The prostate is a gland that only men have. It is about the size of a walnut and sits below the neck of the bladder, surrounding the bladder outlet (the urethra). The prostate makes a milky fluid, which is part of semen and feeds the sperm.

As men age, the prostate gland gets bigger. This happens over many years and for some men this can cause bladder problems.

Poor bladder control can also happen due to other health issues. Men with poor bladder control can be upset and embarrassed by this problem. If you have changes in your bladder control, or concerns about your prostate gland, talk to your doctor or continence advisor.

### WHAT ARE SOME COMMON PROSTATE PROBLEMS?

1. **Prostatitis is swelling** and soreness of the prostate gland and may be due to a bladder infection. It is more common in young men.

2. **Benign Prostatic Hyperplasia (BPH) is when** the prostate gets gradually larger, usually starting in middle age. About one in four men will need surgery for this problem (BPH does not lead to cancer).

3. **Prostate Cancer is often found** before you have any warning signs. Your doctor may find it with a blood test (called a PSA) and a check of your prostate. It is the most common cancer in men, and you are more likely to get it as you age. However it is one of the most readily treated cancers.
HOW DO I KNOW IF I HAVE A PROSTATE PROBLEM?

If you have one or more of these issues, you may have a prostate problem:

- trouble starting the flow of urine;
- slow urine stream once started;
- needing to pass urine more often through the day or night;
- leaking after passing urine, or between visits to the toilet;
- needing to pass urine again soon after going to the toilet;
- feeling an urgent need to pass urine;
- burning or pain when passing urine;
- blood in urine; and
- feeling that the bladder is not fully empty after going to the toilet.

Some of these problems may not be due to the prostate. For instance, some medicines may cause the bladder to store up urine. Your doctor or continence advisor can help you find the cause of your problem.

HOW CAN MY PROSTATE CAUSE BLADDER PROBLEMS

Blocking of the urethra (the urine tube): As the prostate grows larger, it may block the bladder outlet and stop the bladder from emptying. In some cases, urine may get stored up until it starts to leak out. If this happens, see a doctor straight away.

An overactive bladder can be caused by the bladder working extra hard to get past a blockage. An overactive bladder can tighten without your control, causing an urgent need to pass urine. After surgery to ease the blockage you may still have an urgent need to pass urine, and it could get worse for a few weeks, until the bladder goes back to normal.
**Surgery** for prostate problems can damage the muscle and nerves of the bladder outlet in a few cases. This can cause poor bladder control. If it occurs it is almost always short-lived, though major surgery for prostate cancer can lead to long term bladder control problems.

**HOW CAN POOR BLADDER CONTROL BE TREATED?**

First, your doctor or continence advisor will want to look for the causes of your poor bladder control, such as prostate disease, infection, diabetes or some medicines.

There are a few ways that poor bladder control due to prostate disease can be treated.

1. **Check up with your doctor**

After a talk with your doctor, you may feel that you do not need any treatment. Poor bladder control can get better with time, or with simple changes to your daily habits (See the leaflet "Good Bladder Habits for Everyone").

2. **Medicines**

There are a number of medicines that can help with bladder control. Ask your doctor about these.

3. **Prostate Surgery**

If your prostate is the problem, then surgery can remove all or part of the gland. The type of surgery will depend on the size of the prostate gland.

4. **Bladder Training**

A program of bladder training can help the bladder to hold more urine without leaks or urgent feelings, even for those with an overactive bladder.

5. **Pelvic Floor Muscle Training**

Pelvic floor muscle training builds up the muscles that control how well the bladder and bowel work. Learn how to train your muscles before surgery and start as soon as you can after surgery (See the leaflet "Pelvic Floor Muscle Training for Men").

1. **霆仙膀胱筋膜之患者如何在手术后尽快恢复**

在一些情况下，泌尿系统问题可能会导致膀胱控制能力下降。这种情况通常会在手术后短时间内自行恢复，但前列腺癌手术可能会导致长期的膀胱控制问题。

**如何治疗膀胱控制能力下降？**

首先，医生或尿失禁顾问会进行检查，以确定膀胱控制能力下降的原因，例如前列腺疾病、感染、糖尿病或其他一些情况。

有几种方法可以治疗前列腺疾病引起的膀胱控制问题。

1. **咨询医生**

与医生进行交谈后，你可能会觉得不需要治疗。膀胱控制能力通常会随着时间的推移而改善，或者通过简单的日常习惯改变。

2. **药物**

有许多药物可以帮助改善膀胱控制。向医生询问这些药物。

3. **前列腺手术**

如果前列腺是问题所在，那么手术可以去除全部或部分的前列腺。手术的类型取决于前列腺的大小。

4. **膀胱训练**

膀胱训练计划可以帮助膀胱在手术后能更好地存储尿液，避免漏尿和紧迫感。

5. **盆底肌训练**

盆底肌训练有助于增强控制膀胱和肠道的肌肉。在手术前学习如何训练这些肌肉，并尽快在手术后开始训练（参见"盆底肌训练对男性"小册子）。
6. Continence Products

There is a wide range of continence products to help cope with urine leaks (See the leaflet “Continence Products”).

Make sure you know enough about what the problem is, what treatments there are, how well they work, and what might go wrong, so that you can choose the treatment that is best for you, with your doctor’s help.

SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:
- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.