent attention. Living with a large prostate and having very little sleep meant that I was tired at the beginning of the day and giving them my attention meant that I exert all my energies into caring for my patients, such that when I went home, I wasn't able to give my family the time that they need to be with them because of my exhaustion.

(16:19 – 16:37)

How did living with an enlarged prostate affect your partner?

By getting up in the middle of the night to go to a toilet, you do wake your partner up, and they too are affected by it. So much so, that we had to sleep in different rooms during, uh, the peak time of my symptoms.

(16:37 – 16:55)

Do enlarged prostate symptoms improve over time?

Unfortunately, the symptoms of benign prostatic hypertrophy do not get better in time. And in fact, they worsen, because as the prostate enlarges, the urethra is compressed further, causing the bladder to work even harder and eventually failing.

(16:55 – 17:39)

What is it important to treat an enlarged prostate early?

The bladder is a specialised structure to store urine. It is thin wall, and when it contracts, urine is then expelled from the body. When the prostate is enlarged, the tube that takes the urine out from the body is compressed, called the urethra, and hence, the bladder has to work a lot harder to push the urine out. And by doing so, it can become weakened and thicken, making it ineffective urine can then pull in the bladder backing up into the kidneys causing kidney failure, kidney stones and infections in the bladder. And that is why treating, uh, bladder, uh, the prostate early is so important to prevent complications.

(17:39 – 18:19)

New Australian research reveals that two in five men aged 50 – 64 years living with an enlarged prostate, are yet to seek treatment, or information about the disease. Why do you think this is the case?

We know from statistics that 50 per cent of men by age 50 would experience lower urinary tract symptoms as a consequence of an enlarged prostate. And by time they get to their seventies and eighties, nearly 70 and 80 to 90 per cent of men would experience this. So, as a community, we should be aware of the symptoms of BPH, and be brave to seek advice from your medical team, so that you can receive treatment and that way you can enjoy, um, your life as we age together.

(18:19 – 18:35)

Almost 20 per cent of men living with an enlarged prostate report being too embarrassed to discuss their symptoms with a GP or healthcare professional, while 15 per cent mistakenly believe nothing can be done about it. Can you reflect on this?

New Australian research showing that 20 per cent of men are embarrassed to see their GPs about their enlarged prostate rings true to me, because it's what I see in my patient cohort. And I have to say to this man, please don't be embarrassed to seek help, because help is available.

(18:35 – 18:55)

What is your message to men living with an enlarged prostate?

Please don't suffer in silence. Help is available. And with proper treatment, you can lead a perfectly healthy, and active life, and enjoy the relationships you have with your spouses and partners.

(18:55 – 19:29)

Why do men in general, fail to prioritise their health?

I guess it comes from a culture where men are seen as stoic. The strong one, do not show your emotions. Be brave. So we know that men don't talk about their health because they feel either embarrassed or they feel that they're weak. However, it's important that men prioritise their health. There are certain chronic diseases that affect men more than women. For example, cardiovascular diseases, prostate conditions, and this can shorten their life if they do not get it seen too early.

Barry, 65,

Online business owner, father & grandfather who wrestled with symptoms of an enlarged prostate for 25 years, *ORANGE*



(19:34 – 19:49)

For how long were you living with symptoms of an enlarged prostate before your diagnosis?

I was living with the symptoms of enlarged prostate for five years before I was diagnosed when they found it on a scan.

(19:49 – 20:19)

How large was your prostate?

So a normal prostate is the size of a walnut, and then most prostate enlargement is double or maybe triple the size of a walnut. Mine was the size of a softball, and that freaked me out also. You just don't expect that, especially when you live a healthy life.

(20:19 – 20:52)

How did you feel when you found out your prostate was the size of a softball?

It makes you feel like you're losing your manhood type of thing. And it starts affecting intimacy, and pushing on different nerves and your bladder. And, for me, I had an unusual symptom that it gave me, severe constipation, um, and it was just. I mean, there was times I nearly had to go to the hospital in an ambulance that, it was that bad.

(20:52 – 21:26)

How did you feel when you were diagnosed with an enlarged prostate?

