

— A GUIDE FOR MEN 45+ —

UNDERSTANDING PROSTATE CHANGES

After 45



SYMPTOMS



TREATMENTS



QUESTIONS



CONVERSATIONS

Understanding Comes First.
Better Conversations. Better Decisions. Better Health.



Information
to Help You
and Your
Doctor



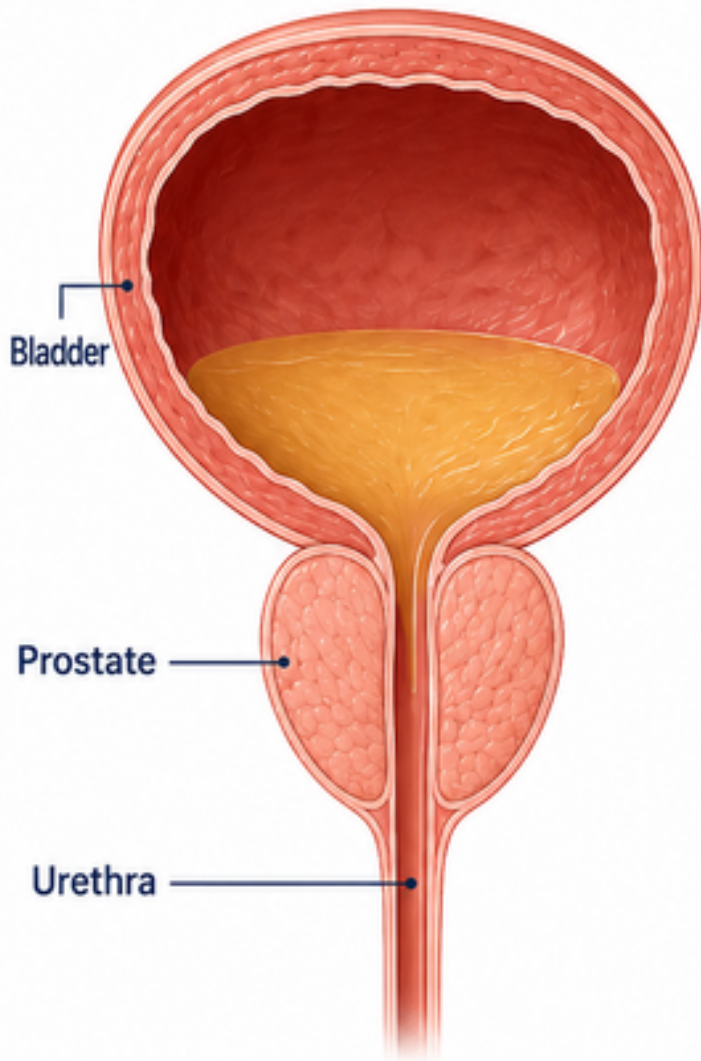
SIMPLE LIFE SHIFT
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A young girl with brown hair in a ponytail, wearing a blue denim jacket and a teal backpack, is knocking on a white door. She is looking at the door with a concerned expression. The background shows a hallway with a doorway and a bathroom with a sink and a framed picture of a succulent.

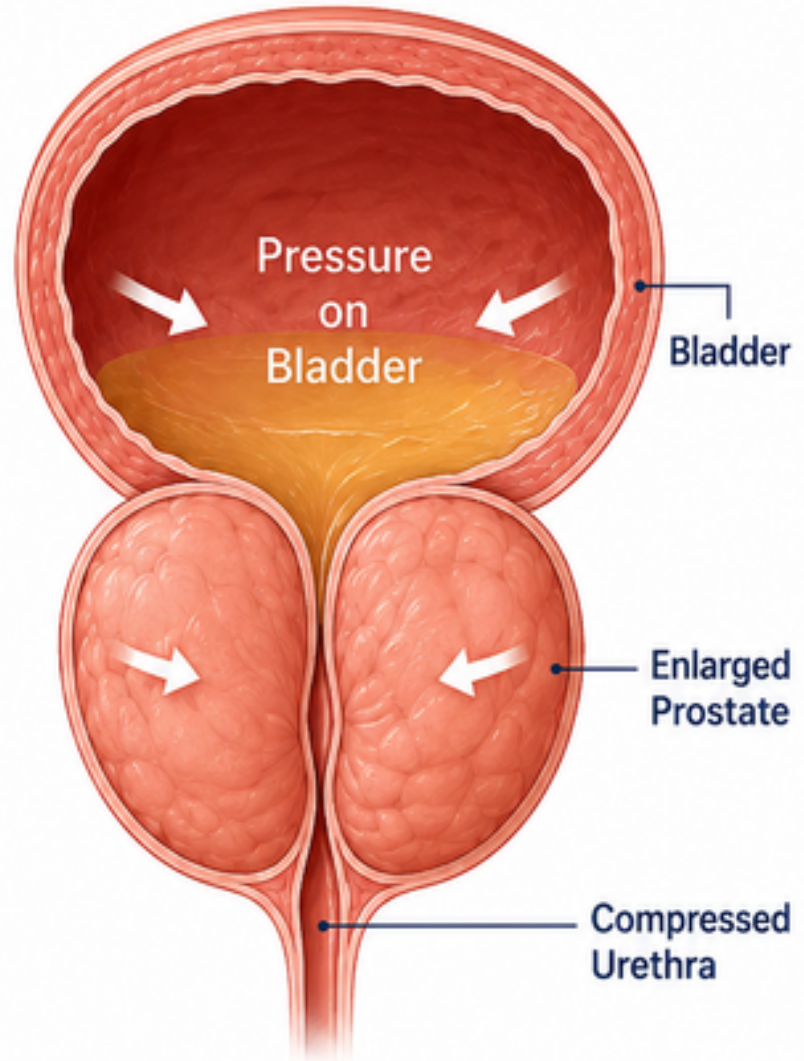
Dad, are
you done yet!
I'm going to be
late for school!

