**The different disorders of the prostrate gland**:it is an apricot-sized,muscular gland that produces some of the ingredients of semen.it sits just in front of the rectum below the bladder. It secrets a fluid that keeps the Sperm alive while protecting them and the genetic code they carry.

**Disorders that affect the prostrate are classified as:**

1) Inflammatory conditions (prostatitis)

2)Neoplasticism conditions:

Benign

Malignant

**Prostatitis**

This is an inflammation of prostrate that may be caused by a bacterial infection. This disease may affect men of any age and can occur in any prostate whether small or enlarged but is it more common in younger men between age 30 and 50 years.

Types of prostatitis include the following:

. Chronic prostatitis atitis is the most common type. it’s cause is often unknown.

. Acute bacterial prostatitis is caused by a bacterial infection. It appears suddenly with sever symptoms.

. A bacterial infection also causes chronic bacterial prostatitis. It develops more slowly than acute bacterial prostatitis and it’s symptoms tend to be milder but recurring.

. Asymptomatic inflammatory prostatitis does not cause noticeable symptoms.

**Causes of Prostatitis**

Different types of bacteria can cause prostatitis. One common cause among men over the age of 35 is Escherichia coli Sexually transmitted infections(STIs), including gonorrhea and chlamydia can also cause bacterial prostatitis.

An injury to your prostate gland can cause prostatitis. A disorder of your nervous system or immune system can also cause it. In many cases the cause of chronic prostatitis is unknown.

**Treatment of prostatitis**

1) **Antibiotics**.Taking antibiotics is the most commonly prescribed treatment for prostatitis. The medication is based on the type of bacteria that might be causing your infection.If you have sever symptoms,you might need intravenous(IV)antibiotics.

2) **Alpha blockers**.This medication helps relax the bladder neck and muscle fibers where your Prostate joins your bladder this treatment might ease symptoms such as painful urination

3)**Anti-inflammatory agents.**

Nonsterodial Anti-inflammatory drugs(NSAIDs)might make you more comfortable.

4) **Other medicine to relief pain**: Medicine used for I her conditions can also be used to treat prostatitis pain. You might be offered anti-depressant )such as amitriptyline)to treat-long term prostatitis pain.

**Benign Prostratic Hyperplasia (BPH)-also called prostrate gland enlargement**

It is a non cancerous enlargement of the prostate gland that affects approximately 50% of all men before the age of 50 and greater than 75% of men over the age of 60 it occurs when the cells of the prostate gland begin to multiply. These additional glands cause your prostate gland to swell, which squeezes the urethra and limits the flow of urine.

Common signs and symptoms of BPH include:

.Frequent or urgent need to urinate.

. Increased frequency of urination at night (nocturne).

. Difficulty starting urination.

. Weak urine stream or a stream that stops and starts.

. Dribbling at the end of urination.

. Inability to completely empty the bladder.

**BPH causes**

BPH is considered a normal condition of male agin, and many men older than 80 years have BPH symptoms. Although the exact cause is unknown, smoking, elevated eostrogen leveled, western diet may be factors.

**Theuraputic interventions for BPH**

There are several medications such as alpha-1 blockers, hormone reduction medications and antibiotics that can help to both treat the symptoms of BPH and BPH itself.

Alpha-1 Blockers

Alpha-1 blockers are medication that helps relax the muscles of the bladder and prostate and make it easier for urine to flow. Examples of alpha-1 blockers include:

. doxazosin

. prazosin

. alfuzosin

. terazosin

. tamsulosin

**Hormone and reduction medications**

Medications that reduce the level of hormones produced by the prostate gland such as disaster use and fin asteroids are commonly prescribed. These are two medications that lower the levels of testosterone. Sometimes lowering the hormone level will make the prostate get smaller and improve the urine flow.

**Surgery for BPH**

There are many type of surgical procedures that can treat BPH when medications are not effective**.**

. Transurethral reduction of the prostate (TURP): It is the most commonly use medical treatment for BPH a small instrument is inserted through your urethra into prostate. The prostate is then removed piece by piece.

Simple prostatectomy: An incision in your abdomen or prenium which is the area behind your scrotum is made, then the inner part of the prostate is removed, leaving the outer part. After this procedure you may have to stay in the hospital for up to 10 days.

. Transurethral incision of the prostate (TUIP): This is similar to TURP, but your prostate isn’t removed. Instead, a small invision is made in your prostate that will enlarge your bladder outlet and urethra. The incision allow urine to flow more freely.

**Prostate cancer**

Prostate cancer is the second leading cause of cancer death among men. Usually prostate cancer grows slowly and is initially confined to the prostate gland, where is may not cause serious harm, however early detection often leads to the effective treatment of prostate cancer.

**Cause of prostate cancer**

It is not clear what cause prostate cancer.

Prostate cancer begins when some cells in your prostate become abnormal. Mutations in the abnormal cells’DNA causes the cell to grow and divide more rapidly than normal cells do. The abnormal cells contain living, when normal cells would die.

Management approach’s for prostate cancer includes:

. Active surveillance.

. Surgery- for example prostatectomy( removal of prostate).

. Radiotherapy.

. Ablative treatments such as high-intensity focused ultra sound( HIFU).

. Hormone treatment ( androgen deprivation therapy).

. Chemotherapy.

**Nursing care for prostate cancer:**

. Involve patient in diversional therapy to reduce anxiety and relief discomfort.

. Monitor intake and output.

. Monitor patients vital signs.

. Administer diuretic agents as prescribed.

. Educate patients on disease condition.

**Health Education**

. The nurse educated the patients about carrying out perineal exercise to gain full urinary control.

. The nurse educate the patient about avoiding long motor trips and strenuous exercise, which increases the tendency to bleed.

. The nurse educated the patient about activities that produces valsalva effects (strainin, heavy lifting) because they may increase venous pressure and produce hematuria.

. He should drink enough fluids to avoid dehydration which increases the tendency for blood clot to form and obstruct the flow of urine.

**Nursing care for BPH**

. Preparation of patient for surgery if needed.

. Administration of medication for pain and reliving urinary retention.

**Health Education**

. The nurse educated the patient on avoiding alcohol or drinks containing caffeine which will irritate the bladder.

. The nurse educates the patient to avoid the bladder getting too full.

. The nurse educates the patient on importance of completing his medications.

**Nursing care for prostatitis.**

**.** Administration of prescribed and provision of comfort measure including prescribed analgesic agents and sitz baths.

. The nurse need to educate the patient about importance of continuing antibiotic therapy and recognizing recurrent signs and symptoms of prostatitis.

**Health Education**

. Importance of completing the prescribed course of antibiotic therapy.

. To avoid food and drinks with diuretic action or that increases prostate secretion such as alcohol, coffee tea and chocolate.