**PROSTATITIS**

**What is Prostatitis:**

Prostatitis is inflammation of the prostate (the walnut-sized gland surrounding the neck of the bladder and urethra). The prostate gland produces fluid (semen) that nourishes and transports sperm. Prostatitis often causes painful or difficult urination. It can also produce pain in the groin, pelvic area or genitals and sometimes flu-like symptoms. Prostatitis is not contagious. It is usually caused by a bacterial infection. Depending upon the a cause, Prostatitis can come on gradually or suddenly. Risk increases with recent urinary tract infection, smoking, and excessive alcohol consumption. While some Prostatitis can improve quickly, it can also last for months or keep recurring.

**Signs and Symptoms:**

• Urgency to urinate.

• Burning with urination.

• Frequency of urination; waking at night to urinate.

• Difficulty starting urination and 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 upon a doctor’s rectal exam.

**Treatment:**

• Diagnostic tests such as urinalysis and examination of prostate secretions.

• Antibiotics (up to 6 weeks) to fight infection

• Pain relievers/Anti-inflammatories

• Stool softeners

• Sitz baths (sit in a tub of warm water for 15 minutes 3 times a day)

**Call our office if:**

• Symptoms worsen or fever over 101.5 F. during treatment

• Symptoms recur after treatment.