Just a minute,
I'm almost done.

NORMAL PROSTATE



ENLARGED PROSTATE (BPH)



NORMAL PROSTATE

Normal prostate size.
Urethra is open.
Urine flows freely.



ENLARGED PROSTATE (BPH)

Enlarged prostate puts pressure on the bladder and pinches the urethra.
Urine flow is restricted.

More Than Just Symptoms



Which of these moments has affected your life?

The Hidden Costs



Missed sweet rolls for breakfast.



Which of these moments would you like to get back?

Treatment Options

There Is No Single Answer For Every Man
Every man's situation is different. The best treatment option depends on symptoms, age, overall health, personal goals, and discussions with a qualified healthcare provider.
Some men need only monitoring and lifestyle changes. Others may benefit from medication, supplements, procedures, or surgery.

Medical Evaluation

A doctor may recommend:

- PSA testing
- Physical examination
- Urine testing
- Imaging or additional testing when appropriate

These tests can help determine the cause of symptoms and identify the most appropriate treatment options.

Common Prescription Medications

- Some medications work by relaxing muscles around the bladder and prostate.
- Others work by helping reduce prostate size over time.
- Your doctor can explain the potential benefits, risks, and side effects of each option.

Procedures and Surgery

- For men with more severe symptoms, minimally invasive procedures or surgery may be considered.
- Treatment options continue to improve, and many procedures are less invasive than those available in the past.

Lifestyle Changes & Supplements

Lifestyle Changes

Many men discuss lifestyle approaches with their healthcare provider as part of their overall treatment plan.

Common topics include:

- Managing fluid intake
- Limiting caffeine and alcohol
- Improving sleep habits
- Maintaining a healthy weight
- Regular physical activity
- Bladder training techniques
- Pelvic floor exercises

Small changes may not solve every problem, but many men find that healthy habits can help improve quality of life and support other treatment options.

Supplements

Some men choose to discuss supplements with their healthcare provider.

Common ingredients often discussed include:

- Saw Palmetto
- Beta-Sitosterol
- Pygeum
- Pumpkin Seed
- Stinging Nettle

There is no single supplement that works for everyone. Understanding the ingredients, reviewing available options, and discussing them with your healthcare provider can help you make informed decisions.

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Better Health.



Conversation *With Your Partner*



You're in this together.

Open, caring conversations can help you understand each other, make decisions together, and support one another on your health journey.

Use the topics below to start a conversation that works for both of you.

Topics You May Want to Talk About



How Symptoms Affect Daily Life

Talk about how symptoms are impacting sleep, energy, routines, and overall quality of life.



Travel and Plans

Discuss how symptoms affect travel, weekend getaways, long drives, and spontaneous plans.



Emotional Impact

Share any worries, frustrations, or changes in mood. Acknowledge how this affects both of you.



Treatment Options

Talk about feelings and questions around medications, procedures, or other treatments.



Goals and Priorities

What improvements matter most? Better sleep? More energy? Fewer interruptions? Less worry?



How You Can Support Each Other

Explore ways to encourage, remind, and celebrate small wins together.



Remember

You don't have to have all the answers today. What matters most is that you're having the conversation.

Your Thoughts

Use the space below to reflect and share.

♥ How are my symptoms affecting our daily life?

♥ What worries or concerns do I have?

♥ What would I most like to improve?

♥ How can we work together on this journey?

♥ What would you most like to get back?

Better conversations. Stronger connection. Better health.



Questions To Ask Your Doctor

Bring this guide with you and write down the answers that are important to you.

What is causing my symptoms?

How enlarged is my prostate?

What treatment options would you recommend for me?

More questions for your Doctor

What are the benefits and risks of those options?

Are there lifestyle changes that may help?

Are there supplements that I should discuss with you?

SYMPTOM	MON	TUE	WED	THU	FRI	SAT	SUN
 Nighttime Waking (How often you wake up)							
 Urgency (Sudden, strong need to go)							
 Weak Flow (Slow or weak urine stream)							
 Leakage (Accidental dribbling or loss of urine)							
 Sleep Quality (Overall quality of sleep)							
 Energy Level (Overall energy during the day)							
 _____							
 _____							

PROSTATE SYMPTOM TRACKER

Track your symptoms daily so you and your doctor can see the full picture.



NOTES / QUESTIONS FOR MY DOCTOR

Write anything you want to remember or discuss.

RATE EACH SYMPTOM FROM 1-5

1	2	3	4	5
Not a Problem	Mild	Moderate	Significant	Severe



Understanding comes first. Better conversations. Better decisions. Better health.

