



For Immediate Release
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**ST. JOHN'S HOSPITAL AND SIU SCHOOL OF MEDICINE PRESENT
INFORMATION ON TREATMENT OPTIONS FOR ENLARGED PROSTATES**

SPRINGFIELD – Men seeking treatment options for an enlarged prostate are invited to participate in a free seminar on Tuesday, July 13th at the Dove Conference Center, St. John's Hospital, 619 E. Mason Street from 5:30 to 6:30 p.m. Featured speakers will be Dr. Tobias Kohler, Assistant Professor, Division of Urology, and nurse practitioner Mary Knox.

A man's prostate gland usually starts to enlarge after he reaches 40 years of age. The condition, called benign prostatic hyperplasia (BPH) affects about 50% of men in their 50's and as many as 90% of men in their 70's. The symptoms related to it – frequent urination, weak flow and interrupted sleep – can alter one's lifestyle. "Here at SIU we're excited to offer treatment options when men start to fail drug therapies. BPH not only affects a man but often his spouse as well," said Dr. Tobias Kohler.

Those who suffer from enlarged prostates and their loved ones are encouraged to register for the free seminar by calling SIU School of Medicine at 217-545-7133 or registering online at www.siumed.edu/surgery.

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