

MEGA We Care | For Your Wellness



Are you a
Man
Over
40 Years
?

Are you a man over 40 years, and currently experiencing changes in your urination flow? It just doesn't feel the same as it used to be.

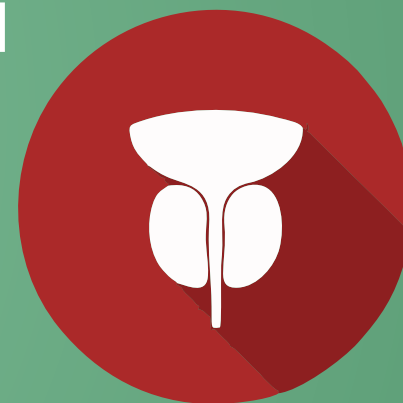
Could it be Enlarged Prostate known as Benign Prostatic Hyperplasia (BPH)?

What is the Prostate Gland?

It is a small structure about the size of a wall-nut located between the urinary bladder and the penis in men

What Is Enlarged Prostate (BPH)

Enlarged Prostate known as Benign Prostatic Hyperplasia (BPH) is a condition in men in which an overgrowth of the prostate gland pushes against the urethra and the bladder, blocking the flow of urine. The prostate gland is enlarged but not cancerous.



Normal Prostate



Enlarged Prostate



Symptoms Enlarged Prostate (BPH) WiseFun

- ✓ Weak Stream
- ✓ Intermittent Urination
- ✓ Straining
- ✓ Emptying
- ✓ Frequent Urination
- ✓ Urgency to Urinate
- ✓ Nocturnal Urination

RISK CHECKER

(International Prostate symptom Score)

-WISEFUN

In the Past Month	Not at All	Less than 1 in 5 times	Less than Half the Time	About half the time	More than Half the Time	Almost Always	Your Score
W- Weak Stream: how often have you had a weak urinary stream?	0	1	2	3	4	5	
I- Intermittency: how often have you found yourself to have stopped and started again while you were urinating?	0	1	2	3	4	5	
S- Straining: how often have you had to push or strain to begin to urinate?	0	1	2	3	4	5	

E- Emptying: how often have you had a sensation of not emptying a bladder completely after you finish urinating?	0	1	2	3	4	5	
F- Frequency: How often have you had to urinate two hours after you finished urinating?	0	1	2	3	4	5	
U-Urgency: how often have you found it difficult to postpone urination?	0	1	2	3	4	5	
	None	1 Times	2 Times	3 Times	4 Times	5 Times	
N- Nocturnal: how many times do you typically get up at night to urinate?	0	1	2	3	4	5	

Add your score and write total in the right box

Total Score

0 - 7

Mildly symptomatic

8 - 19

Moderately symptomatic

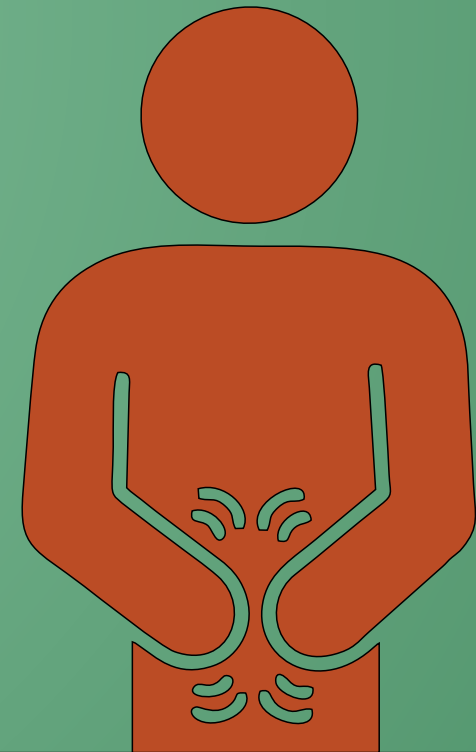
20 - 35

Severely symptomatic

REFERENCE

International Prostate Symptom Score (IPSS)-Medscape

<https://reference.medscape.com/calculator/338/international-prostate-symptom-score-ipss>



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Do you experience the symptoms and
have taken the screening in this leaflet?

MAN DATE



Make a date with your

Healthcare Provider about BPH

- Issued in public interest as an education material on prostate health by Mega Lifescience Nigeria Limited, makers of **PROSTACARE**



Please Consult Your Healthcare Provider Before Taking Any Pill



For Your Wellness

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