

Prostate Problems

The prostate is a walnut-sized gland that surrounds the male urethra — the tube that transports urine from the bladder through the penis. Its primary function is to produce an essential portion of the seminal fluid that carries sperm; the prostate also controls the outward flow of urine from the bladder. Because of this dual role, signs of prostate trouble can include both urinary and sexual difficulties.

Prostate problems occur in two principal forms: enlargement of the prostate, called BPH (for benign prostatic hyperplasia); and prostatitis, a bacterial infection, which may be either sudden and severe (acute prostatitis) or milder but persistent or recurrent (chronic prostatitis). A chronic infection may follow an acute one.

The signs of prostate enlargement generally appear after the age of 45. Typically, the first indication is a need to urinate at night, with the urge gradually increasing over time. Other urination problems may develop: a difficulty or hesitancy in initiating the urine stream; an inability to empty the bladder completely; and dribbling at the end of urination. These signs all have a common origin — the narrowing of the urethra because of growth of the glandular tissue surrounding it. Although the problem varies in severity, few men escape it altogether: Prostate enlargement affects 50 percent of those over 50 and a somewhat astonishing 90 percent of those over 80.

Prostatitis is less common and can occur in younger men or without symptoms of enlargement. While some of the signs resemble those of BPH, others are more typical of infection. Acute prostatitis may produce fever, chills and lower back pain. Chronic prostatitis generally brings milder versions of those symptoms and may also cause painful ejaculation and sometimes urethral discharge.

Many men are reluctant to seek treatment for BPH or prostatitis, especially if their discomfort is minor. If either condition progresses toward severe symptoms, the danger can increase sharply. With prostatitis, the infection may reach the testicles and epididymis (a long, coiled tube behind each testicle through which sperm is transported from the testicles). With BPH, the bladder may eventually be unable to empty itself, and the lingering pools of urine become sites of infection or stone formation. Such urine retention is very painful and should be treated as a medical emergency. If the outflow of urine is blocked, pressure within the bladder may back up to the kidneys, eventually leading to permanent damage.

Although the molecular mechanisms underlying prostate enlargement remain uncertain, the condition seems to stem from age-related changes in hormone balance that begin when a man is in his 40s. Testosterone levels in the blood decrease, while other hormone levels rise; the net effect is the increase of a testosterone derivative that stimulates cell growth in the prostate. This results in enlargement and consequent stricture of the urethra within the gland. Prostatitis is usually the result of a urinary tract or bladder infection that has spread into the prostate gland. Rarely, the infection can be sexually transmitted.

SYMPTOMS

For an enlarged prostate:

- Difficulties in urination, including a weak or intermittent stream, unusual frequency (especially at night), straining, dribbling or inability to empty the bladder.

For acute prostatitis:

- Frequent, difficult urination.
- A burning sensation when urinating.
- Sudden fever chills.
- Pain in the lower back and the area behind the scrotum.
- Blood in the urine.

For chronic prostatitis:

- Frequent, difficult urination.
- Pain in the pelvis and genital area.
- Painful ejaculation or bloody semen.

If allowed to progress, prostate problems can lead to bladder stones, generalized infection or kidney failure. In addition, an enlarged prostate can be a sign of cancer.

PREVENTION

To prevent a recurrence of chronic prostatitis and promote prostate health:

- Take warm sitz baths.
- Drink more water; dehydration stresses the prostate.
- Avoid prolonged bicycle riding, horseback riding or other exercises that irritate the region below the prostate.

NUTRITIONAL SUPPORT

- Take supplements of:
Lycopene, Zinc, Vitamin C, Acidophilus, Selenium, Vitamin B complex, Free Amino acids and Men's Formula™
- Hypnotherapy Support

The Voice Bio System can help determine which nutrient would be of greatest utility. The sound of the human voice is the composite frequency of the human body. All emotions, organs, glands and systems of the human body have their own frequency that resonate to particular nutrients, minerals and vibrations required for their function.