I was fairly stressed initially because I thought, oh, why am I getting this so young? Why am I getting this period, when I've taken care of my body, and done everything that I thought I was, took supplements, and researched the supplements, and it was just quite a shock.

(21:26 – 21:50)

How does it feel to live with an enlarged prostate?

The men with the bad prostate, and all the problems and symptoms, feel like they're not a man anymore. Not like a man's man, but just not the man they should be. And they shouldn't feel like that, because there's things they can do.

(21:50 – 22:36)

Can you reflect on becoming a slave to the nearest toilet?

When I went out to social events, restaurant-like things, I would use the restroom nine or 10 times and everybody else would not use it at all. But because I talked about prostate to everybody, they all were tired of hearing me talk about it, and they knew that I had the prostate problem. So everybody was okay with it. But it still bothered me. And because you only have seconds to go when you get the urge, even at the restaurant, if someone was in the toilet, I would have to go into the women's toilet. And if someone was in the women's toilet, I'd have to go in the handicap.

(22:36 – 23:39)

How did living with an enlarged prostate affect your work?

With my business, I had to drive into Sydney from Orange, which is an eight hour round trip, and I would leave at night to avoid the traffic and to get parking, reasonable parking where I had to pick up items. And I couldn't make it there without having to wee four or five times. And especially during COVID, everything was closed, and there was no place to wee. And in the middle of the night, the police see you pull over, they pull you over, and they don't have, really have any sympathy for someone during an emergency wee on the side of the road, and it was not fun. Then when I got to the auction houses, I got there at about four in the morning, they open at eight. I had to wee four or five times, and it was very difficult.

(23:39 – 24:07)

How did living with an enlarged prostate affect you mentally?

You don't normally worry about where's the toilet? When can I get there? What happens if I don't make it, and I don't have another set of clothes with me? How embarrassing is that going to be walking out of a restaurant? It brings in self-doubt and it's ah, just not a happy place.

(24:07 – 24:34)

How does living with an enlarged prostate affect a man's overall confidence?

Living with an enlarged prostate affects men's quality of life – mostly confidence. Confidence in the bedroom; confidence in their toilet habits; confidence in being able to do what a man does without having to stop every 20 or 30 minutes, and having to use the bathroom.

(24:34 – 25:07)

How did living with an enlarged prostate affect your relationship with your wife, Dina?

Living with an enlarged prostate affected my relationship with my wife and the fact that when I had to get up and come back to bed, it would wake her up, and she's a light sleeper, and had a hard time getting back to sleep. And we had to schedule intimacy, and then sometimes it didn't fit, so it made it awkward.

(25:07 – 25:41)

Can you reflect on the progressive symptoms of living with an enlarged prostate?

When you have an enlarged prostate, the symptoms almost always get worse. They don't ever get better. You never have an un-enlarged prostate, and it just gets worse and worse. It squeezes on the urethra and pushes into the bladder. So, burying your head in the sand does no good whatsoever, especially when there's things you can do that can fix most of the symptoms.

(25:41 – 26:14)

New Australian research reveals many men living with an enlarged prostate are suffering in silence. Can you reflect on this?

As a man, you're full of testosterone and bolshy bravado, and this just cuts it right off at the knees. You're not really very macho or model-like, or sexy or anything when you got a wee every 10 seconds. I can understand how men, especially if their partner's not supportive, would feel very, very awkward.

(26:14 – 26:55)

How long did it take you to seek treatment after your enlarged prostate diagnosis?

After my diagnosis, I took 25 years before I got treatment for my enlarged prostate. It took that long because I was fearful of not being able to perform sexually. And towards the end, what made me get it, I was fearful of not being able to wee, and the symptoms just add up, and then you have to go.

(26:55 – 27:13)

Why did you choose not to seek treatment for 25 years of living with an enlarged prostate?

I thought I was healthy, and I was like a superman type of person, and that I would figure out a way to get around it. But that doesn't happen. And it slowly comes on.

(27:13 – 27:46)

Why do you think men living with an enlarged prostate fail to seek medical advice?

