

ETERNAL HEALTH

CONDITION OF THE WEEK

Chronic Prostatitis - Affecting All Men

This is a condition that affects men of all ages. Over 50% of men have had problems with their prostate at some time of their lives. Aside from the discomfort, what's most debilitating is the constant desire to urinate, especially at night. Discovering the cause remains elusive but a number of possibilities have dominated research findings.

Possible Causes of Chronic Prostatitis

- Bacterial infections with the kinds of bugs that cause sexually transmitted diseases such as Chlamydia, trichomonas and herpes. Bacteria located in the bowel such as E coli and a bacterium located as far away as the stomach called helicobacter pylori have also been implicated but more the most part when doctors investigate prostatitis they won't find any causative organism.
- Hormone imbalances-as men get older oestrogen levels rise while those of testosterone diminish. Research on rats has found that elevated oestrogen and low testosterone can lead to inflammation of the prostate similar to the inflammation found in men with prostatitis.
- Autoimmune disease-the immune system usually designed to defend the body inadvertently attacks the prostate. The reason for this has yet to be defined. There are a host of events which could trigger the immune system to attack the self including food allergies, heavy metal toxins, stress, hormonal imbalance, nutrient deficiencies and the overgrowth of yeasts otherwise known as candidiasis. All of these would need to be investigated by a health practitioner and none have actually been connected in any research to date with prostatitis, although one author does hint at the connection between candidiasis and prostatitis.

Treating Prostatitis

Many men are less than enthusiastic about conventional medical treatments involving either drugs or surgery. Here are the other options.

Natural Remedies

- Clinical trials have demonstrated that taking quercetin 500mg twice daily, a vitamin like substance, combined with bromelain and papain, which are digestive enzymes, for one month lead to an improvement in symptoms. A German study has shown that taking a pollen extract 60mg twice daily for 12weeks reduced discomfort but not the need to urinate. The combination of the herb saw palmetto with lycopene and selenium reduced symptoms of prostatitis by 50% over an 8 week period.
- Experiments on rats have shown that high dose polyphenols found in substances like green tea, resveratrol or red grape skin extract and coffee can diminish oestrogen's inflammatory effects on the prostate but these have yet to be replicated in human studies.
- Scientists have found that administering both testosterone and dihydrotestosterone, the stronger form of the male hormone, can reduce oestrogen's harmful effects on the prostate. The authors caution that in translating this into treatments for men, while mitigating the effects of oestrogen, both testosterone and dihydrotestosterone have stimulatory effects on the prostate with adverse consequences.
- In rats, curcumin lowers inflammation which might help to manage prostatitis.

My position is that treating candidiasis, if it exists, with a yeast and sugar-free diet, high doses of probiotics like acidophilus and bifidus and herbal remedies like pau d'arco and cats claw, together with the medication diflucan for at least 2 months, while boosting testosterone if levels are low, might be beneficial. However, this is highly experimental and not a guaranteed cure.