

Pelvic Pain

An important part of managing pelvic pain involves non-medical approaches. This info sheet is a guide to: **Self management and lifestyle changes**

Fluids:

Adequate fluid intake and avoidance of alcohol, fizzy drinks and caffeine reduce the risk of bladder irritation, which can exacerbate urinary symptoms

Diet:

Some men find certain foods - for example acidic food (eg citrus fruits) and spicy foods can trigger symptoms. It is helpful to recognise and avoid these.

Posture:

Sitting for long periods can increase pain - this is best avoided or use a soft or inflatable cushion. A standing desk can be useful. You should also avoid activities that put pressure on the perineum, such as cycling, (split seats or gel seats are an alternative).

Temperature:

Cold seems to aggravate symptoms while it has been reported often heat brings relief. Warm baths for example may provide temporary relief.

Bowel care:

Defecation requires relaxation and coordination of the pelvic floor muscles and anal sphincters. **CPPS** (Pelvic pain) can cause pain and difficulty leading to constipation. If you experience pain or discomfort when moving your bowels, you should take measures to avoid constipation. This can be avoided by a good fluid intake and increasing your dietary fibre or by using a soluble fibre as a supplement. (eg. Metamucil)

Exercise:

Brisk walking, jogging, running, playing sports or yoga may increase wellbeing and reduce symptoms

Stress relief:

Stress can exacerbate symptoms so you should try to avoid stressful situations and learn to manage stress. Mindfulness programmes and yoga or pilates may be helpful.

Some useful online resources

www.prostatecanceruk.org (search prostatitis)

www.nhs.uk