

Find the answers inside:

What should you know about Benign Prostatic Hyperplasia?

Know the Symptoms
Know Your Symptom Score
Know the Treatment

tamoxifen *xatral*[®]
tamsulosin HCl 10 mg
Extended Release Tablets



What is BPH?

Benign Prostatic Hyperplasia (BPH) is the medical term for a non-cancerous enlarged prostate.

What is an enlarged prostate?

The prostate is a gland which surrounds the *urethra* – the tube that carries urine through the penis. The prostate is located just beneath the bladder. When the prostate is enlarged it can squeeze the urethra, making it more difficult to urinate.

Most men never think about their prostate until they experience symptoms of BPH. While these symptoms may be bothersome, remember:

- BPH is not cancer and does not cause cancer. It does not mean you are more likely to get cancer. Some symptoms of BPH can be similar to cancer symptoms and your doctor should rule it out before treating you for BPH.
- BPH is not life-threatening
- BPH is very common. It affects around half of all men over age 50 and nine out of ten men over the age of 70



What are the symptoms of BPH?

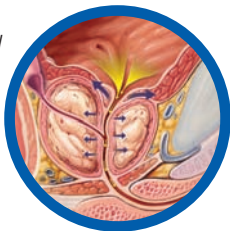
BPH symptoms can include a weak or interrupted urine stream, difficulty starting urination, straining while urinating, dribbling following urination and a feeling that you haven't completely emptied your bladder.

Symptoms can also include the need to get up several times during the night to urinate, frequent or urgent urination during the day, difficulty or pain during urination and the inability to hold back urine.

These symptoms can be a normal part of the aging process for many men, but that doesn't mean they can't be treated. Don't be embarrassed to talk to your doctor about your symptoms.



*Constricted
muscles
decrease
urine flow*



*Alpha-blockers
relax smooth
muscle in the
bladder neck
and prostate,
improving
urine flow*

What is your BPH symptom score?

Use this scorecard of symptoms. Circle one number in each line. Add the 7 circled numbers to get a total score, then talk to your doctor.

Over the past month, how often have you...	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
had a sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5
had to urinate again less than 2 hours after you finished urinating?	0	1	2	3	4	5
stopped and started again several times as you urinated?	0	1	2	3	4	5
found it difficult to postpone urination?	0	1	2	3	4	5
had a weak urinary stream?	0	1	2	3	4	5
had to push or strain to begin urination?	0	1	2	3	4	5
typically needed to get up to urinate from the time you went to bed at night until the time you got up in the morning?	0	1	2	3	4	5
Symptom Score						<input type="text"/>

Bother Score Due to Urinary Symptoms

How would you feel if you had to live with your current urinary condition – no better, no worse – for the rest of your life?

Delighted	Pleased	Mostly satisfied	Mixed	Mostly dissatisfied	Unhappy	Terrible
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* Adapted from Barry MJ, Fowler FJ Jr, O'Leary MP, et al, and the Measurement Committee of the American Urological Association. The American Urological Association symptom index for benign prostate hyperplasia. *J Urol.* 1992; 148: 1549-1557

Can BPH affect your sex life?

BPH can affect sexual function. A recent survey of 14,000 men showed a relationship between severity of BPH symptoms and a decrease of sexual function.

BPH can affect your lifestyle

Whether it's the fear of suddenly needing to urinate, not getting enough sleep because you need to get up during the night to go to the bathroom or a decrease of sexual function, BPH can affect your life and lifestyle. But while BPH can affect your lifestyle, you don't have to let it take control of your life.





Some helpful tips:

- Drink most liquids before 4:00pm to cut down on nighttime trips to the bathroom
- Cut back on caffeine, food additives and spicy foods; they can irritate your bladder
- Cut back or avoid alcohol because it can cause your bladder to retain more urine

Treating the symptoms of BPH

There are several options available to treat the symptoms of BPH. Alpha-blockers, like UROXATRAL, reduce the urinary symptoms of BPH by relaxing constricted smooth muscles and the prostate and at the outlet of the bladder.

Speak up!

Talk to your doctor about your progress and any side effects you may experience.



Important Safety Information

Do not take UROXATRAL if you have liver problems or if you are taking the antifungal drugs ketoconazole or itraconazole, or HIV drugs like ritonavir.

The most common side effects with UROXATRAL are dizziness, headache and tiredness. UROXATRAL can cause a sudden drop in blood pressure that may lead to fainting, dizziness and lightheadedness, especially when starting treatment. Do not drive, operate machinery or do any dangerous activity until you know how UROXATRAL will affect you.

