

# Health Awareness

## Men, Could That Pain Be Your Prostate?

(NAPSA)—Prostatitis—swelling of the prostate—affects mostly young and middle-aged men and is often painful. According to researchers, about 10 to 12 percent of men have prostatitis-like symptoms, such as painful or burning urination.

### What You Should Know

To tell if the prostate—a walnut-sized gland at the base of a man's bladder—is swollen, a doctor checks its size by putting a gloved finger into the man's rectum to feel his prostate.



**The cause of prostatitis can be unclear. Consult your doctor to find the best treatment.**

### What to Do

Doctors use medicine to treat prostatitis caused by bacteria. But medicine will not help prostatitis caused by something other than bacteria. The cause of prostatitis is often unclear, and symptoms can come and go over time. Changing one's diet or taking warm baths may help ease symptoms. Each man should work with his doctor to find the best treatment for his condition.

### For More Information

The National Kidney and Urologic Diseases Information Clearinghouse has a fact sheet about prostatitis at [www.kidney.niddk.nih.gov/kudiseases/pubs/prostatitis](http://www.kidney.niddk.nih.gov/kudiseases/pubs/prostatitis). More information is also available at [www.kidney.niddk.nih.gov/kudiseases/a-z.asp](http://www.kidney.niddk.nih.gov/kudiseases/a-z.asp).