Benign prostatic hyperplasia (BPH) is the most common prostatic disorder and is defined as the condition known as benign prostatic hyperplasia may be defined as a non-malignant, non-cancerous growth of the prostate gland. The prostate gland is a bean-sized organ located below the bladder and wraps around the urethra, the tube that carries urine out of the body. As men age, the tissue of the prostate gland may grow larger, which can cause symptoms of difficulty urinating, such as needing to urinate frequently, an urgent need to urinate, or a weak or interrupted urine stream. The condition can be difficult to diagnose, and the symptoms can vary widely from one person to another. Some men may not experience any symptoms, while others may have severe symptoms that can affect their quality of life. In most cases, BPH is not a cause of death or other serious health problems. However, in rare cases, it can lead to complications, such as kidney damage or bladder infections. Treatment options for BPH include lifestyle changes, medication, and surgery. Lifestyle changes may include losing weight, increasing fiber intake, and avoiding caffeine and alcohol. Medications may include 5-alpha reductase inhibitors, which can reduce the size of the prostate gland, or alpha blockers, which can help the bladder empty more effectively. Surgery options for BPH include transurethral resection of the prostate (TURP), which involves removing prostate tissue, and HoLEP (Holmium Laser Enucleation of the Prostate), which removes the entire prostate gland. The choice of treatment depends on the severity of the symptoms and the overall health of the person. It's important for men to talk to their healthcare provider about their options for treating BPH and to take steps to maintain a healthy lifestyle to help manage the condition.