



## Benign Prostatic Hyperplasia

### Diagnostic Plan

History  
Physical examination  
Rectal palpation  
Abdominal palpation  
X-rays  
Ultrasound  
Urinalysis  
Urine culture  
Blood work  
Prostate biopsy

### Therapeutic Plan

Castration  
Emptying of the bladder  
Enemas  
Stool softeners  
Estrogen therapy

### Nutritional Plan

If surgery is necessary, nutrition adequate for tissue repair  
A low-residue food with adequate water intake

## Benign Prostatic Hyperplasia

Your pet has benign prostatic hyperplasia, an enlargement of the prostate gland that occurs most often in non-castrated middle-aged and older male dogs. Benign prostatic hyperplasia may cause constipation, painful urination and weight loss. The best treatment for benign prostatic hyperplasia is castration. This client education sheet will help you learn more about benign prostatic hyperplasia and will review your veterinarian's instructions for your pet's care at home, as well as follow-up with the veterinary health care team.

## What You Should Know About Benign Prostatic Hyperplasia

The prostate gland produces fluid that helps transport and nourish sperm. It is located within the pelvis and surrounds the urethra, the tube that transports urine from the bladder to outside the pet's body. The rectum is located immediately above the prostate gland.

The prostate gland depends on hormones from the testicles to maintain its size and function. When the balance of hormones in a pet's body is altered, the prostate gland tends to enlarge. This enlargement may press against the rectum, impairing bowel function. It may also constrict the urethra, causing urinary tract problems.

Benign prostatic hyperplasia is the most common disorder of the prostate gland seen in dogs: Up to 80% of noncastrated male dogs over five years of age may be affected. Prostatic disease is rare in cats.

### Causes

Prostatic hyperplasia is thought to occur when there is an excess of hormones called androgens (testosterone, for example) in your pet's body. The primary source of androgen production is the testicles. Testosterone can also cause prostatic hyperplasia as a side effect when used in therapy for other disorders.

## Diagnosis

Rectal examination by your veterinarian will reveal a uniformly enlarged prostate gland. The abdomen may also be distended (potbelly) because of an enlarged urinary bladder. Blood work, urinalysis, x-rays, ultrasound, a urine culture and microscopic evaluation of prostatic fluid help confirm the diagnosis.

## Treatment and Home Care

Castration, or surgical removal of the testicles, is the best means of treating benign prostatic hyperplasia. Castration removes the source of androgens and estrogens if a testicular tumor is involved. Supportive measures such as manually emptying the urinary bladder, giving laxatives, enemas and stool softeners to relieve constipation and feeding a proper food may hasten recovery and add to your pet's comfort. The prostate gland shrinks rapidly after castration, so improvement should be noted within a week or two after surgery.

Home care consists of monitoring your pet's bowel and bladder habits to ensure that normal elimination occurs. You should also monitor your pet's appetite, water consumption, and mental status. Check your pet's incision at least once a day. If you notice any changes in your pet's behavior or if the incision is red and swollen, oozes blood, or begins to separate, call your veterinarian. You should also call if your pet constantly licks or chews its incision. Limit exercise to leash-walking for the first week after surgery. Administer all medications as prescribed. If you can't do this for any reason, call your veterinarian. Skin sutures should be removed according to the schedule provided by your veterinarian.

## Nutritional Plan

After treatment for benign prostatic hyperplasia, your veterinarian may suggest a dietary change based on your dog's age and body condition and on the presence or absence of disease in other organs and body systems. Optimal nutrition for middle-aged and older pets, such as those with benign prostatic hyperplasia, provides for the dog's needs, but more importantly, reduces the health risks associated with feeding excess sodium, phosphorus, protein and calories. Dog foods that avoid these harmful excesses and provide proper nutrition include Hill's® Science Diet® Mature Adult Active Longevity™ Original, Science Diet® Mature Adult Large Breed and Hill's® Prescription Diet® g/d® Canine Early Cardiac-Healthy Aging and Prescription Diet® k/d® Canine Renal Health.

## Transitioning Food

Unless recommended otherwise by your veterinarian, gradually introduce any new food over a seven-day period. Mix the new food with your pet's former food, gradually increasing its proportion until only the new food is fed.

If your pet is one of the few that doesn't readily accept a new food, try warming the canned food to body temperature, hand feeding for the first few days, or mixing the dry food with warm water (wait ten minutes before serving). Feed only the recommended food. Be patient but firm with your pet. This is important because the success or failure of treatment depends to a large degree on strict adherence to the new food.

---

*Presented as an educational service by*

---



## Home Care Instructions

Client's Name: \_\_\_\_\_

Patient's Name: \_\_\_\_\_

Medication(s): \_\_\_\_\_

Nutritional Recommendation: \_\_\_\_\_

Follow-Up Appointment: \_\_\_\_\_

(Hospital Stamp Area Above)

REGULAR VISITS WILL HELP OUR VETERINARY HEALTH CARE TEAM PROVIDE FOR YOUR PET'S BEST INTEREST.