

# Post-Orgasmic Illness Syndrome, Prostatitis, Perineal and Penile Pain, and Spermatorrhoea

---

## Understanding and Managing Male Reproductive Health Issues

---

### Overview

Post-Orgasmic Illness Syndrome (POIS), prostatitis, perineal and penile pain, and spermatorrhoea (involuntary semen discharge) are conditions that can significantly impact male reproductive health. This brochure provides information on the symptoms, causes, diagnosis, and treatment options for these conditions, including the role of high-pressure voiding and urodynamics in prostatitis and POIS.

---

### Symptoms

#### Post-Orgasmic Illness Syndrome (POIS)

- Flu-like symptoms after ejaculation (fatigue, muscle pain, fever)
- Cognitive difficulties (brain fog, memory issues)
- Irritability and mood changes

#### Prostatitis

- Pain in the perineum, penis, or lower back
- Difficulty urinating or painful urination
- Frequent urge to urinate
- High-pressure voiding (straining to urinate)

#### Perineal and Penile Pain

- Persistent or intermittent pain in the perineum or penis
- Pain during or after ejaculation
- Discomfort during sexual activity or urination

#### Spermatorrhoea (involuntary semen discharge)

- Involuntary ejaculation without sexual arousal or orgasm
  - Occurs frequently, often during sleep
- 

### Causes

#### Post-Orgasmic Illness Syndrome (POIS)

- Immune system reaction to semen
- Hormonal imbalances
- Psychological factors

## Prostatitis

- Bacterial infection
- Inflammation of the prostate gland
- High-pressure voiding causing strain on the prostate

## Perineal and Penile Pain

- Infections
- Inflammation or injury
- Chronic pelvic pain syndrome (CPPS)

## Spermatorrhoea (involuntary semen discharge)

- Overactive prostate gland
- Excessive sexual activity or masturbation
- Psychological stress

---

## Diagnosis

### Role of High-Pressure Voiding and Urodynamics

- **High-Pressure Voiding:** Straining to urinate can put pressure on the prostate, leading to inflammation and symptoms of prostatitis and POIS.
- **Urodynamics:** Tests that assess the function of the bladder and urethra, helping to identify issues with voiding and urinary flow.

---

## Treatment Options

### Anti-Inflammatory Medications

- Reduce inflammation in the prostate and surrounding tissues
- Alleviate pain and discomfort

### Alpha Blockers

- Relax the muscles in the prostate and bladder neck
- Improve urine flow and reduce high-pressure voiding

### Herbal and Nutraceuticals

- Natural supplements to reduce prostate size and improve symptoms
- Examples include saw palmetto, beta-sitosterol, and pygeum

### Shock Wave Therapy

- Uses low-intensity shock waves to promote tissue repair and reduce pain

- Non-invasive and effective for chronic pelvic pain and prostatitis
- 

## Self-Assessment Questionnaire for Male Reproductive Health

Please answer the following questions to assess your symptoms related to post-orgasmic illness syndrome, prostatitis, perineal and penile pain, and spermatorrhoea (involuntary semen discharge). This questionnaire is designed to help identify potential issues and guide you in seeking appropriate medical advice.

### Post-Orgasmic Illness Syndrome (POIS)

1. Do you experience flu-like symptoms after ejaculation?
  - Never
  - Occasionally
  - Frequently
  - Always
2. Do you have cognitive difficulties (e.g., brain fog, memory issues) after ejaculation?
  - Never
  - Occasionally
  - Frequently
  - Always

### Prostatitis

3. Do you experience pain in the perineum, penis, or lower back?
  - Never
  - Occasionally
  - Frequently
  - Always
4. Do you have difficulty or pain while urinating?
  - Never
  - Occasionally
  - Frequently
  - Always
5. Do you strain or experience high pressure when urinating?
  - Never
  - Occasionally
  - Frequently
  - Always

### Perineal and Penile Pain

6. Do you experience persistent or intermittent pain in the perineum or penis?
  - Never
  - Occasionally
  - Frequently
  - Always
7. Do you have pain during or after ejaculation?
  - Never
  - Occasionally

- Frequently
- Always

### Spermatorrhoea (involuntary semen discharge)

#### 8. Do you have involuntary ejaculation without sexual arousal or orgasm?

- Never
- Occasionally
- Frequently
- Always

---

#### Scoring:

- Each "Always" response counts as 3 points.
- Each "Frequently" response counts as 2 points.
- Each "Occasionally" response counts as 1 point.
- Each "Never" response counts as 0 points.

---

#### Interpretation:

- **0-5 Points:** Mild symptoms; consider monitoring or discussing with a healthcare provider.
- **6-10 Points:** Moderate symptoms; consultation with a healthcare provider recommended.
- **11 or more Points:** Severe symptoms; prompt medical evaluation advised.

**If you have scored 6 or more points or have concerns about your reproductive health, it is recommended to seek medical advice. You can schedule a free counselling with the Ankur Urja team member, who can provide insights into the next steps.**

---

#### Next Steps

If you have any concerns about your reproductive health based on this questionnaire, we recommend scheduling a free counselling with the Ankur Urja team. Early intervention and treatment can help ensure optimal reproductive health and well-being.

#### Contact Us:

**Take control of your reproductive health today. Don't wait—seek advice and explore effective treatments to improve your quality of life.**