

Below the Belt:

Pain Men Shouldn't Ignore

Gentlemen, pain below the belt should never be ignored. Here are a few things you should keep in mind if you experience pain in the **pelvic** or **groin** area.



Painful Urination

Symptoms:

You feel pain or a burning sensation when urinating. You may also have frequent urges to urinate without results.

What it could be:

You may have a urinary tract infection (UTI), enlarged prostate or an early sign of bladder cancer.

What you should do:

Schedule an appointment with your doctor or urologist. You may need antibiotics to treat the infection. Because UTIs are not common in men, you may be advised to have other tests to determine if something else is causing the UTI.

Pain in the Pelvic Area

Symptoms:

You have a hard time urinating, have pain in the pelvic area and feel like you have flu-like symptoms.

What it could be:

Prostatitis, which is an inflammation or infection of the prostate gland.

What you should do:

Make an appointment to see your health care provider. Prostatitis may get better on its own, but if it is caused by a bacterial infection, you may need antibiotics.

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Sudden Testicular Pain

Symptoms:

Imagine the pain that comes with a sharp kick to the groin. It feels much more than just a dull ache and because of it, you may have a hard time talking or walking. It could also include swelling of the scrotum.

What it could be:

Testicular torsion. This condition is when the flow of blood to a testicle gets cut off because the cord that connects the testicles to the body becomes twisted.

What you should do:

Get to a doctor right away. If you do have testicular torsion, it's an emergency because the testicle will become damaged without proper blood flow.