You don't want to admit that there's something wrong, that you're any less than you could be, especially in your partner's eyes, and you want to hide it from your friends, because you want to be the young virile bull type of man that you always were. And because it's like the first nail in the coffin, you don't want to face that.

(27:46 – 28:03)

What type of treatment did you eventually turn to?

I underwent a minimally invasive treatment, a new treatment in June this year, and have had no problems since.

(28:03 – 28:30)

What is your message to other men living with an enlarged prostate?

Go to the doctor, get your scans. It's not the end of the world. There are many treatments out there and there's one for every type of prostate enlargement and person. And don't suffer in silence when you don't have to.

Dina, 63

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



(28:35 – 29:13)

What attracted you to Barry?

I was attracted to Barry because he's very unique. He's a very different kind of man. He's an avid reader. He reads everything. So a friend of mine calls him a human encyclopaedia. He has a knowledge about so many different things. He loves beautiful things. He loves his art. He loves his crystal. His china. When I first met him, he already had a beautiful collection of things, and I think just different. And he's very masculine. He does look like a rock star.

(29:13 – 29:39)

One in three married men living with an enlarged prostate report the condition has affected their relationship with their spouse/partner. Can you reflect on your situation?

When you love somebody, you don't want to see them suffering. Barry, he's been through a lot with this. When I first met him, it wasn't an issue. It was obviously growing, but it wasn't an issue. It never affected our sex life. It didn't really affect his bathroom, so it wasn't really too much of a problem then. But we knew it was there.

(29:39 – 30:01)

How often did you discuss Barry's enlarged prostate as a couple?

Progressively, as our time together moved on, and it started to enlarge, and he started to have toilet problems, urinating problems, and what have you, going more frequently, it was a conversation that we did have more often.

(30:01 – 30:23)

How did Barry's enlarged prostate affect your relationship?

He was always nervous that he hadn't managed to empty his bladder properly, and there could be some leakage. So in that regards, that was very stressful for him. You feel very unmanly, and that was hard for him to watch.

(30:23 – 30:54)

What mental challenges did Barry endure while living with an enlarged prostate?

It was always on his mind because, I mean, you go to the bathroom so many times a day, and Barry drinks a lot of fluid, which is a really good thing. But he would go to the bathroom a lot and obviously, every time he went to the bathroom, he'd be thinking about his enlarged prostate. Every time we had intimacy, he'd be thinking about his enlarged prostate, because it doesn't just affect your bathroom habits, it affects your bedroom habits as well.

(30:54 – 31:30)

How did Barry's enlarged prostate affect your wellbeing?

Barry's enlarged prostate, yes, it did affect our sleep, but I've lived with a husband right from the very beginning. I was used to him getting up and down during the night. Obviously towards the end it got much worse, which makes me anxious as an individual, as it would do.

I was very concerned about him. I never felt embarrassed for myself when we were out, and he had to keep going to the bathroom. I felt very embarrassed for him, because that is very, very awkward.

(31:30 – 31:49)

How did you and Barry choose to deal with his enlarged prostate?

Barry and I are very, very lucky that we have a really good relationship, and we can discuss these things. So it's never a personal affront. It's just, this is what's happening in our life, and we need to deal with.

(31:49 – 32:13)

What was one of the hardest challenges Barry encountered over the past few years?

I think one of the hardest things for Barry was when he used to have to drive into Sydney at nighttime and during COVID, there were no bathrooms open anywhere. There was nothing open anywhere, and it was very scary. There was nowhere where he could stop and urinate. And then when he'd get to the auction houses very early in the morning, nothing was open, so there was nowhere for him to stop and urinate. That was incredibly stressful for him.

(32:13 – 32:55)

How did you feel when you learned that Barry's prostate had grown so large?

When I heard that Barry's prostate had become the size of a softball, I thought, you poor bugger. That is awful. And it must be taking up so much room inside and how uncomfortable.

I just thought, well, okay, it's time that you did something about it. If it's that big, then we need to get something done. And we were fortunately able to get that done. I don't honestly know what would've happened if he hadn't been able to have something done to reduce the size. It would've just been a nightmare moving forward.

