



**Ask your  
health care provider  
about this free video**

A Shared Decision-Making® Program produced by Health Dialog. Researched and evaluated by the Foundation for Informed Medical Decision Making.

## Benign Prostatic Hyperplasia

### Choosing your treatment

**An enlarged prostate** is very common, especially in men in their 60s and 70s. BPH can be annoying, but it is not a life threatening condition. This program provides information on treatment options including watchful waiting, medication, and surgery. If you have urinary symptoms that bother you, talk with your health care provider so together you can decide on which option is best for you.