

## Mayo clinic finds aspirin, other NSAIDs, may prevent or delay enlarged prostate

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Mayo Clinic  
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ROCHESTER, Minn. — Mayo Clinic researchers have found that taking nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin or ibuprofen may prevent or delay benign prostatic hyperplasia, an enlarged prostate which can cause urinary symptoms in men as they age such as frequent urination, trouble starting urination, awakening frequently at night to urinate, weak urine stream and an urgent need to urinate. Details will be published in the American Journal of Epidemiology. "This study suggests that men's urinary health may be improved by taking NSAIDs," says Michael Lieber, M.D., Mayo Clinic urologist and study investigator. He and colleagues found the risk of developing an enlarged prostate was 50 percent lower in NSAID users compared to non-users, and risk of developing moderate to severe urinary symptoms was 35 percent lower, he says.

Jenny St. Sauver, Ph.D., Mayo Clinic epidemiologist and lead study investigator, says, "The association between intake of NSAIDs and the reduction of benign prostatic hyperplasia is strengthened by the consistency and magnitude of our findings. We would not recommend that every man go out and take aspirin, but if they are already taking it regularly for other reasons, our findings suggest another benefit as well."

Benign prostatic hyperplasia increases as men age, affecting one in four men ages 40 to 50 and almost half of 70- to 80-year-old men. The condition is most often diagnosed when men visit their physicians due to urinary problems that are prompted by the prostate enlargement this condition produces.

"The typical scenario with benign prostatic hyperplasia is that men start getting up three to five times a night to urinate, and their wives

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ultimately force them to go see a urologist," says Dr. Lieber. "Men also might come in if they have problems with daytime urinary frequency. All this adversely affects men's quality of life."

According to Dr. Lieber, middle-aged people commonly take an NSAID in over-the-counter or prescription form to prevent heart disease or reduce