

Prostatitis

Prostatitis is a diagnosis made when men have irritative voiding symptoms including frequency and urgency to pass urine associated with pelvic discomfort. Men often find it difficult to pinpoint their specific area that is painful in their pelvis but often point to the area between their rectum and the scrotum (perineum). Men also describe variable aching discomfort within their testes as well as in their groin. Some men describe a burning stinging sensation when they pass urine.

Prostatitis is really a diagnosis of exclusion as all the symptoms that men describe can be due to specific pathological conditions including infection, stones in the bladder, and even bladder cancers. Several investigations including urine tests as well as scans of the bladder and prostate will usually need to be undertaken to identify any specific pathology. Prostatitis is usually a diagnosis made when all the tests performed are negative despite the persistence of symptoms.

Once a diagnosis of prostatitis has been made, the treatment is largely based on symptoms. Antibiotics are often prescribed even though no specific organism is identified in the urine. Anti-inflammatories may be of use. Some men find irritants such as smoking, alcohol and spicy food can worsen the symptoms. Stress and anxiety are definitely known to be associated with a flare up of symptoms as many men note they feel much better when they are on periods of leave or holiday.