

# Prostatitis

## INFECTION OR INFLAMMATION OF THE PROSTATE

Prostatitis is an infection or inflammation that causes the prostate to become painful and swollen. This can narrow and block the bladder neck.

### Causes:

- Bacterial infection in the prostate
- Stress, which tightens the pelvic muscles
- Backup of urine into the prostate ducts
- Unknown reasons
- Sexually transmitted infection in some cases

### Symptoms:

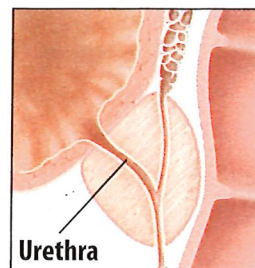
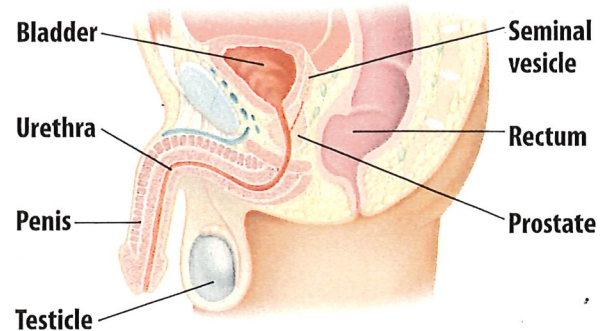
- Frequent or painful urination
- Pain with ejaculation
- Pain in the lower abdomen or back
- Fever and chills
- Weak urinary stream
- Straining or being unable to urinate

### Diagnosing Prostatitis:

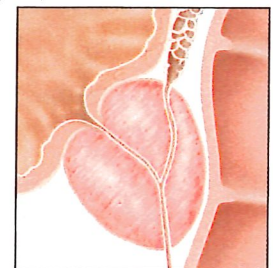
- Urine tests or cultures
- Digital rectal exam (DRE)
- Prostatic massage

### Treatment:

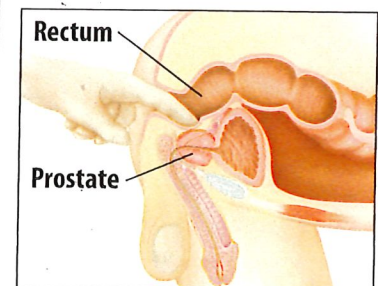
- Alpha-blockers
- Anti-inflammatory or muscle-relaxing medications
- Hot baths
- Prostatic massage
- Antibiotics



With a healthy prostate, urine flows easily through the urethra.



With an inflamed prostate, the urethra narrows. It's harder for urine to go through.



DRE may cause a little discomfort, but it takes less than a minute.