

Conference Paper

Benign Prostate Hyperplasia (BPH) in Inpatient Rooms at Aliyah II General Hospital Kendari, Southeast Sulawesi, Indonesia

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Benign Prostate Hyperplasia or in the medical field known as BPH is a hyperplasia of the prostate gland, causing enlargement of the prostate gland.¹ Enlargement of this organ will cause blockage of the posterior urethra that obstructs the flow of urine.² In Indonesia, Benign Prostate Hyperplasia occurs in 50% of men with urinary tract stones.³ The prevalence of BPH will increase with age for people over 40 years old. For men aged 60 years old, BPH occurs around 70% of the time and will increase for men aged over 80 years with a possibility that reaches 90%.⁴ The objective of this study is to find out more knowledge and factors that influence the case of Benign Prostate Hyperplasia (BPH) in Inpatient Rooms at Aliyah II General Hospital Kendari. This study used data from the medical records of Aliyah II General Hospital Kendari with form of cases of Benign Prostatic Hyperplasia (BPH) in the year 2019. The data was obtained from the Urology Department of Inpatient Registration. The conclusion was that the cases of a hundred-percent Benign Prostate Hyperplasia (BPH) are male and the cases have increased gradually, which most occurring in men over 60 years old.

Keywords: BPH, Southeast Sulawesi, Indonesia

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1. INTRODUCTION

The prostate gland is one of the male genital organs located inferior to the bladder and encircles the posterior urethra. When it enlarged, it can block the prostatic urethra and cause obstruction of the flow of urine out of the bladder.² It is the size of a walnut with a normal weight in adults of 20 grams. Benign prostatic hyperplasia (BPH) is a disease that frequently causes problems to men. It can increase morbidity and interfere with men's quality of life. Early symptoms of BPH include difficulty starting urination and incomplete urination. As the prostate gland grows larger, it puts pressure on the urethra and narrows it. This obstructs the flow of urine.² Complications that are often happen by the patients with severe Benign Prostate Hyperplasia (BPH) are complaints of obstructed or retention urinate, feeling hot, and not completely when urinating. One of

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the treatments for this BPH case is through a surgical procedure. BPH can be handled in various ways including *watch full waiting*, medication, and surgery. Transurethral resection of the prostate (TURP) is one of the most common and frequently performed surgical options to treat an enlarged prostate. TURP is the main choice of surgery because it is more effective in relieving symptoms quickly compared to the use of drugs. Medical therapy using alpha blockers or five-alpha reductase inhibitors can cause sexual dysfunction in BPH patients, either erectile dysfunction, ejaculation, or decreased libido. Both of these conditions often reduce the quality of life of the elderly.

2. METHODOLOGY

This study used data from the medical records of Aliyah II General Hospital Kendari, in the form of data on cases of Benign Prostatic hyperplasia (BPH) in the year 2019. The data is taken from the Urology Department of Inpatient Registration. The results of the study are explained by figure format as follow.

3. RESULT OF THE STUDY

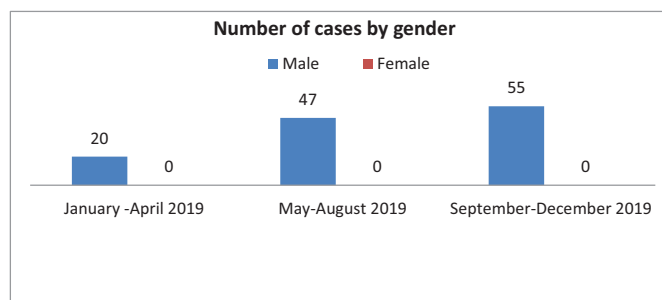


Figure 1: Number of cases by gender.

The results of the study show that in 2019 the patients with Benign Prostatic Hyperplasia (BPH) only occurred in the male not female (Figure 1).

The results show that the number of cases in the 2019 period of patients with Benign Prostatic Hyperplasia (BPH) was increased. We can see that 20 cases on January-April 2019, increased to 47 cases on May-August 2019, and remained raising to 55 cases (Figure 2).

Based on age group, Benign Prostate Hyperplasia (BPH) mostly occurs over the age 60 years with the highest number of cases in each period. It can be seen on January-April of the year 2019 for ages over 60 years, there were 10 cases found and increased on May-August 2019 by 20 cases. On September-December in the year of 2019, it increased

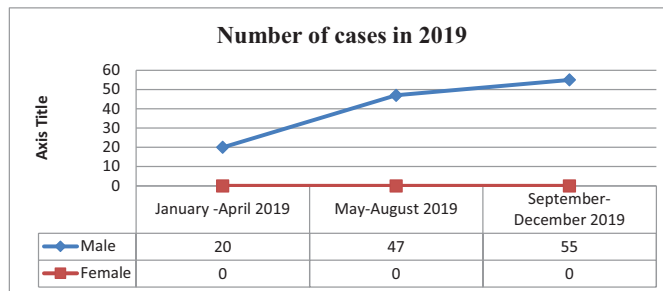


Figure 2: Number of cases in the year 2019.

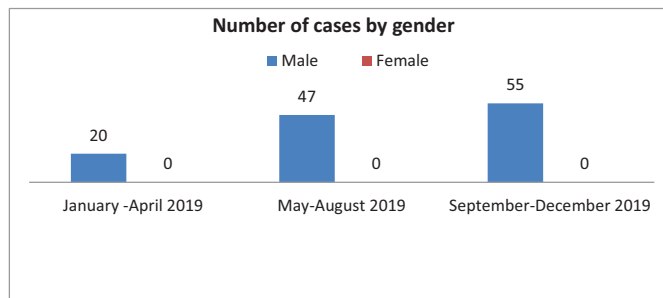


Figure 3: Number of Benign Prostate Hyyperplasia(BPH) by age.

to 23 cases. Then the lowest case of Benign Prostate Hyperplasia (BPH) prevalence occurred in the age range of 31-40 years old. On the period of January-April 2019, it was found only one case, while on May-August 2019 and September-December 2019 only 2 cases.

4. DISCUSSION

The prevalence of a hundred-percent Benign Prostate Hyperplasia (BPH) cases only by male²⁵⁶⁷⁸⁹. Cases of Benign Prostate Hyperplasia (BPH) have increased every period.²

Based on the age group, the highest prevalence of Benign Prostate Hyperplasia (BPH) in the Inpatient Room at Aliyah IIGeneral Hospital Kendari was in the age above 60 years old. The prevalence of BPH will increase as same as increasing age over 40 years old. It occur to men aged 60 years old around 70% and will increase a over 80 years to reach 90%¹⁰⁴.

5. CONCLUSION

The conclusion of this study is that case of a hundred-percent Benign Prostate Hyperplasia (BPH) are happen to male. The cases have increased every period of time and most happens at the age over 60 years old.

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