

URETHRA

The tube that passes urine out of the penis.

EPIDIDYMIS

Located at the top of the testicles, the epididymis is a thin-walled tube that carries sperm from the testicles to the vas deferens.

VAS DEFERENS

The tube that carries sperm from the testicles to the prostate before ejaculation.

PROSTATE

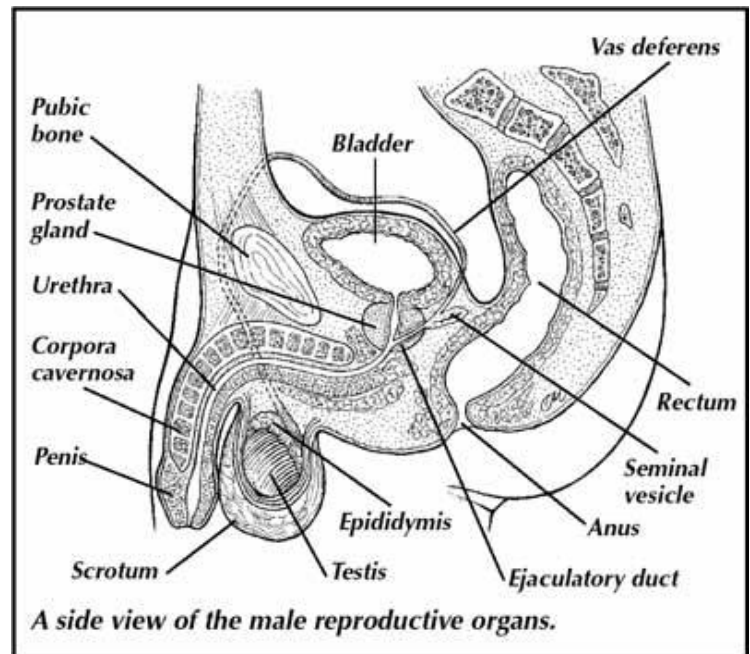
A walnut sized gland located at the base of the bladder that aids in semen production.

TESTES

Located behind the penis, the testes (or testicles) are the male sex glands. The testes produce and store sperm and are the body's main source of testosterone.

SCROTUM

A pouch of skin which contains the testes and epididymides. The scrotum helps regulate the temperature of the testicles for proper sperm production.



URETHRITIS

Inflammation or infection of the urethra.

SIGNS AND SYMPTOMS

- Pain or burning during urination.
- Discharge from the penis.

CAUSES

- Typically sexually transmitted.
- Less commonly other non-infectious conditions.
- Chemical irritants

MEDICATIONS & TREATMENT

- Your physician may prescribe an antibiotic.
- Refer your partner for treatment and abstain from sexual contact until you have both finished your full course of antibiotics and are no longer experiencing symptoms.

↳ Unless your doctor tells you differently, always finish the full course of your antibiotic prescription, even if you start to feel better.

SEEK MEDICAL ATTENTION IF

- You develop a rash.
- You experience any new or unexplained symptoms, such as fever, eye pain or irritation, joint pain or swelling.
- Your experience increased pain or swelling.
- The penile discharge continues despite treatment.

BALANITIS

Inflammation or infection of the skin overlaying the tip of the penis. Balanitis occurs most commonly in uncircumcised men.

SIGNS AND SYMPTOMS

- Rash, redness and irritation of the foreskin or at the head of the penis.

CAUSES

- Most commonly caused by yeast.
- Less commonly by bacteria or other causes.

TREATMENT

- Keep the area clean and dry. Use soap and water 2-3 times a day paying close attention to the area under the foreskin.
- When yeast is suspected, a topical antifungal medication may be prescribed.

SEEK MEDICAL ATTENTION IF

- Your experience increased pain or swelling.
- Symptoms worsen or do not improve with treatment.
- You experience any new or unexplained symptoms.

EPIDIDYMITIS AND ORCHITIS

Inflammation or infection of the epididymis (epididymitis) and/or the testicles (orchitis). This condition most commonly affects men between 19 and 35 years of age.

SIGNS AND SYMPTOMS

- Pain, heat, redness and swelling at the top of one, or sometimes both, testicles.
- Pain or burning during urination.
- Fever and chills.
- Discharge from the penis (rarely).

CAUSES

- Infection in the urinary tract or the prostate.
- Sexually transmitted diseases (STDs).
- Heavy lifting may cause urine to reflex up the tubes causing inflammation.

EXPECTED OUTCOMES

Usually curable with treatment. Pain often goes away in 1 to 3 days. Complete healing may take several weeks.

