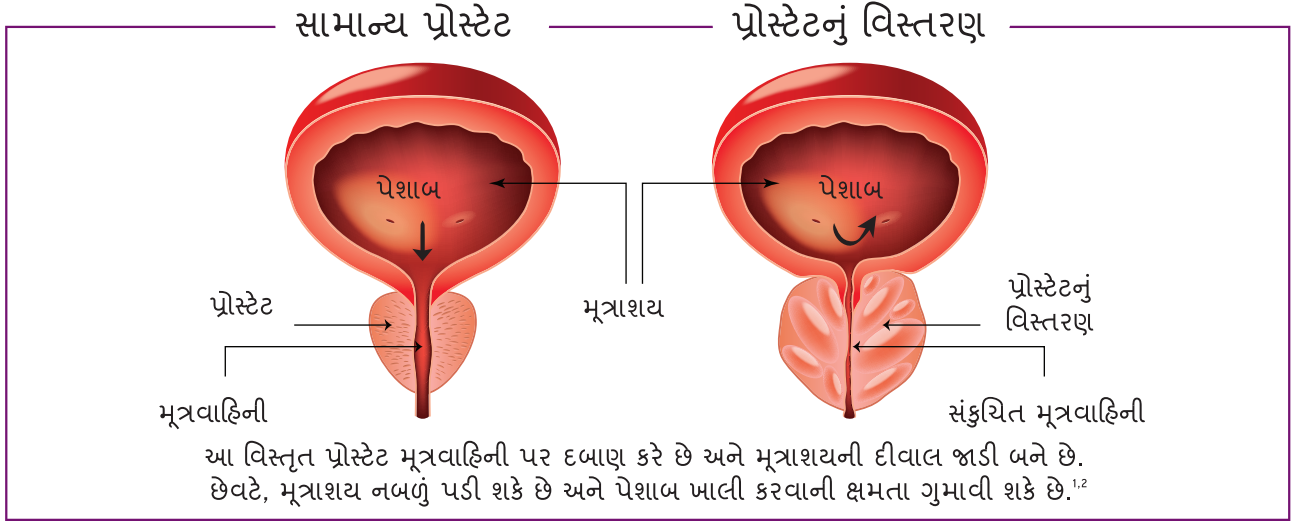


# BPH Benign Prostatic Hyperplasia



બિનાઇન પ્રોસ્ટેટ હાયપરપ્લાસિયા એ પ્રોસ્ટેટ ગ્રંથિ (પ્રોસ્ટેટ ગ્રંથિ - પુરુષ પ્રજનન તંત્રની અખરોટ-આકારની ગ્રંથિ) નું બિન-કેન્સર વિસ્તરણ અથવા વૃદ્ધિ છે.<sup>1,2</sup>



## ચિહ્નો અને લક્ષણો<sup>1,2</sup>

પેશાબ કર્યા પછી પણ મૂત્રાશય ભરેલું લાગે છે



પેશાબ અટકી અટકીને થાય છે



પેશાબના પુવાહમાં ઘટાડો



લગભગ દર 1-2 કલાકે વારંવાર પેશાબ જવું



રાત્રે વારંવાર પેશાબ કરવો (નોક્યુરિયા)



