

HEALTH EDUCATION  
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

#### OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

#### OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:  
Ask the Librarian : Free Answers to any Health Questions !!

<http://www.healthlibrary.com/information.htm>

**For More Info: ASK A LIBRARIAN**



#### Health Education Library For People

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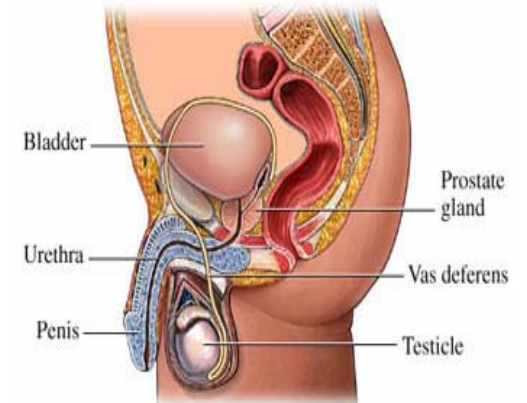
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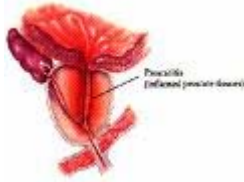


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## Prostate Health



## Understanding Prostate Health



## What is the prostate?

The prostate is a small gland in men. It is part of the male reproductive system.

The prostate is about the size and shape of a walnut. It sits low in the pelvis, below the bladder and just in front of the rectum. The prostate helps make semen, the milky fluid that carries sperm from the testicles through the penis when a man ejaculates.

The prostate surrounds part of the urethra, a tube that carries urine out of the bladder and through the penis.

## How does the prostate change as you get older?

Because the prostate gland tends to grow larger with age, it may squeeze the urethra and cause problems in passing urine. Sometimes men in their 30s and 40s may begin to have these urinary symptoms and need medical attention. For others, symptoms aren't noticed until much later in life. An infection or a tumor can also make the prostate larger. Be sure to tell your doctor if you have any of the urinary symptoms listed below.

Are passing urine more during the day

Have an urgent need to pass urine

Have less urine flow

Feel burning when you pass urine

Need to get up many times during the night to pass urine

## What prostate changes should you be aware of?

Growing older raises your risk of prostate problems. The three most common prostate problems are:

- Inflammation (prostatitis)



- Enlarged prostate (BPH, or benign prostatic hyperplasia)
- Prostate cancer

One change does not lead to another. For example, having prostatitis or an enlarged prostate does not increase your risk of prostate cancer. It is also possible for you to have more than one condition at the same time.

## Most prostate changes are not cancer

## How to take care of your prostate gland?

There are several things that you can do in order to make sure that this gland is working as well as possible. First of all, you should make sure that you are checked on a regular basis so that any prostate problems that occur are caught



early and can be treated. You may also want to watch your diet as many different things that you can eat will affect your prostate as well. It may also be a matter of what you do not eat and do that can affect your prostate health. Things such as smoking, drinking coffee, eating sugar and not getting enough exercise can all have a negative effect on the prostate as well as the rest of your bodily health.

Take care of your prostate gland as it is very important to your overall health and well-being. Since this is an area of the male body that often experiences problems, make sure that you are aware of what you can do to safeguard it and keep an eye out for some of the symptoms which may suggest prostate problems and if you have any concerns consult your doctor.

