



MEN

Men:
are you
constantly
looking for
this sign?

That could be a sign of BPH.

BPH is benign prostatic hyperplasia.

It's not prostate cancer, and it's not related to it.

It doesn't cause sexual problems.

It often *does* cause difficulty with urinating... frequent nighttime bathroom trips... and constant feelings of a need to urinate, even right after doing so.

It's fairly common, particularly in men over 50.

It's caused by the prostate gland pressing on the tube that carries urine.

It can be very annoying and uncomfortable.

And it's usually very treatable!

Talk with your doctor if you have this type of discomfort. Your doctor can provide useful tips or, if needed, medication to reduce or eliminate the annoyance of BPH.

UPMC HEALTH PLAN

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If you are a UPMC Health Plan member, a Health Care Concierge will be happy to assist you with finding a doctor and making an appointment. Call 1-888-876-2756.