(32:55 – 33:34)

What is your message to other partners of men living with an enlarged prostate?

Be patient with your partner. Don't automatically assume if there's an issue, it's your fault. Don't force him to go and do something about it. He needs to do it of his own accord. But maybe guide him, maybe steer him in the right direction. Maybe become knowledgeable yourself about the whole situation so that he's not scared to do something about it. I think if you don't have a partner who's prepared to look and research, and do something about it, then it's up to you to help him, not criticise him, not condemn him, but help him.

(33:34 – 34:05)

What finally motivated Barry to seek medical treatment for his enlarged prostate?

Getting up five times a night, going to the toilet five times when you're out having dinner was just not on. It was not on. It was no good. So that was the sort of deciding factor. It had got to a stage where it was unmanageable and it was really affecting Barry's lifestyle more than anything, up and down, embarrassing anxiety.

(34:05 – 34:38)

What should we be doing as a community to encourage men to discuss their prostate health?

Men suffer quietly. They suffer quietly. And I think this makes me, this is one of the things that I find quite disturbing, that they still haven't got the confidence to come out and share it. And that's why I think we need to have much more awareness of this whole problem, whether it's televised, whether it's in magazines. But men need to be able to go somewhere and talk about this and not be embarrassed.

(34:38 – 35:00)

How is Barry's health and wellbeing today?

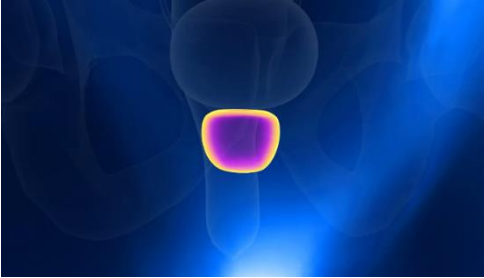

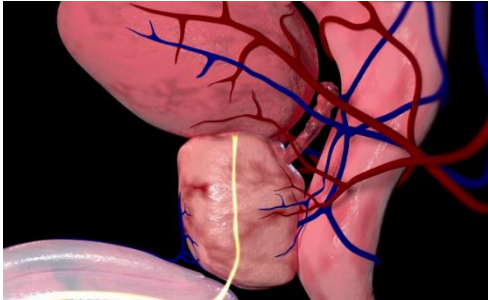
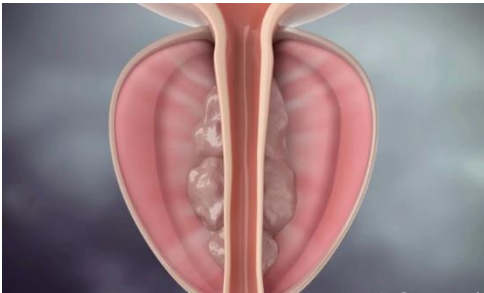
After having his minimally invasive procedure, he's feeling great. What a difference. Can't believe it took about, it's really taken about eight weeks, but his life is back to normal now. He gets it maybe once a night. He doesn't necessarily have to go when we're out.

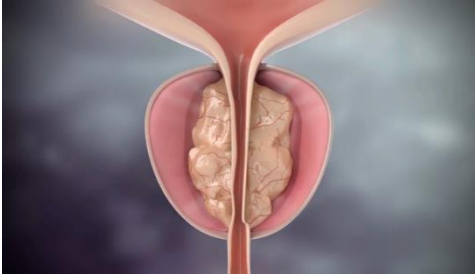
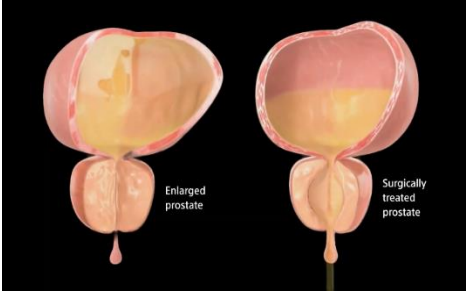
And I think in his head also, he feels he's feeling great. He's feeling great because it was such an invasive part of his life, and now it's gone. But it's been a massive change for both of us psychologically. I don't worry about that anymore. He doesn't worry about that anymore. So yeah, it's great. It's really good.

