



Prostatitis

PROSTATITIS is an inflammation or an infection of the prostate gland, (the gland that surrounds the neck of the bladder and urethra). It is not contagious and affects male adolescents and adults.

SIGNS AND SYMPTOMS:

- Urgency to urinate even when the bladder seems empty.
- A painful and/or burning sensation with urination.
- Frequent urination; waking at night to urinate.
- Difficulty starting urination and in emptying the bladder completely.
- Fever; chills.
- Pain between the scrotum and anus.
- Joint and muscle aches.
- Blood in the urine (sometimes) or semen.
- Low back pain.
- Pain during examination.

CAUSES:

- ◆ **Infections** - often bacterial, from germs that may travel through the bloodstream, the lymph system or from the urethra, to the prostate gland.
- ◆ **Recent urinary-tract infections.**
- ◆ **Smoking**
- ◆ **Excess alcohol consumption**

TREATMENT:

- ▶ Rest in bed until fever and pain subside.
- ▶ Increased fluids - drink 8-10 glasses of water daily.
- ▶ No alcohol, coffee, chocolate, foods with tomatoes, or spicy foods. (These irritate the urethra.)
- ▶ When prescribed, take all of the medication.
- ▶ Sit in a tub with 6-8 inches of warm water for 15 minutes, 3 times a day.
- ▶ Avoid constipation.

RETURN TO SEE THE DOCTOR IF:

- * Increased pain develops.
- * Fever rises to 101°F. (38.3 C) or higher.
- * You do not feel better after 48 hours.