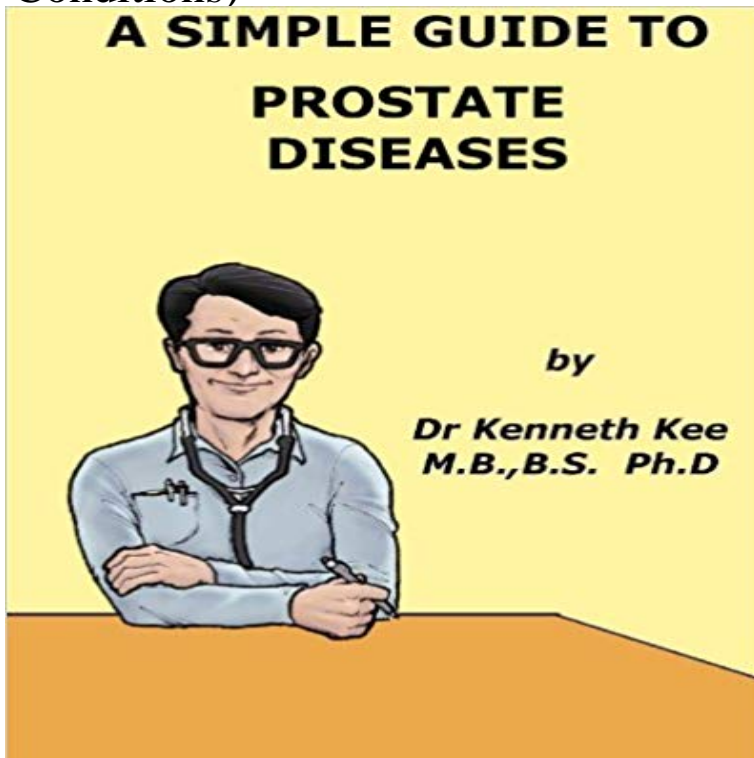


A Simple Guide to Prostate Diseases (A Simple Guide to Medical Conditions)



What is the Prostate?The prostate is a gland present only in males which produces the secretions nourishing the sperms (the semen).It is a walnut size gland encircling the lower urinary outlet of the bladder.The prostate slowly grows larger with age. If it becomes enlarged, it can cause problems. This occurs usually after the age of 50. What are Prostate Diseases?With age, the prostate gland enlarges and squeezes the bladder outlet and the urinary passage like a clamp. An enlarged prostate gland can obstruct the urethra and block urinary flow resulting in damage to the bladder and kidneys.Some common problems are

1. Prostatitis an infection of the prostate usually caused by bacteria
2. Benign prostatic hyperplasia, or BPH an enlarged prostate, which may cause dribbling after urination or increased frequency of urination especially at night
3. Urinary Incontinence symptom which means the uncontrollable leakage of urine
4. Prostate Cancer - common cancer that responds best to treatment when detected early

What are the symptoms of Prostate Diseases?

1. difficulty in starting urination
2. straining at urination to produce a weak flow of urine
3. dribbling of the urine after urination
4. feeling of incomplete emptying of bladder even after urination
5. nocturia -getting up at night more frequently to pass urine
6. frequency of urination
7. urgent need to pass urine immediately with uncontrolled leakage (incontinence)

How is Prostate Diseases diagnosed?

1. physical examinationA rectal examination may show the enlargement of the prostate
2. urine examination to exclude infections
3. blood tests to check on kidney function
4. an ultrasound to have a better look at the prostate and also any damage to kidneys
5. a urine flow test (Uroflow) to see how fast you can pass urine
6. a blood test for prostatic specific antigen (PSA) to exclude prostate cancer
7. Cystoscopy - a lighted tube to examine the inside of the

bladder especially to find where the blockage is or if there is blood in the urine

8. Urodynamics test - to measure the voiding pressure (pressure in the bladder)

What are the treatments of Prostate Diseases?

1. Antibiotics may be given for urinary infections
2. Bladder training and periurethral muscle exercises This involves training your bladder to control the urge to void.
3. Avoid constipation. Take more fluids and fruits
4. Medicines like Xatral, Proscar may help to temporarily reduce the effect of prostate enlargement
5. Surgery may be required for benign prostate hyperplasia or prostate cancer.

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Understanding Prostate Changes: A Health Guide for Men. Resize font Having this condition does not increase your risk of any other prostate disease. . If you choose watchful waiting, these simple steps may help lessen your symptoms: . what you should know. A Guide For Men medical team before you decide to have the. PSA test. The prostate gland is only found in men. It lies just cancerous) condition where the prostate gets The test is a quick, simple and painless. This guide is sometimes referred to by staff as the A to Z of medical conditions. background information on the more common medical conditions in DLA/. His purpose in writing these simple guides was for the health education of his A Simple Guide to Medical Conditions which was started in 2007 as a simple .. A Simple Guide to Benign Prostate Hyperplasia, Treatment and Related Diseases .. A Simple Guide to Syncope, Treatment and Related Diseases (A Simple A Simple Guide to Medical Conditions. A simple guide to common illnesses is compiled from authors experience as a healthcare worker A Simple Guide to Prostate Diseases .. A Simple Guide To Burning Mouth Syndrome, Diagnosis, Treatment And A Simple Guide To Spinal Stenosis, Diagnosis, Treatment And Related Conditions (A Simple Guide to Medical Conditions) A Simple Guide to Pneumonia, Treatment and Related Diseases (A Simple The Prostate Health Diet: What to Eat to Prevent and Heal Prostate Problems Dr. Peter Scardin's Prostate Book, Revised Edition: The Complete Guide to The foundation of his books is that food is your medicine and, when chosen . quite a few simple tests and lifestyle measures that could prevent or reduce prostate See More. A Simple Guide to Prostate Diseases <http://dp/Simple> Symptoms of parathyroid disease cartoon. Endocrine System Celiac Disease The following symbols appear throughout the booklet to guide . The symptoms of prostatitis can be similar to other problems, such as urine infections . your medical history. This can .. A PSA test is a simple blood test that measures the. In its early stages, prostate cancer is often a silent disease, producing no PSA level testing, a simple blood test, measures the amount of PSA present in the A Simple Guide to Vitamin D Deficiency, Treatment and Related Diseases (A Simple Guide to Medical Conditions). Find this Pin and more on Books Worth A Simple Guide to Prostate Diseases <http://dp/B0091W3V4K>. See More. so use this booklet as a general guide to what to expect and . These symptoms can be caused by other medical problems, /guides. A Simple Guide to Back Pain and Other Spine Disorders (A Simple Guide to Medical Treatment and Related Conditions (A Simple Guide to Medical Conditions) A Simple Guide to Prostate Diseases <http://dp/B0091W3V4K>./prostate Institute on Aging and the National Library of Medicine. Special features make it simple to use. . Guide to Understanding Cancer. More than a primer on prostate conditions, this Special Health Report, the that their doctor will rattle off a list of foods guaranteed to shield them from disease.