

MEDIA BACKGROUNDER FOR EUROPEAN, NON-US MEDIA ONLY



GlaxoSmithKline (GSK) is committed to supporting research to help educate and increase understanding of Benign Prostatic Hyperplasia (BPH), a common prostate disorder. As part of this commitment GSK has developed and funded this project – “The BPH survey: a male perspective” through the creation of a steering group of healthcare professionals – urologists and GPs – to advise on the content of the survey, as well as the implementation of the project across the largest European markets (UK, France, Italy, Germany and Spain). GSK has supported and paid the International Society of Men’s Health (ISMH) for the opportunity to launch the results of this project in the press contact section of their website during their annual Men’s Health World Congress, taking place in Vienna in 2011. All rights relating to the project and the data published are property of GSK.

Background information

This document provides background information on:

- Benign prostatic hyperplasia (BPH)
- *The BPH survey: a male perspective*

What is benign prostatic hyperplasia (BPH)?

- BPH is the medical term used to describe an enlarged prostate, which can impair the normal flow of urine¹
- Symptoms of BPH, which are known as lower urinary tract symptoms (LUTs), include:
 - An urgent and frequent need to urinate
 - Frequently getting up in the night to urinate (nocturia)
 - A feeling of incomplete bladder emptying
 - A weak urine stream^{2,3}
- BPH is one of the ten most commonly diagnosed diseases in men over the age of 65²
- It is estimated that as many as 24 million European men aged 50 and over experience bothersome urinary symptoms^{4,5}
- Without treatment, BPH is progressive and can lead to worsening symptoms and the risk of serious long-term complications²
- Serious long-term complications associated with disease progression include acute urinary retention (AUR) and the need for related surgery²
 - AUR is a sudden and complete inability to urinate, which is incredibly painful and may require treatment by catheterisation⁶
 - One in ten men with BPH will require surgery, which has a negative impact on the patient’s wellbeing as well as associated costs for the healthcare system⁶

What is *The BPH survey: a male perspective*?

- 1,161 European men over the age of 50 with bothersome urinary symptoms were surveyed about their symptoms. The respondents completed an online survey and were split into three distinct arms:
 - Men who had been diagnosed with BPH by a doctor
 - Men who self-reported BPH (but had not been diagnosed by a doctor)
 - Men who reported bothersome urinary symptoms (but had not been diagnosed by a doctor)
- The survey was developed by an expert steering group of GPs and urologists with representation from the International Society of Men’s Health (ISMH), a leading international professional body
 - For more information about the ISMH, its membership, activities and mission go to www.ismh.org

- *The BPH survey: a male perspective* was carried out on behalf of GSK by Kantar Health, an independent market research company that specialises in medical and pharmaceutical studies. In the summer of 2011, respondents from across France, Germany, Italy, Spain and the United Kingdom completed an online survey as part of Kantar Healthcare's Health and Wellness Survey
- First findings from the survey will be released on 3rd October 2011 during the Men's Health World Congress (MHWC) 2011 in Vienna, Austria. The survey data is available online at www.ismh.org/en/press-corner/
 - For more information about MHWC 2011, the meeting focus and scientific programme go to www.menshealthworldcongress.org
- Many older men experience clinical (or symptomatic) BPH, but often delay in speaking to a healthcare professional about their bothersome urinary symptoms^{2,7}
- *The BPH survey: a male perspective* explores:
 - What discourages men from seeking medical advice
 - What prompts men to seek help
 - Who men talk to about their bothersome urinary symptoms
- It is hoped that these insights will help healthcare professionals have more meaningful conversations with men about their prostate problems. Findings from the survey should also help men to understand that bothersome urinary symptoms are not an inevitable part of ageing

-Ends-

References

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