



WHAT IS BPE

- and how can it be treated

Information about Benign Prostatic Enlargement (BPE)
and optional treatments.

LoFric® Origo™



“Nightly visits to the toilet? - You are not alone!”

Voiding at night is the single most common symptom of having an enlarged prostate.

WHAT DOES BENIGN PROSTATIC ENLARGEMENT MEAN?

Benign Prostatic Enlargement (BPE) — also called Benign Prostatic Hyperplasia (BPH) — is a common condition as men get older. Studies have shown that more than 40% of men between 50-70 years may suffer from BPE¹. Symptoms can appear already from 40 years of age².

If the prostate becomes enlarged, it can place pressure on the bladder and the urethra. Why this happens is not completely known, but the balance of hormones in your body changes as you get older and this may cause your prostate gland to grow.

What can it result in?

Urinary production in adults is about 1,2-2 L per day, normally with 4-8 voids per day³. If the outlet is obstructed you may find it difficult to start to void, a frequent need to void and incomplete bladder emptying, with increased risk of urinary tract infection. The more severe symptoms, the higher the risk of negative impact on overall well-being and quality of life. In the very worst case, if the obstruction makes it difficult or even impossible to urinate and if left untreated, it can cause serious and permanent damage to the bladder or kidneys⁴.

What is the difference between BPE and Prostate Cancer?

BPE and Prostate cancer are two completely different conditions. BPE arises from the central part of the gland, whereas prostate cancer is usually located in the peripheral zone of the gland. BPE is commonly associated with bothersome symptoms from the lower urinary tract and does not develop into prostate cancer. The conditions are both common in ageing men and a visit to the doctor can be very beneficial as symptoms may cause anxiety and treatments are available. Hopefully, serious diagnoses can be ruled out after a thorough examination⁴.

What treatments are available?

There are various treatment options available which may improve BPE related symptoms. e.g. medications, surgical methods or catheterization. Your doctor can provide you with more details on the specific options.

How can Intermittent Catheterization help?

We will focus on Intermittent Catheterization, IC, which is the catheterization method of choice⁵ and involves emptying the bladder at regular intervals, using a disposable catheter. It is very different from an indwelling catheter that remains in place for many days or weeks while draining urine from the bladder continuously. There are many benefits of using an intermittent catheter. It does not require a urinary collection bag, which can be found bothersome and embarrassing for many men. IC only takes a few minutes, and you empty the bladder completely, thus reducing the risk of a urinary tract infection⁶. It also enhances quality of life by reducing incontinence and frequent, daily and nightly, urges to void⁵.

It has also been shown that IC prior to a BPE surgery gives a more effective recovery of bladder function, when compared to BPE surgery alone in men with urinary retention⁵.

So, why wait with getting the help?

Symptoms caused by BPE can have a negative effect on your personal relationships and sexual health and can lead to isolation and prevent you from fully enjoying your social life.

Make the contact with your healthcare professional and let them help you solve your bladder problems.

User-friendly and safe in a smart package

Specially developed for men, LoFric Origo is foldable to pocket size and easy to carry and use everywhere. The adjustable Insertion Grip allows non-touch catheterization and facilitates a safe and hygienic procedure.

Learn more at wellspect.com

“Don’t let BPE stop you from doing what you love to do!”



References:

1. Oelke et al. Int J Clin Pract. 2016;70:940-949
2. Kupelian et al. J Urol. 2011;185:571-7
3. Lukacz et al. Int J of Clinical practice. 2011
4. nhs.uk/BPE
5. Game' et al. Clinical practice guidelines. 2020
6. Vahr et al. EAUN Guidlines. 2013

At Wellspect we develop innovative continence care solutions that change people's lives. We are committed to inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 30 years with our product brands LoFric® and Navina™. We create reliable and user-friendly products for bladder and bowel management with as little environmental impact as possible. We passionately strive to become climate neutral and work closely together with users and healthcare professionals who constantly inspire us to improve our products and services in a sustainable way, now and for the future.

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For more information about our products and our initiative Advancing Continence Care Together (ACCT), please visit [Wellspect.com](https://www.wellspect.com).

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