

## DIAGNOSIS

The various examination methods

### DIAGNOSIS · INTERNATIONAL PROSTATE SYMPTOM SCORE (IPSS)

When noticeable dysfunctions of bladder emptying occur, affected men seek out their general practitioner or urologist. After the symptoms have been described, the following examinations are conducted.

- General physical examination
- Digital probe of the prostate (digital rectal examination - DRE)
- A urine analysis to determine if the urine contains bacteria or traces of blood
- A blood test to check kidney function and elevated blood lipids, liver functions and saline levels
- Ultrasound (sonograph) of the kidneys, the filled bladder and prostate gland including determination of the BPH size
- Urinary retention using ultrasound after the bladder has been emptied
- Measuring the urinary stream; measuring the flow rate (uroflowmetry)
- Laboratory testing of the PSA value in the blood, which are supposed to help differentiate benign enlargement from malignant cancerous growth of the prostate
- Urethra and bladder endoscopy (urethrocystoscopy) with a thin bladder endoscope (cystoscope), which enables the doctor to see the prostate and bladder

#### **Additional possibilities**

- X-raying the kidneys and urinary tracts (urogram)
- Bladder pressure measurement (urodynamic)

When all the test results have come in a discussion with the doctor should take place. Here, the degree of the prostate enlargement will be disclosed and the best therapy will be discussed.