New National Survey Reveals Most American Men Age 50 And Over Do Not Recognize The Symptoms Of Enlarged Prostate

(NAPSA)—A national survey has revealed that 66 percent of men age 50 and over do not recognize the symptoms of the condition known as benign prostatic hyperplasia (BPH), as health issues unless they pose a "very severe" disruption to their lives.

In fact, nearly 70 percent of men surveyed would change their daily routines to compensate for the need to urinate frequently rather than seek medical attention. The findings, released by the Men's Health Network, are meant to bring light to the need for better education and earlier detection about this non-cancerous condition, which potentially impacts millions of men. A prostate affects more than 50 percent of men over age 60 and as many as 80 percent of men over age 70, but many remain undiagnosed because they believe the symptoms are normal.

In addition to the national survey, MHN is launching Rock to Life Without Interruptions (www.nointerruptions.com), a campaign that seeks to educate men of all ages, and women, to take the time to see a physician if they urinate eight or more times in an hour, or if they need to sit for 15 or more minutes to complete their stream and feeling of incomplete bladder empting, could put them at risk for additional problems, such as bladder infections, or even kidney damage.

According to the national survey, nearly five percent of men have not seen a doctor about their prostate symptoms. Further, more than 60 percent of men said the number of times they urinated has increased in the past two years, yet many indicated that they have not addressed this problem with their doctor. In 15 percent of cases, men indicated they would wait up to one year, if ever, before visiting a doctor for any urinary symptoms associated with enlarged prostate.

"When I recognized the number of times I would go to the bathroom significantly increased, I figured it was just a common sign of aging, and wanted to seek medical attention," said Steven Silverman, MD, Ob/Gyn, and a BPH patient.

"But the symptoms started to disrupt my everyday life, work and intimacy. As a practicing physician myself, I learned I could manage my urinary symptoms. If I had realized this sooner, I would not have waited as long to seek advice from my doctor," said Silverman.

BPH is a non-cancerous progressive disease in which prostate cells continue to grow, becoming mal-formal and cause the prostate to become larger than an orange, affecting more than eight million men in the United States.

Men and their partners can learn more about BPH and its symptoms by calling 1 (866) 543-4645 (MHN1), ext. 116 or go to www.nointerruptions.com.

More To Choose From Than shaken Or Stirred

(NAPSA)—James Bond always preferred them shaken, not stirred. Martinis, that is. The sleek cocktail, named after the famous British spy, is a long-standing cocktail that has been enjoyed by millions for many years and they are increasingly "hot" today. The martini is credited to Colonel Robert "C.B." Gibson, who, in 1936, created the shape of the glass by placing the cut glass in front of his first year of life.

MEN'S HEALTH

Health Concerns

Premature birth is now the leading cause of death within the first month of life and second-leading cause of infant death. The rate of preterm births and low-birth-weight babies has increased steadily over the past decade. Most dramatic is the disparity in rates of prematurity between ethnicities and among families of lower socioeconomic status than whites. In the United States, more than 170,000 infants born in the U.S. survive, increasing the cost of hospital care, speech therapy, and special education.

A Rising Public Health Concern

Prematurity is now the leading cause of death within the first month of life and second-leading cause of infant death. The rate of preterm births and low-birth-weight babies has increased steadily over the past decade. Most dramatic is the disparity in rates of preterm births and low-birth-weight babies among families of low socioeconomic status than whites. In the United States, more than 170,000 infants born in the U.S. survive, increasing the cost of hospital care, speech therapy, and special education.

How to Check for Prematurity

Mothers and their newborns are expected to become a bigger issue due to the increase in multiple births resulting from advances in assisted reproductive technologies. Also, because of advances in prenatal and neonatal care, more of the low-birth-weight infants born in the U.S. survive, increasing the cost of hospital care, speech therapy, and special education.

A Rising Public Health Concern

Prematurity is now the leading cause of death within the first month of life and second-leading cause of infant death. The rate of preterm births and low-birth-weight babies has increased steadily over the past decade. Most dramatic is the disparity in rates of preterm births and low-birth-weight babies among families of lower socioeconomic status than whites. In the United States, more than 170,000 infants born in the U.S. survive, increasing the cost of hospital care, speech therapy, and special education.

How to Check for Prematurity

Mothers and their newborns are expected to become a bigger issue due to the increase in multiple births resulting from advances in assisted reproductive technologies. Also, because of advances in prenatal and neonatal care, more of the low-birth-weight infants born in the U.S. survive, increasing the cost of hospital care, speech therapy, and special education.

A Rising Public Health Concern

Prematurity is now the leading cause of death within the first month of life and second-leading cause of infant death. The rate of preterm births and low-birth-weight babies has increased steadily over the past decade. Most dramatic is the disparity in rates of preterm births and low-birth-weight babies among families of lower socioeconomic status than whites. In the United States, more than 170,000 infants born in the U.S. survive, increasing the cost of hospital care, speech therapy, and special education.

How to Check for Prematurity

Mothers and their newborns are expected to become a bigger issue due to the increase in multiple births resulting from advances in assisted reproductive technologies. Also, because of advances in prenatal and neonatal care, more of the low-birth-weight infants born in the U.S. survive, increasing the cost of hospital care, speech therapy, and special education.

A Rising Public Health Concern

Prematurity is now the leading cause of death within the first month of life and second-leading cause of infant death. The rate of preterm births and low-birth-weight babies has increased steadily over the past decade. Most dramatic is the disparity in rates of preterm births and low-birth-weight babies among families of lower socioeconomic status than whites. In the United States, more than 170,000 infants born in the U.S. survive, increasing the cost of hospital care, speech therapy, and special education.