

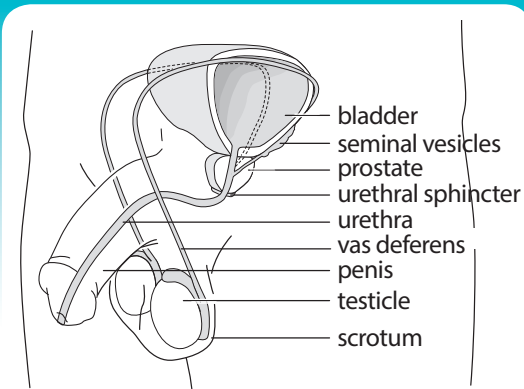


Chronic Pelvic Pain Syndrome (Prostatitis)

What is the prostate?

- The prostate is a gland about the size and shape of a walnut (in younger men),
- It lies between the bladder and the penis.
- The urethra is a long narrow tube that runs through the centre of the prostate.
- It goes from the bladder to a muscle called the sphincter. (See diagram *Male genitals and lower urinary tract*)
- The urethra is able to carry both urine and semen.
- The prostate helps make semen that mixes with sperm.
- The semen flows out (is ejaculated) through the penis when you have an orgasm.

Male genitals and lower urinary tract



What is Chronic Pelvic Pain Syndrome (CPPS)?

- This disease may cause:
 - Pain or ache in the pelvis or genital area (See diagram: *Side view of male genitals*)
 - Problems with urinating (such as burning, leaking, needing to urinate often)
 - Sexual problems (such as pain with ejaculation, premature ejaculation)
- It can be stressful to deal with prostate and pelvic pain.

What causes Chronic Pelvic Pain?

- There may be different causes for chronic pelvic pain:
 - Infections coming from bacteria
 - Problems with muscles or nerves close to the prostate
- Usually, chronic pelvic pain syndrome happens to young or middle-aged men but it can also happen at any age.
- Chronic pelvic pain syndrome does not lead to prostate cancer.

Are there different kinds of pelvic pain?

- There are many different causes of pelvic pain. Three common problems in men are:
 - Chronic bacterial prostatitis
 - Chronic pelvic pain syndrome
 - Acute prostatitis
- It is important to know that it is hardly ever a sign of a more serious health problem.

CHRONIC BACTERIAL PROSTATITIS

What is chronic bacterial prostatitis?

- Chronic bacterial prostatitis is a mild infection plus inflammation of the prostate.
- Symptoms of chronic bacterial prostatitis can include:
 - Pain in your pelvis
 - Problems with urinating
 - Sexual problems
- Even if the infection and inflammation are mild, symptoms may:
 - Last for a long time
 - Possibly become chronic
 - Come back again and again

How is chronic bacterial prostatitis diagnosed?

- A bacterial culture (a test to find harmful bacteria) may be ordered from tests of your urine.
- This culture can rule out a bladder infection.
- Sometimes your doctor will decide to do a special urine test after a complete prostate exam.
- A "prostate massage" (which starts like a DRE) will help send fluid into the urethra.
- Urinating will drain the prostate fluid with the urine.
- This sample can be studied for bacteria and signs of inflammation.

What is the treatment for chronic bacterial prostatitis?

- Specific types of antibiotics are used over a period of six to twelve weeks to get rid of the bacteria.
 - Only certain antibiotics (such as fluoroquinolones) are able to reach the prostate.
 - You may need these antibiotics for a long time.
- Even with antibiotic treatment, the symptoms can take a long time to go away.
- Symptoms often get better even after you stop taking the antibiotics.

CHRONIC PAIN SYNDROME (CPPS)

What is chronic pelvic pain syndrome (CPPS)?

- About 90% of the cases of "prostatitis" are CPPS.
- Chronic pelvic pain syndrome (CPPS) is NOT caused by bacteria.
- Symptoms of CPPS can be like those of chronic bacterial prostatitis.
 - Symptoms may come and go.
 - Quite often, treating CPPS with antibiotics for a long time will not stop the symptoms.
 - These symptoms can be very stressful when they last for months or even years.
- You may feel symptoms because of cramps and inflammation in the pelvic muscles around the swollen and sore prostate.
- CPPS is not a sign of more serious disease like prostate cancer.

How is CPPS diagnosed?

- In the case of CPPS, urine and prostate massage tests may show inflammation but not signs of bacteria.

What is the treatment for CPPS?

- Antibiotics are not very helpful if:
 - There is no infection.
 - You take them for a long time.
 - You have taken antibiotics many times.
- You may use anti-inflammatories and pain killers if you feel an ache or pain.
- Sometimes, medications like alpha blockers (such as Flomax™, Xatral™, Rapaflo™) will relax the prostate muscles to help with urinary problems.
- Physiotherapy for the pelvic muscles can also be helpful.
- Sometimes your doctor will suggest repeating a prostate massage to get rid of the inflammation and help with muscle cramps.
- Although ejaculation can sometimes help with the discomfort, some find it makes their symptoms worse.
 - You are the best one to make the decision about ejaculation for your symptoms.
- Changes in lifestyle or behaviours may be helpful with symptoms by:
 - Changing your diet (avoiding spicy food, caffeine, acidic food/drink, and or alcohol),
 - Getting more exercise
 - Applying heat to the area (hot water bottle or heating pad)
 - Using of a "donut" cushion to sit on
- Over time, you will find that the symptoms become less strong and happen less often.
- The symptoms may disappear completely, but this can often take years.

ACUTE PROSTATITIS

What is acute prostatitis?

- Acute prostatitis is an infection caused by bacteria, often E. Coli.
 - E. Coli can live in your intestines.

- Symptoms of acute prostatitis from E. Coli infection can include:
 - High fever
 - Pain in your abdomen or pelvis
 - Nausea
 - Not being able to urinate
- If you get very sick with acute prostatitis, see your doctor right away.
 - You may need to go to the hospital.

Bottom Line

- The symptoms of pelvic pain can be very stressful and uncomfortable.
- The symptoms are rarely a sign of prostate cancer.
- If your symptoms are really bothering you, talk with your doctor about them.
- There may be other ways to help you cope with the symptoms.

How is acute prostatitis diagnosed?

- A diagnosis of acute prostatitis is based on your symptoms and a physical examination.
- You may also have urine and blood tests to find the cause of infection from bacteria.

What is the treatment for acute prostatitis?

- Most often you will need antibiotics.
- If you are not able to urinate, you may need a catheter (a thin tube).
- A catheter is put into your urethra to help empty the urine from your bladder. (See diagram: *Side view of male genitals*)
- If you are very sick from acute prostatitis, you may spend time in the hospital until the infection clears up.

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