

THE PROSTATE

SMALL GLAND **BIG** PROBLEM

By John Crow

Chapter 2

The first thing I must stress is that I am not in any way medically qualified, however as with everything in my life, I do things with military precision and only open my mouth when I know what I am talking about.

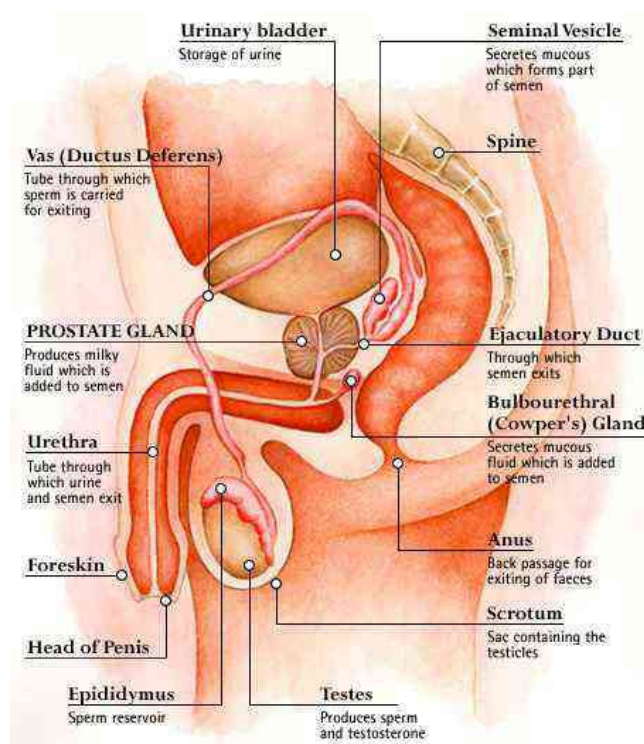
Where I offer an opinion based upon experience that in any way differs from that offered by the medical profession I will highlight as such. It is as well to remember that a Specialist or Expert (***See definitions at the end of this article***) is only as good as the information and opinions available at the time. To a large extent I had to take charge of my own destiny, mainly because I saw so many different "***Specialists***" with widely differing opinions.

What you will read in this and all forthcoming chapters has been well researched and/or directly experienced by myself during the long slog of hospital appointments and treatment.

So on with the show so to speak.

Chapter 1 gave an overview of the prostate. This chapter will explain a little more of the function and location (***quite important***) also what can go wrong, and a little more about how to recognise the symptoms (***even more important***) Subsequent chapters will discuss the tests available along with recognised and more controversial treatments (including non-orthodox treatments researched by myself).

LOCATION



As you will see from the diagram, the prostate sits snugly beneath the bottom outlet of the bladder tightly surrounding portions of the bladder outlet and a short but critical part of the Urethra, the channel through which semen and urine pass into the penis.

An interesting digression at this point.

Leonardo da Vinci produced some of the most amazingly accurate anatomical drawings way back in the 1400s but the Prostate was missed out, and yet it is one of the most important reproductive organs in the body. He probably thought it was part of the bladder.

Despite its importance, not to mention the trouble it can cause, the Prostate is normally only about the size and shape of a small chestnut. (In the region of four-tenths of an ounce) I use the word normally; since the Prostate can grow to be the size of an orange when certain things start to go wrong.

The actual function of the Prostate is quite involved and would take a chapter just to explain all the processes which take place within this small gland; however the main function is to provide the seminal fluid for the nourishment and aid the transport of Sperm during the reproductive process. There are also various nerve bundles surrounding the Prostate, including those responsible for the Urinary process and physical sensation during orgasm.

One can now begin to see why this little “**blighter**” can be the cause of so much stress when indeed things do go wrong.

So now we move on to what can go wrong.

There are three main categories: -

Infection (Prostatitis)

BPH (Benign Prostatic Hyperplasia) Increase in number of cells

(Benign Prostatic Hypertrophy) Increase in size of cells

Cancer

The clinical side of these three categories are obviously different, but the symptoms are in some cases so close, that it is extremely difficult without specific test procedures, to diagnose the actual problem. I will be discussing this important subject in some detail in a later chapter.

I will deal with infection to conclude this chapter, as this problem is usually not life threatening.

INFECTION

Infections of the Prostate are commonly referred to as **PROSTATITIS**, which can be broadly split into three main categories. Considering the location of the Prostate it would be a very lucky man not to suffer some form of infection or indeed other form of Prostate problem during their natural lifetime.

Acute bacterial Prostatitis

Acute bacterial Prostatitis (ABP) is a sudden infection caused by bacteria, which causes pain and difficulty in urinating, pain in the lower back and crotch, chills, and fever. The usual treatment is a course of antibiotics of approximately 4-weeks duration.

Chronic bacterial Prostatitis

Chronic bacterial Prostatitis (CBP) is by far a more serious and long lasting infection with all the symptoms of (ABP) but may include blood in the semen.

This type of Prostatitis may require a long course of antibiotics, possibly up to 16 weeks. In some cases it can be a lifetime problem, but at least it won't kill you.

Non-bacterial Prostatitis

This form of Prostatitis (NBP) is the most common type and has no known cause. It is in fact more of an inflammatory condition and therefore responds quite well to Anti-inflammatory drugs

In chapters 3 and 4 I will look at the other two problems, namely **BPH** and **Cancer**, showing what happens naturally with advancing years and what can go wrong and why. I will also discuss in some detail the types of tests available in order to distinguish between the different problems and how a good diagnosis can be made.

One of the biggest problems facing any G.P is how to distinguish between **Prostatitis; BPH** and **Cancer**, since all present very similar symptoms.

The last thing to say in this chapter is. If you display any of the following symptoms and are concerned at all, then see your Doctor.

SYMPTOMS

Weak and/or intermittent flow of urine (**Intermittency**)
Difficulty in starting urinating (**hesitancy**)
Frequent urination (**frequency**)
Difficulty in postponing urination (**urgency**)
Having to get up at night more than twice (**nocturia**)
Blood in urine (**haematuria**)
Pain or burning when passing urine
A feeling that the bladder is not completely empty
Blood in Semen
Development of pain in, lower back, pelvis and hips.
Drastic weight loss

Note: - If you do have any of the listed symptoms **DO NOT PANIC** as only about 18% of all Prostate problems prove to be Cancerous, however there are still 32,000 new cases and 10,000 deaths from Prostate cancer each year, so come on guys.

'Have you got the balls to have your Prostate checked'?

DEFINITIONS (Some light-hearted fun)

THE EXPERT (X-Spurt)

Where X is the constant and the "SPURT" is a drip under pressure.

THE SPECIALIST

A Specialist is one who knows more and more
About less and less
Until they know everything
About nothing.

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