Before taking UROXATRAL tell your doctor if you have kidney problems. Also tell your doctor if you have, or take medications for, a rare heart condition known as congenital prolongation of the QT interval.

BPH is not cancerous and does not lead to cancer. But men can have both BPH and prostate cancer.

Please see the Important Patient Information for UROXATRAL on next page.

Patient Information

(UROXATRAL)

(alfuzosin hydrochloride extended-release tablets)

Read the Patient Information that comes with UROXATRAL before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor about your condition or your treatment. You and your doctor should talk about all your medicines, including UROXATRAL, now and at your regular checkups.

What is the most important information I should know about UROXATRAL?

UROXATRAL can cause:

- a sudden drop in blood pressure, especially when you start treatment. This may lead to fainting, dizziness, or lightheadedness. Do not drive, operate machinery, or do any dangerous activities until you know how UROXATRAL affects you. This is especially important if you already have a problem with low blood pressure or take medicines to treat high blood pressure. If you begin to feel dizzy or lightheaded, lie down with your legs and feet up, and if your symptoms do not improve call your doctor.

What is UROXATRAL?

UROXATRAL is a prescription medicine that is called an “alpha-blocker”. UROXATRAL is used in adult men to treat the symptoms of benign prostatic hyperplasia (BPH). UROXATRAL may help to relax the muscles in the prostate and the bladder which may lessen the symptoms of BPH and improve urine flow.

Before prescribing UROXATRAL, your doctor may examine your prostate gland and do a blood test called a prostate specific antigen (PSA) test to check for prostate cancer. Prostate cancer and BPH can cause the same symptoms. Prostate cancer needs a different treatment.

UROXATRAL is not for use in women or children.

Some medicines called “alpha-blockers” are used to treat high blood pressure. UROXATRAL has not been studied for the treatment of high blood pressure.

Who should not take UROXATRAL?

Do not take UROXATRAL if you:

- have liver problems
- are taking antifungal drugs like ketoconazole or HIV drugs called protease inhibitors
- are already taking an alpha-blocker for either high blood pressure or prostate problems
- are a woman
- are a child under the age of 18
- are allergic to UROXATRAL. The active ingredient is alfuzosin hydrochloride.
See the end of this leaflet for a complete list of ingredients in UROXATRAL.

Before taking UROXATRAL, tell your doctor:

- if you have liver problems
- if you have kidney problems
- if you or any family members have a rare heart condition known as congenital prolongation of the QT interval
- about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Some of your other medicines may affect the way you respond or react to UROXATRAL.
- if you have had low blood pressure, especially after taking another medicine.
Signs of low blood pressure are fainting, dizziness, and lightheadedness.
- if you have a heart problem called angina (pain in your chest, jaw, or arm)

How do I take UROXATRAL?

- Take UROXATRAL exactly as your doctor prescribes it.
- Take one UROXATRAL tablet after the same meal each day. UROXATRAL should be taken just after eating food. Do not take it on an empty stomach.
- Swallow the UROXATRAL tablet whole. **Do not crush, split, or chew UROXATRAL tablets.**
- If you take too much UROXATRAL call your local poison control center or emergency room right away.

What are the possible side effects of UROXATRAL?

The most common side effects with UROXATRAL are:

- dizziness
- headache
- tiredness

Call your doctor if you get any side effect that bothers you.

These are not all the side effects of UROXATRAL. For more information ask your doctor or pharmacist.

How do I store UROXATRAL?

Store UROXATRAL between 59oF and 86oF (15oC and 30oC).

Protect from light and moisture.

Keep UROXATRAL and all medicines out of the reach of children.

General information about UROXATRAL:

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets.

Do not use UROXATRAL for a condition for which it was not prescribed. Do not give UROXATRAL to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about UROXATRAL. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about UROXATRAL that is written for health professionals. You may also visit our website at www.UROXATRAL.com or call 1-800-446-6267.

What are the ingredients of UROXATRAL?

Active Ingredient: alfuzosin hydrochloride

Inactive Ingredients: colloidal silicon dioxide (NF), ethylcellulose (NF), hydrogenated castor oil (NF), hydroxypropyl methylcellulose (USP), magnesium stearate (NF), mannitol (USP), microcrystalline cellulose (NF), povidone (USP), and yellow ferric oxide (NF).

Rx Only

Uroxatral[®]
alfuzosin HCl 10 mg
Extended-Release Tablets

