

Shih-Ting Chiu



• Current position:

- Attending Physician, Department of Urology, National Taiwan University Hospital

• Specialty:

- Benign prostatic hyperplasia
- Prostate cancer
- Urolithiasis

• Education:

- MD, School of Medicine, National Taiwan University

• **Career and certification:**

- Attending Physician, Department of Urology, Fu Jen Catholic University Hospital

• **Reminder from Dr. Chiu:**

Benign prostatic hyperplasia (BPH) is a common health issue among men, especially as they age. It is advisable to develop a habit of regular exercise, maintain an ideal weight, and avoid prolonged sitting. In terms of diets, increasing the intake of fiber-rich foods such as fresh fruits, vegetables, and whole grains are advised, while reducing the consumption of high-fat and high-sugar foods. For those experiencing frequent urination, cutting down on caffeinated beverages and alcohol can also help reduce urinary tract irritation. Common symptoms of BPH include frequency, urgency, nocturia, difficulty urinating, and

weak urine flow. If you experience these symptoms, it is recommended to consult a physician early to arrange relevant tests and receive timely treatment, to help alleviate discomfort, improve quality of life, and maintain urinary system function.

NTUHF