



## Prostate

After puberty, and until around age 40, you most likely won't have any problems with your prostate. But as you get older, your prostate gland begins growing and for many men doesn't stop. For approximately 50% of men, this isn't a problem. The other 50% may develop one of three prostate diseases: inflammation, enlargement, or cancer.

### Prostatitis (Inflammation)

Prostatitis is the inflammation of the prostate gland and is a common occurrence in men ages 30 to 50. It can affect older men too. There are three types of prostatitis:

- **Acute bacterial**—This is the least common and most severe form and without immediate care (usually antibiotics) can result in serious problems. Symptoms usually include fever, chills or a flu-like feeling.
- **Chronic bacterial**—Symptoms are often similar to acute bacterial but they are often milder. Treatment may take longer because chronic bacterial prostatitis is more resistant to antibiotics.
- **Chronic nonbacterial**—This is the most difficult type of prostatitis to diagnose and treat and also the most common. Symptoms are almost identical to chronic bacterial prostatitis. Treatment may include an alpha blocker drug, nonprescription pain relievers and stretching, stress-reduction techniques, and heat.

Prostate disease affects more than 50% of all men. You can help minimize prostate problems by having regular exams after age 50.



Wellness