Treatment of Prostatitis / Chronic Pelvic Pain Syndrome (CPPS)

The following 8 week treatment course is designed to reduce pain pressure and discomfort, improve urinary symptoms, relieve associated emotional distress, and increase overall health. After the 8 weeks are completed, progress will be assessed, and further treatment courses will be recommended if necessary.

8 Week Treatment Plan & Recommendations

- **Acupuncture**: 12 treatments recommended in an 8 week time frame. Moxibustion and electro-acupuncture are often included to increase treatment effect.
- **Chinese herbal medicine**: customized powder concentrates made into a tea or tablets are consumed daily for a 2-6 month course.
- **Supplementation**: Saw palmetto - 300mg/day, *Lycopene - 4mg/day, *Selenium - 100mcg/day. In combo have shown effectiveness in treating CPPS and urinary flow when taken for at least 8 weeks. EPA Fish oil Omega 3 - 1000mg of EPA per day. Reduce inflammation, cholesterol, BP, and help balance hormones.
- **Urological assessment**: It is recommended to rule out all physical possibilities from a medical specialist (urologist). Get a referral from your doctor today.
- **Ejaculate**: regularly (at least once every 3 days).
- **Local heat application**: baths (sitz or regular).
- **Bike Riding**: reduce or eliminate.
- **Pelvic floor muscle exercises and relaxation**: Qigong microcirculation.
- **Alcohol & coffee**: eliminate.
- **Sleep**: get enough, this is very important.
- **Greasy, spicy, and raw food**: reduce and particularly spicy should be eliminated.
- **Gluten & dairy**: experiment with elimination of each as this might hold a key to improved quality of life.
- **Mental-emotional**: if affecting please consider counselling or coaching.
- **Pigeon Pose**: to help release tight piriformis muscles and free the pelvis (instructions).
- **Hip rotator & gluteus ball rolling**: to release tight hip and gluteus muscles (instructions).
- **Naturopathic/Homeopathic remedies**: (Dr Dayal)
- **Toxins**: avoid toxins in your environment that are known to disrupt hormonal balance, cause inflammation, and affect health overall.
- **Stress management**: create a detailed list of stressors in your life, include everything both significant and minute, find solutions to reducing its affect on your health.

Treatment is aimed at symptom reduction and management to restore quality of life. Curative
effect is sometimes seen but most often this condition requires deep exploration of what combination of recommendations above offer the greatest relief, and implementation long term is necessary. It is also common for prostititis / CPPS symptoms to come and go. From a Chinese medical perspective it is best to treat the man when the disease is in remission (no symptoms) in an attempt to lengthen this period. Treating the root causes and strengthening the body-mind to reduce frequency of occurrence.

The most recent scientific research claims that chronic non-bacterial prostatitis has unknown etiology (the cause is not known). Despite this medical view, prostatitis / CPPS often begins after an unprotected sexual encounter - so a transfer of something adversely affecting the male reproductive tract seems likely. This condition is most often classified together with chronic pelvic pain syndrome (CPPS) due to its common symptoms of pain, pressure and discomfort of the testicles, epididymis, spermatic cord, prostate, and urethra. Sometimes pain is worse after ejaculation, can be accompanied by low back pain, frequent painful or burning urination, and an unfinished feeling after urination. There also seems to be more of a feeling of ?cold? (rather than ?heat? which would be associated with the infectious bacterial prostatitis).

There is usually no history of urinary tract infections (as in bacterial prostatitis), no redness, and patients do not obtain symptomatic relief with antibiotics (although rarely there is some relief). Urologists will sometimes prescribe anti-inflammatory medications (NSAID) such as ibuprofen or naproxen, and medications for nerve pain such as Lyrica.

It should also be noted that emotional problems such as depression and anxiety that accompany this condition may cause sexual dysfunction, and worsen especially if the sexual partner is not supportive.

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Dear Dr. Pentland, Just wanted to give you a quick update as I've not been in for a while after being in pretty consistently over the past few months. My internal symptoms have reduced dramatically, a combo between acu, herbal medicine, naturopath, diet and time has helped this. I've begun some counseling and will see a pelvic physio my brother recommended next week to help with residual tightness in my core. I don't think I'll be coming in for acu any more unless internal symptoms flare up again. I want to thank you for your great care over these past few months. They were difficult as you know and your understanding helped a great deal. All the best and I hope I don't have to see you again for this (no offence!) But will speak highly of you to others who could use any of your services.

I have been seeing Dr. Pentland for about 2 months now for my diagnoses of prostatitis. He is knowledgeable and supportive throughout the treatments. Based on his treatment plan my symptoms has gotten a lot better and will continue on his plan after my acupuncture treatments. If you are having the same diagnoses as I am and going through a urologist, but the symptoms are not getting any better, i would recommend coming to see Dr. Pentland.