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## PROSTATITIS

### WHAT IS PROSTATITIS?

Prostatitis is commonly attributed to pain in and around the pelvic area, starting with the prostate. The prostate is a small walnut-shaped gland that is part of the male reproductive system that helps make fluid for semen. Semen protects and energizes sperm. It can happen to men of all ages. The cause for prostatitis is not always known. It can be from:

- An infection caused by bacteria. Some things can raise the risk of a bacterial infection such as infection from a sexual contact, a catheter, a bladder infection, or a problem in the urinary tract.
- Inflammation (painful, red, swollen tissue) from an injury or infection.
- Symptoms may be related to another problem and not actually prostatitis. Other reasons for pelvic pain include pelvic floor muscle tension, prostate stones, a ureteral stricture (narrowing of the urethra) or scar tissue, prostate cancer, or benign prostate hyperplasia (BPH).

### WHAT ARE THE SYMPTOMS OF PROSTATITIS?

**Chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS)** is an inflammation of the prostate and the nerves to this area. Pain from CP/CPPS can last for weeks to months. This is NOT an infection. Symptoms can be: <sup>[1]</sup><sub>SEP</sub>

- Trouble passing urine (sometimes with pain)
- Pain in and around the bladder, testicles, penis and/or anus
- Pain with ejaculation

**Chronic Bacterial Prostatitis** is from bacteria and is less common. It is known to come and go over a long period of time; at least three months. Symptoms can be:

- A burning feeling while passing urine
- The need to pass urine frequently (8 or more times per day)
- Pain in and around the bladder, testicles, penis and/or anus
- Pain with ejaculation

**Acute Bacterial Prostatitis** is also from bacteria and is less common. Symptoms for this problem can begin suddenly and can be very painful. Men should get medical care right away. Symptoms include:

- Chills
- Fever
- Very painful burning while passing urine
- Trouble draining the bladder

**Nonbacterial Prostatitis** may be from stress, nerve irritation, injuries or past urinary tract infections. This form of prostatitis has no signs of bacteria in the urine or semen.

## WHAT ARE MY TREATMENT OPTIONS?

Your treatment will depend on the type of Prostatitis you have. You can try one or more until you find something that helps:

**Antibiotics:** often used as a first step to kill any bacteria.

**Alpha-blockers:** help to relax the muscles around the prostate and at the base of the bladder. There are many types of these drugs.

**Anti-inflammatory Agents:** non-steroidal drugs to reduce pain like aspirin, ibuprofen, etc. They also help to relax the muscles.

**Biofeedback:** a way to learn how to relax certain muscles. It is done with an expert to help you lessen tension in your pelvic floor.

**Home Remedies:** there are many things that can be done at home to help reduce pain. These include hot baths, hot water bottles, heating pads and a donut-shaped pillow.

**Lifestyle Changes:** such as weight loss and diet changes, learning to relax, and exercises to ease symptoms. There is no proof that herbs and supplements help prostatitis.

**Acupuncture:** involves placing very thin needles through the skin at different depths and points on your body by a professional to help reduce pain.

**Surgery:** on either the urethra or prostate may be needed in rare cases. There must be an exact problem, such as scar tissue in the urethra, for prostatitis surgery to work.

Please be encouraged if symptoms are not controlled with the above recommendations there are medication options that maybe appropriate for you. Please speak with your healthcare provider regarding other treatment options for nocturia.

Please do not hesitate to contact our office with questions or concerns.

(937)293-1622