

ACUTE PROSTATITIS

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Prostatitis is swelling and inflammation of the prostate gland, a walnut-sized gland located directly below the bladder in men. Prostatitis can be caused by a number of different things. If it's caused by a bacterial infection, it can usually be treated successfully.

Symptoms include the following: pain or burning sensation when urinating (dysuria), difficulty urinating, such as dribbling or hesitant urination, frequent urination, particularly at night (nocturia), urgent need to urinate, pain in the abdomen, groin or lower back, pain in the area between the scrotum and rectum (perineum), pain or discomfort of the penis or testicles, painful orgasms (ejaculations), flu-like symptoms (with bacterial prostatitis).

Types include:

Acute bacterial prostatitis. This type of prostatitis may cause flu-like symptoms associated with the sudden onset of infection, such as fever, chills, nausea and vomiting. It can usually be treated with antibiotics.

Chronic bacterial prostatitis. This is bacterial prostatitis that lasts for at least three months due to recurring or difficult-to-treat infections. Urinary tract infections are common with this type of prostatitis. Between bouts of infection, chronic bacterial prostatitis may not cause symptoms or may cause minor symptoms that become severe when infection flares up.

Risk factors can be: being a young or middle-aged man, having a past episode of prostatitis, having an infection in the bladder or the tube that transports semen and urine to the penis (urethra), having a pelvic trauma, such as injury from bicycling or horseback riding, not drinking enough fluids (dehydration), using a urinary catheter, a tube inserted into the urethra to drain the bladder.

We can diagnose prostatitis by conditions that may be causing your symptoms and determining what kind of prostatitis you have. Questions from your doctor. Your doctor will want to know about your medical history and your symptoms. Physical examination. Your doctor will examine your abdomen and genitals and will likely perform a digital rectal examination (DRE). Blood culture. This test is used to see whether there are signs of infection in your blood. Urine and semen test. Your doctor may want to examine samples of your urine or semen for signs of infection.

Treatment. Antibiotics. This is the most commonly prescribed treatment for prostatitis, you may need intravenous (IV) antibiotics. You'll likely need to take oral antibiotics for four to six weeks. If antibiotics don't help, your prostatitis is most likely caused by something other than a bacterial infection.

Alpha blockers. These medications help relax the bladder neck and the muscle fibers where your prostate joins your bladder. This treatment may lessen symptoms, such as painful urination.

Prostate massage. This is done by your physician using a lubricated, gloved finger — a procedure similar to a digital rectal exam.