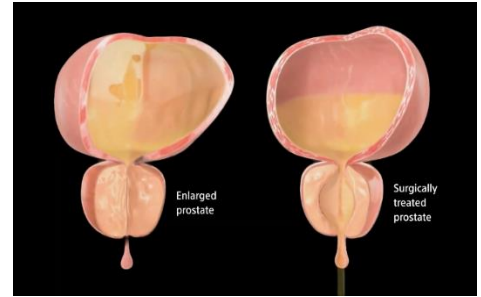
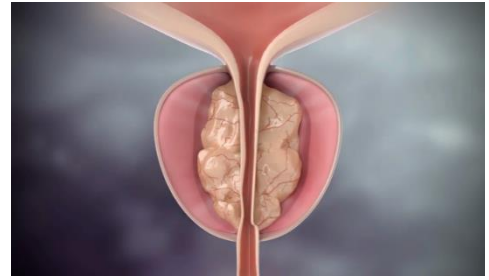
Overlay shotlist

Link: vimeo.com/1012282042/bb489bd1fb?share=copy

Enlarged prostate 3D animations

TIME CODE	DESCRIPTION	PREVIEW
35:05 – 35:11	Man zooming into prostate	
35:11 – 35:24	Walking man zooming into prostate	
35:24 – 35:31	Enlarged prostate pressing on urethra	
35:31 – 35:41	Prostate growing in size	

35:41 – 35:47	Slow zoom into prostate	
35:47 – 35:56	Urine flow through enlarged prostate vs surgically treated prostate	



Professor Henry Woo

Urological Surgeon and Head of Department of Urology, Blacktown, Mount Druitt and Sydney Adventist Hospitals; and Director of Uro-Oncology, Chris O'Brien Lifehouse Comprehensive Cancer Centre, *SYDNEY*



TIME CODE	DESCRIPTION
36:01 – 36:09	c/u of Prof Woo in slow motion, looking up at camera lens, smiling
36:09 – 36:22	c/u of Prof Woo in slow motion, looking down barrel of lens, and following camera
36:22 – 36:32	Mid shot of Prof Woo walking up stairs and out of frame
36:32 – 36:38	Wide shot of Prof Woo walking up stairs and towards camera
36:38 – 36:44	Mid shot of Prof Woo walking towards camera and blurring out of frame
36:44 – 36:50	Mid shot of Prof Woo walking away from camera and around corner
36:50 – 36:55	Wide shot of Prof Woo walking towards camera down corridor, and into his consulting room
36:55 – 37:00	Mid shot of Prof Woo walking towards camera and entering his consulting room
37:00 – 37:05	Wide shot of Prof Woo walking towards camera and entering his consulting room
37:06 – 37:14	Mid shot of Prof Woo entering his consulting room, sitting down, and logging onto his computer
37:14 – 37:19	c/u of Prof Woo looking at his computer screen
37:19 – 37:24	c/up to mid shot of Prof Woo and Barry (patient) in consultation
37:24 – 37:30	Mid shot of Prof Woo consulting Barry – WITH AUDIO
37:30 – 37:37	c/u of Prof Woo consulting Barry – WITH AUDIO
37:37 – 37:58	c/u of Barry on computer screen talking to Prof Woo – WITH AUDIO
37:58 – 38:09	Extreme c/u of Prof Woo consulting Barry – WITH AUDIO
38:09 – 38:20	c/u of Barry on computer screen talking to Prof Woo – WITH AUDIO
38:20 – 38:39	c/u and panning into prostate MRI scan on screen; Prof Woo scrolling down screen
38:39 – 38:49	c/u of a prostate scan with Prof Woo scrolling down screen
38:49 – 39:04	c/u of Prof Woo (back), blurred screen moving into focus while Prof Woo scrolls through scans
39:04 – 39:06	Mid shot of Prof Woo looking at diagram on computer screen in focus
39:06 – 39:15	Panning mid shot of Prof Woo looking at an MRI scan on computer screen
39:15 – 39:33	Wide shot of Prof Woo looking at MRI in lecture room
39:33 – 40:27	c/u of Prof Woo pointing to prostate on large screen in lecture room, in slow motion

