



TEXAS UROLOGY

PROSTATITIS

If you have been diagnosed as having Prostatitis, it is important to understand what this means. Below is a brief description that will help in learning what to expect, and how you can work to clear the problem.

The prostate is a gland that lies below the bladder in males. It produces a secretion that aids in the passage of sperm upon ejaculation. This secretion flows into the urethra and out through the penis. Infection, or inflammation of this gland, is a common problem in men. This may be cleared with proper diagnosis and treatment, although it can become a recurrent problem. Recent urologic studies indicate that chronic Prostatitis can only be cured approximately 40% of the time.

If the infection is mild, there may be no symptoms. Sometimes there may be a painless discharge that is noticeable in the morning, or during the days when a long time elapses between urinations. Other more bothersome symptoms may include: 1) frequency of urination with mild urgency; 2) pain, burning on urination, or trouble with passage of urine; 3) a dull ache in the lower back, a feeling of fullness or aching in the groin area, or; 4) painful ejaculation. The diagnosis of Prostatitis is made by a combination of rectal examination, microscopic examination of the discharge, and examination of the urine.

Treatment generally begins with medication prescribed by the physician. There are, however, things that the patient can do to aid in the healing process. A hot bath not only relieves much of the soreness, but promotes healing by increasing blood flow to the infected and inflamed tissue. This should be done at least 2-3 times a day. More frequent ejaculation makes the prostate produce more secretions which, in turn, help move out debris caused by infection. Avoidance of alcoholic beverages is strongly advised, as alcohol is known to aggravate the condition.

Following your visit, if your symptoms persist, get worse, or if you begin having fever, do not hesitate to call for advice. It is important that you follow the treatment plan. When you have completed the medication as directed, please come in for a follow-up visit. It is very important that we determine if the infection has been cleared. Prostatitis can become a chronic problem; it may recur. Follow-up and awareness of the problem is essential to preventing complications in the future.

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