પેશાબમાં લોહી અથવા પેશાબનો અસામાન્ય રંગ અથવા ગંધ



સ્ખલન પછી અથવા પેશાબ દરમિયાન દુખાવો



**Silotime-D**  
Silodosin 8 mg + Dutasteride 0.5 mg Tablets

**Silotime-M<sup>25/50</sup>**  
Silodosin 8 mg + Mirabegron ER 25/50 mg Tablet

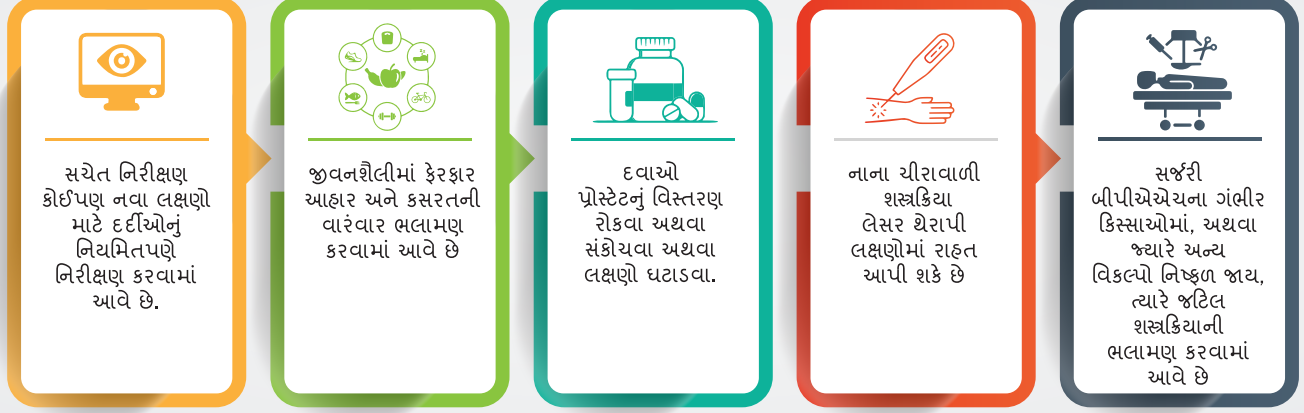
**Silotime**  
Silodosin 8 mg / 4 mg Tablets



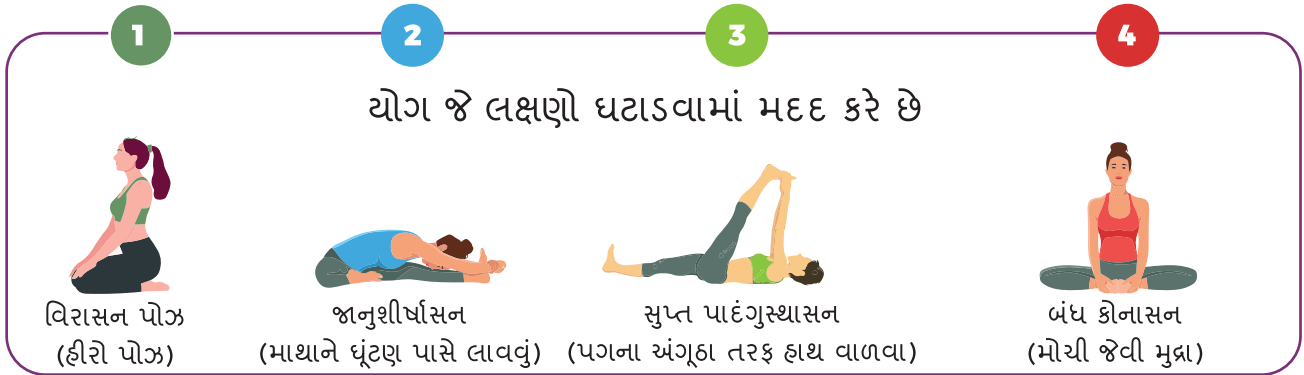


# BPH | Benign Prostatic Hyperplasia

## સારવાર<sup>1,2</sup>



## જીવનશૈલીમાં ફેરફાર



વધુ માહિતી માટે કૃપા કરીને તમારા ડૉક્ટર સાથે વાત કરો.

Reference: 1. Fact Sheet, BPH Prostate Enlargement, Available at: [https://www.healthymale.org.au/files/resources/bph\\_prostate\\_enlargement\\_fact\\_sheet\\_healthy\\_male\\_2019.pdf](https://www.healthymale.org.au/files/resources/bph_prostate_enlargement_fact_sheet_healthy_male_2019.pdf), last accessed on 15th June 2022. 2. Benign Prostatic Hyperplasia (BPH) Patient Guide, Available at: <https://www.acsh.com.au/static/uploads/files/fou-19-4533-bph-patient-guide-web.pdf>, last accessed on 15th June 2022. 3. What are the treatment options for BPH?, Available at: <https://www.medicalnewstoday.com/articles/322436#lifestyle-changes>, last accessed on 15th June 2022. 4. 5 Yoga Stretches to Relieve Symptoms of Prostate Enlargement <https://www.healthline.com/health/mens-health/yoga-for-prostate-enlargement#reclining-big-toe-pose>, last accessed on 15th June 2022.



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