AgelessCoach™
AGE STRONG. LIVE LONG.

Prostatitis: The Four Types, and What Each One Needs

The four types in plain words, why the most common one is not an infection, and what to ask before you accept another antibiotic.

✓ **Verified against published guidance** from NIDDK, Cleveland Clinic & Johns Hopkins Medicine · sources below

Go to urgent care or an emergency room if you have fever and chills with severe pain, or if you cannot pass urine at all. NIDDK describes acute bacterial prostatitis as starting suddenly with severe symptoms, and says severe cases may need a hospital stay for intravenous fluids and antibiotics. That one is a true emergency. The other three are not.

✓ Do This

Ask Which of the Four You Have

- NIDDK names exactly four types
- Only two of them are bacterial
- The label decides the treatment

COACH'S TIP Write the type down before you leave.

Ask for a Urine Test First

- A culture looks for actual bacteria
- No bacteria means no infection
- That result changes the whole plan

COACH'S TIP Antibiotics without a culture is guessing.

Finish a Real Bacterial Course

- Acute: oral antibiotics at least 2 weeks
- Chronic bacterial can run 6 to 8 weeks
- Stopping early invites the return

COACH'S TIP NIDDK gives both windows plainly.

Expect Symptoms to Come and Go

- Johns Hopkins says they return without warning
- Providers do not know why
- A bad week is not a failed plan

COACH'S TIP Manage it. Do not wait to be cured.

Track What Makes It Worse

- Note sitting time, stress and drinks
- Bring two weeks of notes
- Patterns are the useful data

COACH'S TIP You are the only one who can collect this.

Bring a Written Symptom List

- Pain location, urination, timing
- Rate each one out of ten
- Note what you already tried

COACH'S TIP Cleveland Clinic starts from your history.

✗ Do Not

Do Not Assume It Is an Infection

- The most common type is not bacterial
- NIDDK calls its exact cause unknown
- Most men here never had an infection

COACH'S TIP This is the single biggest misread.

Do Not Accept a Third Antibiotic Course Quietly

- NIDDK: antibiotics will not help nonbacterial
- One trial course while ruling out is normal
- Repeat rounds after a clean culture are not

COACH'S TIP Ask what the last culture actually showed.

Do Not Confuse It With Prostate Cancer

- Johns Hopkins says plainly: it is not cancer
- Different condition, different workup
- Ask if your PSA was affected

COACH'S TIP Prostatitis can raise PSA. Say so.

Do Not Expect a One Visit Cure

- Johns Hopkins says there is no cure
- Symptoms are managed, not erased
- Plan in months, not days

COACH'S TIP Honest expectations prevent doctor hopping.

Do Not Rule It Out Because You Are Young

- NIDDK: the most common urinary problem under 50
- Acute bacterial happens at any age
- Age is not a filter here

COACH'S TIP This is not only an older man's problem.

Do Not Ignore Fever With the Pain

- Fever and chills point to acute bacterial
- That type starts suddenly and hits hard
- It needs treatment right away

COACH'S TIP Fever is the line between wait and go.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

No. 1	Most common urinary tract problem for men younger than 50 (NIDDK)
4	Types of prostatitis identified by scientists (NIDDK)
2 wks	Minimum oral antibiotic course for acute bacterial prostatitis (NIDDK)

Sources: NIDDK (Prostatitis: Inflammation of the Prostate) · Cleveland Clinic (Prostatitis) · Johns Hopkins Medicine (Prostatitis).
Educational content, not medical advice. Talk with your doctor.