

MURDOCK UROLOGY ASSOCIATES

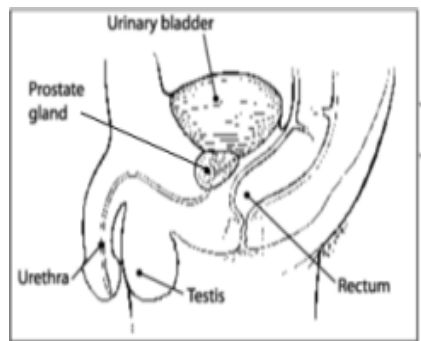
Myron I. Murdock, M.D. F.A.C.S.

Jonah D. Murdock, M.D., Ph.D.

PROSTATITIS

Prostatitis is a common condition of men that can occur at any age, and is not unusual in young men. The cause of prostatitis symptoms is usually not known, but sometimes is due to a bacterial or viral infection.

There is **NO** relationship between prostatitis and cancer of the prostate. Prostatitis is a disease that frequently resolves rapidly, occasionally lingers, and rarely becomes a chronic condition. Prostatitis that is recurrent or not responsive to medications may need more extensive urologic evaluation.

**RECOMMENDATIONS FOR TREATMENT**

1. Take medication as prescribed by your physician.
2. Avoid caffeine, i.e. coffee, tea, colas (non-cola sodas are okay), alcohol, highly spiced foods, and bicycling.
3. Sex is good, and orgasm should be achieved 2 to 3 times per week. Too much sex is no good.
4. Sitting in a warm to hot tub or Jacuzzi once or twice a day can be helpful.
5. Do not hold your urine for extended periods of time and **DO NOT** lift or strain with a full bladder.

Following these instructions will frequently help resolve your condition, although some patients may require further or different treatment.