Dr Jo Schoeman

Specialist Urological Surgeon, The Wesley Hospital,
BRISBANE



TIME CODE	DESCRIPTION
40:31 – 40:40	Mid shot of Dr Schoeman lifting head slowly up and looking down barrel of lens in slow motion
40:40 – 40:46	Mid shot of Dr Schoeman looking down barrel of lens, smiling
40:46 – 40:51	c/u of Dr Schoeman's sign on door, slowing blurring
40:51 – 41:01	c/u of Dr Schoeman's signage, with Dr Schoeman walking through door to his clinic wearing scrubs
41:01 – 41:09	Wide shot of Dr Schoeman opening door, and entering his clinic (internal clinic view) wearing scrubs
41:09 – 41:18	Mid shot of Dr Schoeman walking down corridor wearing scrubs
41:18 – 41:26	c/u shot of Dr Schoeman walking down corridor wearing scrubs
41:26 – 41:31	Pan across R-L of Dr Schoeman's College of South Africa framed certificate on wall
41:31 – 41:37	Dr Schoeman's Australasian College of Surgeons certificate
41:37 – 41:42	c/u panning shot of Dr Joe Schoeman's name plaque on desk
41:42 – 41:52	Pan of hand-drawn prostate diagram with wording, 'HAPPY PROSTATE HAPPY LIFE'
41:52 – 41:56	Mid shot of Dr Schoeman looking at computer screen
41:56 – 42:01	c/u of Dr Schoeman's eyes reading words on computer screen
42:01 – 42:07	Extreme c/u of Dr Schoeman looking at computer screen on angle – slightly blurred
42:07 – 42:15	Prostate diagram on computer screen, slight pan down page
42:15 – 42:21	Wide panning shot of prostate model in foreground with Dr Schoeman blurred in background
42:21 – 42:30	Extreme c/u panning shot of prostate model
42:30 – 42:35	Extreme c/u shot of prostate model blurred to unblurred
42:40 – 42:43	Extreme c/u panning shot of prostate model
42:43 – 42:51	Wide panning shot (left) of Dr Schoeman working at computer
42:51 – 43:18	c/u of prostate model – Dr Schoeman explaining prostate explaining anatomy of prostate and urinary function – WITH AUDIO
43:18 – 43:44	c/u of prostate model – Dr Schoeman providing second explanation of anatomy of prostate and urinary function – WITH AUDIO
43:44 – 43:49	Right panning shot of Dr Schoeman's urological surgery books on bookshelf
43:49 – 43:57	Wide shot of Dr Schoeman greeting patient, Dr Ethan, shaking hands, and walking towards camera and into consulting room
43:57 – 44:06	Mid shot of Dr Ethan greeting Dr Schoeman, c/u Dr Schoeman as they both walk down the corridor towards the consulting room

44:06 – 44:13	Wide shot of Dr Schoeman greeting Dr Ethan, shaking hands as camera follows them as they both walk down the corridor towards the consulting room
44:13 – 44:25	Mid shot panning of Dr Schoeman and Dr Ethan in a consultation
44:25 – 44:56	c/u panning of Dr Schoeman speaking to Dr Ethan in consultation
44:56 – 45:15	c/u panning of Dr Ethan speaking to Dr Schoeman in consultation
45:15 – 45:41	Mid shot following Dr Schoeman and Dr Ethan moving to the consultation bed for an assessment, Dr Schoeman putting on gloves, starting an abdominal assessment and talking to Dr Ethan
45:41 – 45:54	c/u of Dr Ethan undergoing an abdominal assessment with ultrasound
45:54 – 46:09	Mid shot zooming in to Dr Schoeman while he examines Dr Ethan's abdomen, talking and looking at iPad, and completing his assessment
46:09 – 46:17	c/u of Dr Schoeman's iPad screen assessing Dr Ethan's prostate
46:17 – 46:28	Mid shot of Dr Schoeman leaving consultation room, walking down corridor, and handing his receptionist a document

