**Why Is The Treatment Of Chronic Prostatitis A Long Game?**

Sticking to your treatment plan is a platitude that you can receive from your doctors. In reality, many patients may stop taking the pills after they feel better. But that's not a wise option. Feeling better doesn't mean you are completely cured, which can be demonstrated in treating chronic prostatitis.

Treating chronic prostatitis for several months is common, but sometimes it's not enough. Adherence to treatment is the golden rule in getting rid of the disease, which means you may need a few years or decades. We should know that the chronic prostatitis is usually caused by bad living habits that have been developed for many years. It seems to be impossible to cure it merely in a short time.

The prostate gland is in a special position of your body and plays an important role in the male genitourinary system. So it's meant to be a long game to fight against chronic prostatitis.

Patients shouldn't give up the treatment after their symptoms have been improved to some extent. In fact, medication may be adjusted as the disease changes. Patients may get low doses of medication in the next stage, which is also important and can't be overlooked. Stopping the treatment may unwittingly aggravate the disease.

Sometimes, due to the patient's constitution and other reasons, the medication may make no difference. Thus the patient may question the doctor's prescription and stop taking medicine. It's not desirable. Differences in the human body are an important factor in response to medication. Patients shouldn't blindly make decisions based on temporary physical reactions.

Stopping your treatment is a waste of your effort. It may result in a relapse of prostatitis and cause drug resistance, both of which will make it difficult for the patient to be cured again. Treating chronic prostatitis is always a constant battle. Patients can take Diuretic and Anti-inflammatory Pill to recuperate the body slowly. It can kill all kinds of inflammatory bacteria without developing drug resistance. Insisting on taking it is helpful for the treatment of chronic prostatitis.

In addition to treatment, the constant battle also involves the patient's living habits. Develop good habits and stick to them, then you can keep your body healthy and prevent recurrent attacks of prostatitis.

**1. Don't hold back your urine.**

Holding back your urine is easy to cause urine reflux, bringing harm to your upper organs and even causing kidney failure.

**2. Drink more water.**

Drinking more water can increase the number of urination, which helps flush the urethra and promote the discharge of prostate secretion. In general, an adult should drink no less than 1200 ml of water per day. Under the condition of high temperature or intense physical labor, it should be increased appropriately.

**3. Avoid sitting for too long.**

Men who spend a lot of time sitting can put pressure on the prostate gland and will have a heavier burden of prostate cancer, so they should stand up and walk around after long-time sitting. During the vacation, male friends should also avoid lying in bed or on the sofa for a long time. It is advisable to get out and take a walk or play basketball.

**4. Avoid alcohol, tobacco and spicy food.**

All of these stimulate the prostate gland and urethra. Quitting smoking and drinking requires men to stick with it. It's not easy but beneficial. Male friends are suggested to eat plenty of fresh fruits and vegetables.

Keep good habits and give up bad ones, which is also a long game for treating chronic prostatitis. The disease can be radically treated. Stick with treatment and good habits, and always keep a positive mindset, you can beat chronic prostatits eventually.