

## **What is the Prostate?**

The prostate is a walnut-sized gland that forms part of the male reproductive system. It is located under a man's bladder and wraps around his urethra. The urethra is the tube that carries urine from the bladder through the penis to the outside of the body.

One of the main functions of the prostate is to squeeze fluid into the urethra as sperm moves through during sexual climax. The prostate is also the nerve center of a man's sexuality. Unreleased emotions of this nature, stored in the prostate, can cause a series of problems. It is also common for the prostate gland to become enlarged as a man ages, which may lead to discomfort.

### **Elderly man with prostate problems may encounter any of the below symptoms:**

- A weak or interrupted stream of urination.
- White secretions during urination, especially in the morning.
- A painful and burning sensation during urination.
- Frequent night-time urination.
- Pain under the testis and extended to the anus.
- Pain in the penis and the testis.
- Early ejaculation during sex (premature ejaculation).
- Loss of sexual desire and potency.