Dr Ethan, 60

S100 General Practitioner who wrestled with symptoms of an enlarged prostate for two years, *BRISBANE*



TIME CODE	DESCRIPTION
46:32 – 46:41	Mid-shot of Dr Ethan looking up, and smiling at camera in slow motion
46:41 – 46:47	Panning mid shot of Dr Ethan smiling at camera in slow motion
46:47 – 46:50	Wide shot following Dr Ethan in his scrubs walking along street and passing Gladstone Medical Centre signage
46:50 – 46:55	Mid shot of Dr Ethan in his scrubs, walking away from camera into clinic
46:55 – 47:02	c/u of Gladstone Road Medical Centre signage with Dr Ethan passing in front of signage, and walking through front door
47:02 – 47:07	Blurred mid shot of Dr Ethan walking into clinic and speaking to his receptionist
47:07 – 47:12	Wide shot of Dr Ethan entering clinic, speaking with his receptionist, vision zooming in as he hands her documents
47:12 – 47:20	c/u of Dr Ethan (back) wearing scrubs, speaking with his receptionist, handing over documents, and zooming in on receptionist
47:20 – 47:28	Wide shot of Dr Ethan greeting patient, shaking his hand, and camera following both talent as they walk down clinic corridor
47:28 – 47:34	Mid shot of Dr Ethan greeting patient, shaking his hand, and both talent walking out of shot
47:34 – 47:41	Mid shot of Dr Ethan walking towards camera, greeting patient, shaking his hand, and smiling
47:41 – 47:51	c/u of Dr Ethan consulting patient in practice room
47:51 – 48:08	Mid shot Dr Ethan and patient speaking; camera following as they relocate to assessment bed, with Dr Ethan listening to patient's chest with stethoscope
48:08 – 48:16	c/u of Dr Ethan listening to patient's chest
48:16 – 48:22	c/u of Dr Ethan's hand and stethoscope on patient's chest wearing stethoscope
48:22 – 48:29	c/u panning shot of Dr Ethan assessing patient
48:29 – 48:36	c/u of Dr Ethan taking patient's blood pressure, patient blurred, Dr Ethan in focus
48:36 – 48:45	Panning mid shot of Dr Ethan taking patient's blood pressure
48:45 – 48:52	Panning mid shot of patient and Dr Ethan taking his blood pressure/pulse
48:52 – 48:59	Mid shot of Dr Ethan consulting patient (blurred)
48:59 – 49:10	c/u panning shot of Dr Ethan speaking to patient
49:10 – 49:25	Mid shot of Dr Ethan speaking to patient
49:25 – 49:34	Panning mid shot of patient speaking to Dr Ethan
49:34 – 49:42	c/u panning shot of Dr Ethan looking at his computer screen
49:42 – 49:54	c/u zooming in on computer screen with prostate diagram, Dr Ethan's head blurred out

49:54 – 50:02	Panning mid shot of Dr Ethan looking at his computer screen featuring a diagram of a prostate
50:02 – 50:13	c/u of Dr Ethan's name with his RACGP Fellowship credentials, slowly zooming up to prostate diagram
50:13 – 50:23	c/u of Dr Ethan looking through his glasses at computer screen – front and side angles
50:23 – 50:27	c/u of Dr Ethan's hands typing
50:27 – 50:40	Wide shot moving to mid shot of Dr Ethan working out in gym, doing press ups
50:40 – 50:44	Mid shot of Dr Ethan walking towards camera in gym
50:44 – 51:02	Wide shot, zooming in and panning, featuring Dr Ethan doing pull ups
51:02 – 51:11	c/u of Dr Ethan doing chest presses
51:11 – 51:15	Mid shot of Dr Ethan picking up weights and following him (frontal)
51:15 – 51:20	c/u shot of Dr Ethan picking up weights (right view)
51:20 – 51:30	c/u panning shot of Dr Ethan's doing arm raises
51:30 – 51:36	c/u panning shot of Dr Ethan from waist down doing arm raises
51:36 – 51:45	Mid shot, zooming in and out of Dr Ethan doing bicep curls

