

Prostatitis

The prostate gland is part of the male reproductive system. It sits just below the bladder and surrounds the urethra (the tube that carries urine and semen out of the body). It sits in front of the rectum and the back portion of the organ can be felt during rectal examination by a health care practitioner. The prostate makes 70% of the fluid that is ejaculated during intercourse, mixing its secretions with the sperm which is made in the testicles, to make semen. The prostate also contracts at the time of ejaculation to prevent retrograde (or backward) flow of semen into the bladder. During ejaculation, semen travels through the urethra and out of the penis.

What is prostatitis?

Prostatitis means inflammation of the prostate. This can be caused by a bacterial infection or even without it. This may show symptoms or be totally asymptomatic (that is with no symptoms). The prostate becomes painful and swollen which blocks the urethra and the bladder neck, causing urinary symptoms like burning sensations, pressure or pain.

Bacterial prostatitis

This form of prostatitis occurs when there is a bacterial infection. The bacteria that can cause this condition are E. coli, Klebsiella and Proteus. It may be acquired as a sexually transmitted disease or it can spread to the prostate through the blood stream, directly from an adjacent organ or as a complication of prostate biopsy. Bacterial prostatitis is mostly acute, that is sudden and severe.

Symptoms of bacterial prostatitis may be severe and appear quickly. They may include:

- Fever and chills
- Low back pain
- Frequent and painful urination
- A less forceful urine stream
- Straining or being unable to urinate

Treatment

Antibiotics will be prescribed. Take all of your medication, even if you start to feel better.

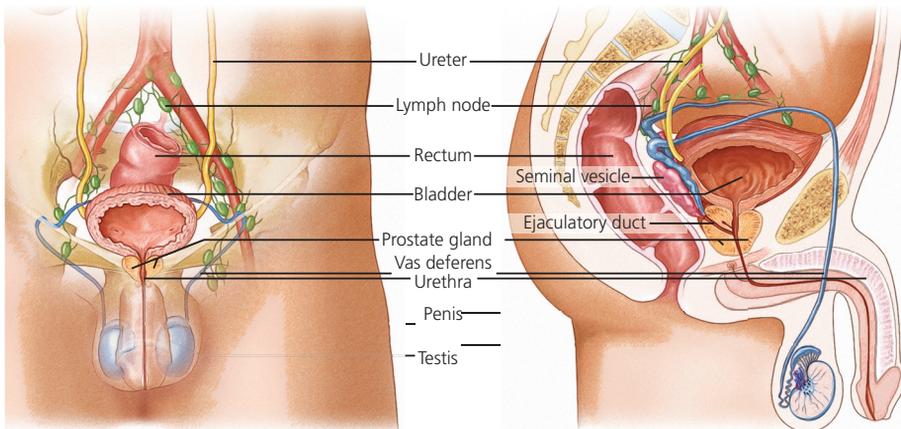
Your health care provider may also suggest bed rest, stool softeners and drinking more fluids

Non-bacterial prostatitis

With this form of prostatitis, the prostate is inflamed (swollen), but not infected.

Possible causes include:

- Stress, which tightens the pelvic muscles



❗ Not ejaculating enough, often can make fluid buildup in the prostate

❗ Unknown reasons

Symptoms of nonbacterial prostatitis are often vague, but tend to be mild. They may include:

❗ Frequent urination

❗ Pain in the lower abdomen or back

❗ Pain with ejaculation

Treatment

Your health care provider may suggest one or more of the following, to relieve symptoms:

❗ Anti-inflammatory or muscle-relaxing medications

❗ Hot baths

❗ Relaxing while urinating

❗ Drinking more fluids or changing your diet

❗ Ejaculating often (to help drain the prostate gland and relax the muscles)

Chronic prostatitis

Either form of prostatitis can grow into a chronic (ongoing) problem:

❗ Possible causes include repeated bacterial infections, stress, not ejaculating often enough and unknown causes. Symptoms may come and go. They may include frequent urination, burning with urination, and lower abdomen or back pain

Treatment

Treatment may include prescription medications, dietary changes, biofeedback techniques and over-the-counter supplements

Diagnosis of prostatitis

A medical exam helps your doctor diagnose prostatitis. The following may be done:

❗ Urine tests and cultures, test the urine for infection and signs of other health problems

❗ Digital Rectal Exam (DRE) shows the prostate's size, shape and texture. During DRE, the doctor inserts a lubricated, gloved finger into the rectum to feel the prostate

❗ Prostatic massage may be done during DRE. The prostate is gently massaged until a few drops of fluid come out through the urethra. This fluid is checked for signs of inflammation and infection

You may also have these tests:

❗ A PSA (Prostate Specific Antigen) test is a blood test that measures PSA (a chemical made by prostate tissue) levels. A high amount may mean the prostate is enlarged or inflamed or that cancer is present

❗ Transrectal Ultrasound (TRUS) may be done if cancer or an abscess is suspected. A small probe is inserted into your rectum as you lie on your side. An image of your prostate can then be seen on a video monitor

Prostate health for life

Prostate problems (including cancer) are more likely to develop as you age. Regular checkups help ensure that any problems can be treated early. The American Cancer Society recommends yearly DRE and PSA tests for men over 50 years of age. You may need to be tested younger, if you're at a higher risk or have a family history of prostate cancer.

A note to you and your partner

Prostatitis is not contagious. So, there's no reason to avoid sex during treatment. Sex may even help, by clearing fluid out of the prostate.



 Apollo Spectra Hospitals

SMS SPECTRA TO 56363
Toll Dial-in: 1860 500 2244

www.apollospectra.com



— TOUCHING LIVES —

BENGALURU | CHENNAI | DELHI | GWALIOR | HYDERABAD | JAIPUR | KANPUR | MUMBAI | PUNE

