

POSSIBLE (BENIGN PROSTATE HYPERPLASIA) ENLARGED PROSTATE

Supportive Management

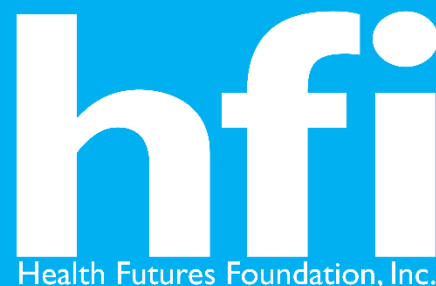
- Void every 2-4 hours and when the urge is noted to avoid further urinary retention and over-distention of the bladder.
- Urinate as much urine as possible (also for the same reason as above). Urinate, take a moment to relax, and urinate again.
- Limit intake of coffee, tea, alcohol, carbonated drinks and other irritants as they increase symptoms of urinary frequency.
- Avoid over-the-counter medications such as decongestants, anti-histamine, and allergy pills as they make urination more difficult.

Herbal Medicine

- **Pumpkin Seeds or Pumpkin Seed Oil Extract**
 - It helps reduce the size of the enlarged prostate, and thus, helps reduce lower urinary discomfort.
 - Eat a handful of pumpkin seeds 3 times a week.

Consult doctor:

- If symptoms become bothersome (e.g. lower urinary discomfort).
- To prevent possible complications (e.g. urinary tract infection)



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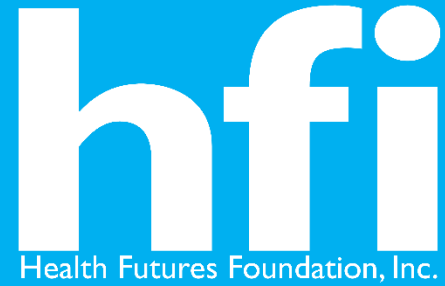
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POSSIBLE MALE

URINARY TRACT INFECTION

Consult doctor:

- For appropriate diagnosis and management of the condition (UTI or STI).
- If suspecting possibility of sexually transmitted infection (STI), note that **home treatment is not appropriate for the management of STIs**. Consultation with a doctor is needed. Bring partner as well when consulting with the doctor.



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