

# The condition men don't talk about

Men who are physically active are at lower risk of waking up at night to urinate, a condition called nocturia.

Nocturia is the most common and bothersome lower urinary tract symptom in men. It can be due to an enlarged prostate known as benign prostatic hyperplasia (BPH)—as the prostate enlarges, it can squeeze down on the urethra. Other causes include overproduction of urine, low bladder capacity, and sleep disturbances. Nocturia increases with age and is estimated to occur in more than 50% of men 45 and older.

Physical activity may help manage this symptom, because exercise might reduce body size, improve sleep, decrease some nervous system activity, and lower levels of inflammation.

However, if you are experiencing nocturia, it's something to discuss with your doctor.

