

Urine symptoms in men

This fact sheet helps you to know what's 'normal' and what you can do to help yourself if you are affected by urinary symptoms, such as passing urine very often, getting up at night more than once or twice to pass urine, a slow urinary stream, or having to rush to the toilet a lot of the time. It also tells you when you should become concerned and seek advice from a health professional.

Useful facts

- **How common are they?** Many men develop problems with storing or passing urine (urinary symptoms) as they get older. Up to half of adult men have some urinary symptoms up to the age of 40, while almost two-thirds of men between 40 and 60 and over three-quarters of men aged over 60 are affected.
- **What causes them?** Not all urinary symptoms are caused by the prostate gland, although it is often blamed. Many men with urinary symptoms worry about prostate cancer, but an enlarged prostate (called *benign prostatic hyperplasia*) is much more common – and the two are not linked. Diabetes can also cause urinary symptoms.
- **Will I need treatment?** Treatment for most urinary problems is aimed at improving symptoms. So, if you're not too concerned by your symptoms, you can often manage them very simply by making a few changes to your lifestyle.

What can I expect to happen?

- **Duration:** Most urinary symptoms are long-term and will either stay the same or slowly worsen, unless they are caused by an infection.

What can I do to help myself– now and in the future?

- **Keep a drink diary for a few days:** Look at what you drink during a typical day. It can be useful to keep a diary for a few days, making a note of:
 - what you drink (for example tea, coffee, and water)
 - the amount you drink (use a measuring jug or estimate the volume – a typical mug holds approximately 250mls)
 - the time of day when you drink
- **Fluid intake:** Aim to drink between 1500 and 2000mls per day. Many people think that they need to drink large amounts of fluid each day for good health, but this is untrue and will often make urinary symptoms worse.



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