POSSIBLE COMPLICATIONS

- May result in sterility if untreated
- The disorder may become chronic
- Abscess or infection of the testicles, scrotum
- Rarely further spread of infection

TREATMENT

The goal of treatment is to cure the infection and reduce pain and swelling. Treatment can usually be done at home with rest, medication and self-care.

- Support the weight of the scrotum. Roll a soft bath towel and place it between the legs, under the inflamed area.
- Apply an ice bag (wrapped in a cloth) to the inflamed parts to help reduce swelling and relieve pain. Do this for 10 to 15 minutes at a time, several times a day. Do not apply heat.
- Wear an athletic supporter or 2 pairs of athletic briefs when you return to normal activity. Avoid boxers and loose briefs.
- Do not engage in sexual intercourse. Wait at least 1 month (or as advised) after all symptoms disappear before resuming sexual activity. Especially if thought to be related to an STD.
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MEDICATIONS

- Antibiotics may be prescribed.
- Prescription pain relievers may be prescribed for more severe pain.
- Stool softeners may be used to prevent constipation.

↳ Unless your doctor tells you differently, always finish the full course of your antibiotic and/or steroid prescription, even if you start to feel better.

SEEK MEDICAL ATTENTION IF

- Pain is not relieved by treatment.
- You develop fever and chills.
- You experience severe scrotal pain, swelling.
- You develop urinary pain or a discharge.

PROSTATITIS

Inflammation or infection of the prostate. Inflammation cause swelling of the prostate. Symptoms occur when the swollen prostate presses against the urethra.

SIGNS AND SYMPTOMS

- Urinary frequency, urgency, painful urination.
- Difficulty starting or stopping the flow of urine.
- Pain between the scrotum and anus.
- Low back pain.
- Fever, chills and body aches.
- Erectile dysfunction.

CAUSES

- Bacterial types may be acute or chronic and are caused by a bacterial infection, sometimes an STD.
- It is not clear what causes non-bacterial types, but it is neither infections nor contagious and does not cause cancer.

RISK INCREASES WITH

- Urinary tract infection or STD.
- Diabetes or a weakened immune system.
- Use of a urinary catheter.
- Previous episodes of prostatitis.

EXPECTED OUTCOMES

Outcome is generally good for bacterial prostatitis. Treatment may take weeks or longer and different medications may be tried. Other types are more difficult to treat, and the outcomes will vary.

POSSIBLE COMPLICATIONS

- Prostatitis often recurs or becomes chronic.
- Bladder obstruction and urinary retention.
- Urinary-tract infection, abscess or further spread on infection.

MEDICATIONS

- Antibiotics may be prescribed for bacterial infections. It is important to finish the complete course of antibiotics, even if you feel better.
- Use ibuprofen or naproxen for mild pain and fever.
- Prescription pain relievers may be prescribed for more severe pain.
- Medications to help improve bladder or prostate function.
- Stool softeners to avoid constipation.
- Use of an inflatable donut cushion for sitting.

↳ Unless your doctor tells you differently, always finish the full course of your antibiotic prescription, even if you start to feel better.

SEEK MEDICAL ATTENTION IF

- You develop a fever and chills.
- Vomiting.
- Experience increased pain.
- Become unable to pass urine.

CYSTITIS

Infection of the bladder or “lower urinary tract”. Commonly referred to as a UTI or Urinary Tract Infection.

SIGNS AND SYMPTOMS

- Pain or burning during urination.
- Lower abdominal pressure.
- Blood in the urine.
- Urinary frequency or urgency.

CAUSES

- May be sexually transmitted in younger patients
- May be related to enlarged prostate in older patients

- Less commonly other non-infectious conditions.

TREATMENT & MEDICATIONS

- Your physician may prescribe an antibiotic.
- Medication such as pyridium to help relieve associated symptoms.
- It is unusual for men to get a simple UTI, so treatment may also include cultures or referral to a urologist for follow-up care.
- Complications may include spread of the infection to the upper urinary tract or other parts of the body.

Your doctor also recommends the following over-the-counter medications. These medications may offer significant symptom relief:

- ☐ For mild pain and discomfort use acetaminophen or ibuprofen.
- ↪ Unless your doctor tells you differently, always finish the full course of your antibiotic steroid prescription, even if you start to feel better.

SEEK MEDICAL ATTENTION IF

- Vomiting.
- You develop a fever and chills.
- You develop back pain.
- Your symptoms do not improve despite treatment.
- You experience any new symptoms.