

Not Just For Grandfathers: ® Prostatitis Affects Men Of All Ages

(NAPSA)—Did you know that males, regardless of age, have a 50 percent chance of being affected by prostatitis? Many young men believe they are not in danger of developing any serious conditions, as they believe they are invincible. One example of a condition for which young men do not see themselves at risk is prostatitis, which is an inflammation of the prostate gland and one of the most neglected urological conditions today. It affects approximately half the current United States male population some time in their lives and is common in younger men 20 to 50 years of age.

While those who have heard of prostatitis usually think it is an older man's problem, in reality, prostatitis is a very real concern for young, middle-aged and older men alike.

Even healthy, active men are at risk of developing prostatitis. While chronic bacterial prostatitis can be cured with antibiotics, the condition can worsen if left untreated. Education among men of all ages is extremely important. Men with prostatitis should try to minimize activities that aggravate their condition. These activities include:

- Alcohol consumption
- Caffeine intake
- Eating spicy foods

Prostatitis affects more men than either prostate cancer or prostate enlargement and accounts for one-fourth of all office visits by young and middle-aged men for genital and urinary complaints. However, men, especially young men, who do have prostatitis, often do nothing to remedy the problem and live with the symptoms. Unfortunately, the pain will not go away by itself; it is imperative to see your doctor.

Just a simple task like sitting may be painful and could be a sign that you have prostatitis. Other symptoms may include:

- Frequent need to urinate, especially at night
- Pain and burning while urinating
- Mild to severe rectal pain
- Fever, chills and lower back pain

Types of Prostatitis

There are three types of prostatitis, each of which can become serious and extremely painful: acute bacterial, chronic bacterial and non-bacterial prostatitis.

Acute bacterial prostatitis develops suddenly and can have severe symptoms that may require hospitalization, whereas chronic bacterial prostatitis usually develops more slowly with similar, but less severe symptoms.

Chronic bacterial prostatitis can be treated with effective antibiotics, such as Cipro® (ciprofloxacin). You may already be familiar with the name Cipro®, but you probably didn't know this antibiotic is used frequently to treat such a common condition.

Treatment with Cipro® may result in certain side effects that are usually mild and may include nausea, diarrhea, vomiting and abdominal pain or discomfort, headache and rash. As with any prescription, tell your physician about any other medications you may be taking. Remember, your doctor or healthcare provider is the single best source of information regarding you and your health. Consult your doctor if you have any questions about your health, medication, or any symptoms you may be having.

For more information about Cipro® or full prescribing information go to www.CiproUSA.com.