



# PROSTATE CONDITIONS

Inflammation, enlargement or cancer of the prostate gland

## BENIGN PROSTATIC HYPERPLASIA (BPH) OR ENLARGED PROSTATE

BPH can be a normal part of aging for most men and is treatable and not cancerous, though they may cause slight discomfort and mild urinary problems. However, surgery is sometimes an option.

### Symptoms:

- Stinted, interrupted, hesitant or weak urine flow
- Trouble with stopping from urinating
- Dribbling of urine
- Inability to empty the bladder completely
- Strong urge to urinate frequently, especially at night

### DO:

- Limit fluid intake at night to prevent the disruption of sleep.
- Empty bladder as completely as possible.
- Consult a physician about prescribed medication.

### DON'T:

- Don't take cold or allergy pills without the doctor's advice as these may aggravate the symptoms.

## PROSTATITIS

Prostatitis is the inflammation of the prostate gland that is usually caused by bacteria and is not contagious. A backward flow of urine that causes microbes to enter the prostate through the urethra is also to blame. Having BPH and a prior infection of the urinary tract or bladder pose risks as well. In extreme cases, a catheter is used to improve the flow of urine.

### Symptoms:

- Blood in the urine or during ejaculation
- Chills and fever
- Pain in the lower abdominal and scrotal area
- Painful or difficult urination

### DO:

- Seek treatment.
- Get bed rest.
- Drink plenty of fluids.
- Take pain relievers.

### DON'T:

- Don't be afraid to discuss symptoms with a doctor.



Seek advice from your doctor.



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## PROSTATE CANCER

The exact causes of Prostate Cancer are unknown although male hormones and heredity seem to factor in. In advanced stages, removal and radiation therapy are employed.

### Symptoms:

- In the beginning no easily detectible symptoms are exhibited.
- As the tumor grows, symptoms resembling those of BPH begin to manifest themselves.
- Prostate cancer that has spread or metastasized usually exhibits the following: fatigue, back pain, pain in the ribs, hips, shoulders and other bones

### DO:

- Schedule regular prostate exams.
- Eat a low-fat diet rich in vegetables.
- Seek professional medical help.

### DON'T:

- Don't neglect to inform the doctor of any symptoms.

# SINUSITIS OR HAY FEVER

Inflammation of the sinuses

## SINUSITIS

Sinusitis, which causes the sinuses to be blocked, can be caused by either a cold or flu and can be acute or chronic. Also, airborne irritants such as dust, chemicals, smoke and fumes have been found to cause this condition. Smoking also poses a threat, as well as abnormalities such as nasal polyps, unusually narrow openings, and a deviated septum.

### Symptoms:

- Inflamed mucous membranes
- Headaches
- Pressure on the bridge of the nose, cheeks, upper jaw or teeth, especially upon waking up
- Watery eyes
- Swollen eyelids
- Thick, yellowish-green nasal discharge
- Low grade fever and chills
- Loss of sense of smell and taste
- A nasal or scratchy voice quality
- Bad breath in some cases

### DO:

- Wash hands frequently to avoid the risk of introducing irritants into the body.
- Take oral or nasal decongestants as directed by a physician.
- Use a saline spray or cool-mist vaporizer or humidifier to soothe nasal passages.
- Take pain relievers.
- Apply ice packs or heating pads to relieve pain and headaches.
- Take antibiotics prescribed by your doctor.

### DON'T:

- Don't go near people with colds.
- As much as possible, do not touch doorknobs with your hands. Use your elbows instead.