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## **No Sex Can Lead to Pain, Sterility and Impotence in Men**

*50 % of the men are prone to the danger posed by prostatitis*



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Most of the semen is produced by this gland located at the base of the bladder: the prostate. And here is the issue: up to 50 % of the American males (and not only) will have prostatitis during their lifetimes. About 5 to 10 have it at a particular time. This condition denotes infection or inflammation of the prostate, accompanied by intense pain, urinary complications, sexual dysfunction and infertility, but also issues like tiredness and depression. Prostatitis is hard to detect and treat, and unlike prostate cancer and benign prostatic hyperplasia (BPH), it strikes young and middle-aged men. The condition is detected in urine and prostate fluid samples and thoroughly examination of the prostate, through digital rectal examination, involving the insertion of a well lubricated gloved finger into the rectum. This way, the physician can detect any prostate abnormality. A prostate specific antigen (PSA) test can be made on blood samples, but both prostatitis and prostate cancer boost the levels of PSA. Currently, prostatitis is classified as nonbacterial, acute, and chronic. The most common prostatitis is the nonbacterial type, characterized by frequent urination and pain in the lower abdomen or lower back area. It is caused by stress and irregular sexual activity. "Treatments for nonbacterial prostatitis may include anti-inflammatory medications or muscle relaxants, taking hot baths, drinking extra fluids, learning to relax when urinating, and ejaculating frequently. Some physicians also may recommend some changes in a patient's diet," said Dr. Leroy Nyberg, Jr., director of Urology Programs at the National Institutes of Health. Acute bacterial prostatitis is caused by infections with bacteria or viruses, sometimes being a sexually transmitted disease. It is characterized by fever and chills, low back pain, frequent and painful urination, weak stream urination, and infrequent urination. "These infections often are treated with antibiotics, bed rest, stool softener, and increased fluid intake," said Nyberg. Chronic prostatitis, caused by bacterial infection or inflammation (when the immune cells attack the prostate), is characterized by frequent bladder infections, frequent urination, and persistent pain in the lower abdomen or back. "This form of prostatitis often is treated with medications (often antibiotics), changes in the diet, biofeedback, and nonprescription supplements," said Nyberg.