

## ***PROSTATITIS***

Prostatitis is inflammation of the prostate gland that can cause pain as well as urinary, pelvic, and sexual symptoms. It may be triggered by infection, inflammation, or prostate irritation/pressure, and symptoms can range from mild discomfort to significant pain. Sometimes no cause can be identified.

### **Signs and Symptoms**

- Pain or burning when urinating
- Urinary symptoms: Having to urinate frequently or needing to urinate urgently, slow flow
- Pain or heaviness or aches in the perineum, groin, lower back, pelvis, penis, or testicles
- Blood in semen, pain with ejaculation

### **Types of Prostatitis**

- Bacterial Prostatitis (urine culture is positive; symptoms are due to an infection)
- Non-Bacterial Prostatitis (urine culture is negative; symptoms are due to inflammation without an infection).

Common exacerbators for prostatitis: poor diet, stress, life changes, excessively high testosterone supplementation, recent UTI, recent catheterization, or recent urologic procedure.

### **Medication Options**

- Oral antibiotics taken for 2 weeks
- Alpha blockers (Tamsulosin/Flomax, Alfuzosin/Uroxatral) - relax the prostate and help if you have trouble urinating. Side effects: headaches, low blood pressure, decreased ejaculate volume
- Supplements (below)

### **Nutrition and Supplements**

- Quercetin 500mg: 2 tablets every day for 3 months (Brand: Pure Encapsulations on Amazon). Quercetin is an antioxidant that has anti-inflammatory properties. Both bromelain and quercetin may increase the risk of bleeding, especially if you also take blood thinners, such as warfarin (Coumadin), clopidogrel (Plavix), Eliquis, or aspirin. Very high doses of quercetin have been associated with kidney damage. Don't take for more than 3 months at a time. Can do 3 months on, 3 months off.
- Diet – limit red meat, fried foods, greasy foods, heavily salted foods, processed food, citrus fruits, and rich desserts.
- Focus on baked chicken, fish, non-acidic fruits, cooked vegetables, and cooking your meals at home.
- Avoid alcohol, caffeine, acidic/spicy foods.
- Drink plenty of water.
- Stop other over-the-counter supplements and vitamins for 3 months

### **Physical Medicine**

- Pelvic floor physical therapy / Pelvic floor relaxation and breathing techniques
- Biofeedback
- Yoga
- Acupuncture
- Stress reduction, Transcendental Meditation
- Warm sitz bath with sitz bath salts
- Avoid sitting for long periods of time, long bike rides