Benign prostatic hyperplasia (BPH) is the most common prostatic disorder and is defined as a non-malignant enlargement of the prostate gland that affects many men as they age. The prostate can be divided into anatomical zones, and the BPH tissues result in symptoms that can range from mild to severe. The condition often causes problems with urinating and can lead to urinary retention and the need for a catheter. Treatments for BPH include medications, minimally invasive procedures, and surgery. It is important for men to be aware of the symptoms of BPH and to consult with a healthcare provider if they have concerns about their urinary health.