A nonsurgical treatment, called transurethral microwave antenna (TUMA), applies heat directly to the prostate gland to help destroy the hypertrophied tissue. Prostatic balloons and stents may be placed to ease urinary obstruction.

**Prostatitis**

Prostatitis is inflammation of the prostate gland. It commonly occurs in young and middle-aged men. Prostatitis can be an acute inflammation or a chronic nonbacterial disease. *Escherichia coli* and other organisms that ascend the urethra and spread to the prostate often cause acute prostatitis. Nonbacterial prostatitis may be a result of viruses, chlamydiae, mycoplasmas, or an unknown cause. It may also be caused by an autoimmune disease or a sexually transmitted infection.

**Manifestations**

Signs and symptoms of prostatitis include fever, chills, frequency, and nocturia. The client complains of back pain, dysuria, urgency, and obstruction. Pain after ejaculation may also occur.

**Diagnosis**

Diagnostic tests for prostatitis include CBC and urinalysis. Urine cultures are done to determine the causative organism. Prostatic secretions are also tested. DRE is performed.

**Treatment**

Prostatitis caused by bacteria is treated with antibiotics. For severe infections, the treatment can last from weeks to months. Nonbacterial prostatitis is treated symptomatically. To eliminate prostate gland congestion, frequent ejaculation is suggested. Anti-inflammatory medications are ordered for pain. Anticholinergic medications may be given to reduce voiding difficulties. Stool softeners and sitz baths may be ordered to decrease pain and irritation caused by urination and defecation.

**Prostate Cancer**

Prostate cancer is the second leading cause of death after lung cancer. Factors that contribute to the development of prostate cancer are age, family history, high-fat diet, occupational chemical exposure, and increased testosterone levels. There is a high incidence of prostate cancer among African American men (Box 30-8). Early diagnosis and intervention increase survival rates. Prostate tumors are typically adenocarcinomas that enlarge and then compress the urethra, causing voiding difficulties. Prostate cancer may spread to the seminal vesicles, bladder, pelvic lymph nodes, and bones.

**BOX 30-8  CULTURAL PULSE POINTS**

**URINARY OR MALE REPRODUCTIVE SYSTEM DISORDERS**

African American males have a higher incidence of prostate cancer than any other race. They are also more likely to die from prostate cancer. Their mortality rate is more than double that of any other racial or ethnic group. Education about prevention and screening procedures is particularly important in the African American community, especially with young adult males. This age group does not routinely see a health care provider unless ill or injured.

Because of the high incidence of prostate cancer, it is recommended that all African American males have a yearly digital rectal examination and a prostate-specific antigen screening after the age of 40.