Barry, 65,

Online business owner, father & grandfather who wrestled with symptoms of an enlarged prostate for 25 years, *ORANGE*



Dina, 63

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



TIME CODE	DESCRIPTION
51:54 – 51:59	c/u Barry looking up at camera
51:59 – 52:03	c/u Barry looking up at camera (real time)
52:03 – 52:07	Wide panning shot (left) of Barry sitting at table, looking at his computer screen
52:07 – 52:12	c/u of Barry's hands while scrolling through eBay 'seller hub', slightly blurred
52:12 – 52:15	Panning mid shot of Barry scrolling through eBay
52:15 – 52:28	c/u shot of Barry scrolling through eBay
52:28 – 52:33	c/u of Barry looking at his computer screen, and laughing during telehealth consult with Prof Woo
52:33 – 52:47	Mid shot of Barry looking at his computer screen during telehealth consult with Prof Woo
52:47 – 52:51	Dina (wife) looking up at camera
52:51 – 52:54	c/u Dina looking down barrel of lens and smiling
52:54 – 53:05	Wide shot of Barry and Dina walking around their shop, camera following them (frontal)
53:05 – 53:15	Mid shot of Barry and Dina looking at, and picking up their antiques
53:15 – 53:22	Mid shot of Dina cleaning antiques on shelf
53:22 – 53:30	Mid shot Dina (behind) cleaning antiques
53:30 – 53:37	Mid shot of Barry and Dina (behind) admiring their antiques
53:37 – 53:55	Mid shot of Barry and Dina talking through a glass cabinet filled with antiques
53:55 – 54:05	Panning mid shot of Barry and Dina talking through a glass cabinet full of antiques
54:05 – 54:13	Mid shot following Barry and Dina from behind, walking through store
54:13 – 54:17	c/u panning shot of a shelf holding antiques
54:17 – 54:25	Mid shot, zooming in and out of glass cabinets with antiques, and a painting
54:24 – 54:30	Mid shot panning up frame of 'How Now Orange Cow' with Barry and Dina in mirror reflection
54:30 – 54:33	Mid shot of Barry and Dina having a cup of tea, chatting on verandah, bathed in sunlight
54:34 – 54:38	c/u of Barry and Dina's mugs clinking together
54:38 – 54:46	Mid shot of Dina with Barry (slightly blurred) chatting

54:46 – 54:53	Mid shot of Dina and Barry chatting with a cup of tea
54:53 – 55:05	c/u of Barry holding a teapot and inspecting it
55:05 – 55:10	Mid shot, zooming into Barry looking at an antique plate
55:10 – 55:15	c/u of Barry looking at a little teapot
55:15 – 55:22	Panning mid-shot of Barry admiring his antiques for sale
55:22 – 55:26	c/u of Barry getting his CDs
55:26 – 55:31	Mid shot of Barry (behind) walking through his CD collections
55:31 – 55:35	Mid shot following Barry walking towards camera while admiring his CD collection
55:35 – 55:42	c/u of Barry taking some CDs off the shelf & looking at them
55:42 – 55:54	c/u of Barry looking at his CDs
55:54 – 56:00	Mid shot of Barry and Dina leafing through a book
56:00 – 56:10	c/u of Barry and Dina looking at images in a book (side angle)
56:10 – 56:17	c/u of Barry and Dina's dog with his ball
56:17 – 56:22	Wide shot, zooming in, and panning of Barry and Dina at their outside table, leafing through a book in the sun
56:22 – 56:27	Mid shot of Barry and his dog in garden
56:27 – 56:41	Wide shot of Barry and Dina playing with their dog in the garden, following dog around
56:41 – 56:56	Mid shot of Barry walking through his garden
56:56 – 57:00	c/u of Barry hand-picking fruit from his garden
57:00 – 57:09	Mid shot of Barry walking through his garden
57:09 – 57:13	Mid shot of Barry cutting a bush in his garden
57:13 – 57:18	c/u of Barry cutting a bush in his garden
57:18 – 57:30	Wide shot of Barry cutting bush in his garden
57:30 – 57:35	Wide shot of Barry walking through his garden

ends#

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