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*Original article*

## DESIGN OF KEGEL EXERCISES BOOKLET (ARABIC LANGUAGE) AS HEALTH AWARENESS FROM PROSTATITIS

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### Abstract

*Aim.* Prostatitis is an inflammation of the prostate tissue, its swelling. This term defines the inflammation of the prostate gland. Prostatitis can develop only in men. According to statistics, over the past 20 years the incidence of prostatitis increased about twice, and now, it suffers from almost half the world's population of men aged 20 to 50 year. The purpose of the present study was to design of booklet about all information of Kegel exercises by Arabic language as a health awareness program from prostatitis.

*Methods.* Ten Urologists (a doctor who specializes in diseases of the urinary tract and the male reproductive system) from faculty of medicine and ten personal trainers (Clinical experience years 23.8 +/- 3.9 years) participated in this study as an experts. The suggested booklet contain primary information's about nature of the disease, causes, symptoms, and Kegel exercises. All experts suggested and put their opinion into the booklet.

*Results.* The data revealed that booklet is good, and all experts constant about the important of the Kegel exercises and contents of the booklet

*Conclusions.* The findings indicated that almost all studies, the positive effects of physical therapy on urge urinary incontinence (UUI). These results have to be taken into account by health ministry in order to better understand and implicated of these concepts in health awareness.

*Key words:* Kegel exercises, Prostatitis, health awareness.

### Introduction

The past decades have seen a radical change in disease patterns and the spread between the members of the community from infectious diseases to chronic diseases, especially diseases that expressed life style diseases such as disease pressure, heart disease, and prostatitis.

Many of these diseases are the result of the behavior of the wrong Hence, health education is the cornerstone for the prevention of these diseases, and it is the first activity: Health Promotion Through it is upgrading the knowledge, information, and building trends and changing health behaviors.

During the recent years has been upgrading the concepts of health education became informed of science knowledge is used theories of behavioral, educational and communication methods and means of education and the principles of the media to improve the health level of the individual and society. (Newman, 2003)

If that Exchange 2.5% of the budget of any society on health promotion programs in a scientific manner to properly led to a decline of 25% from the disease rates and costs of health care.

Prostatitis is a kind of common disease of men.

Prostatitis is an acute and chronic inflammation, which is a part or general symptoms caused by the specificity and nonspecific of prostate.

Prostatitis is often described as an infection of the prostate. It can also be an inflammation with no sign of infection. Just 5% to 10% of cases are caused by bacterial infection. It does not raise the risk of getting prostate cancer. (Roley, 2008)

Prostatitis can affect men of all ages. The patients are more the young adults. According to the National Institutes of Health, prostatitis may account for up to 25% of all office visits for complaints involving the genital and urinary systems from young and middle-aged men. In fact, chronic prostatitis (which means it does not go away) is the number-one reason men under age 50 visit an urologist. In some cases, chronic prostatitis follows an attack of acute prostatitis. Chronic prostatitis may also be related to other urinary tract infections. (Melville, et al., 2005)

Nowadays, the frequency of life become faster and faster. People always ignore many symptoms of the body and never have a precaution consciousness. If the patients left the prostatitis untreated, then it may very dangerous. Here I will introduce some prostatitis symptoms. If you have these symptoms then you may have the prostatitis.

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(Hagen 2009)

Types of prostatitis include:

Acute bacterial prostatitis. A sudden bacterial infection marked by inflammation of the prostate. This is the least common form of prostatitis, but the symptoms are usually severe. Patients with this condition have an acute urinary tract infection with increased urinary frequency and urgency, a need to urinate a lot at night, and have pain in the pelvis and genital area.

They often have fever, chills, nausea, vomiting, and burning when urinating. Acute bacterial prostatitis requires prompt treatment, as the condition can lead to bladder infections, abscesses in the prostate or, in extreme cases, completely blocked urine flow. Left untreated, the condition can cause confusion and low blood pressure, and may be fatal.

The condition usually treated in the hospital with intravenous antibiotics, pain relievers, and fluids. (Dutchman, Wustler, 2002, Kumari, et al., 2008)

Chronic bacterial prostatitis. This condition is the result of recurrent urinary tract infections that have entered the prostate gland. It thought to exist for several years in some men before producing symptoms.

The symptoms are similar to acute bacterial prostatitis, but are less severe and can fluctuate in intensity. The diagnosis of this condition is often challenging. It is often difficult to find the bacteria in the urine. Treatment includes antibiotics for four to 12 weeks and other treatment for pain. Sometimes men given suppressive low-dose, long-duration antibiotic therapy. (Margaret & Mantle. 1990)

Chronic nonbacterial prostatitis/chronic pelvic pain syndrome. This is the most common form of the disease, accounting for 90% of the cases. The condition marked by urinary and genital pain for at least three of the past six months. Patients have no bacteria in their urine, but may have other signs of inflammation. The condition can be confused with interstitial cystitis (a chronic inflammation of the bladder).

The symptoms of the prostatitis:

- Patients with prostatitis may always have prostate congestion, painful ejaculation, painful erection, edema or little abscess and so on. Of course, people may also have sexual hyperactivity, dyspareunia, impotence, hematospermia and so on.
- Some patients with prostatitis may also have acute retention of urine. Patients with prostatitis may have contra fluxion, oppressed urethra and swelling. Dysuria also can be the symptoms, and all these can lead to acute retention of urine.

- People with prostatitis also may have acute spermato cystitis, epididymitis and spermatitis. Prostatitis can spread to the seminal vesicle and cause the acute spermato cystitis.

- Prostatitis also can cause the lymphadenectasis, and always feel pain. Prostate and spermatic lymphatic have a close relation. Acute prostatitis can spread to the spermatic cord, then it may cause the lymphadenectasis and with tenderness.

- All above are some symptoms of the prostatitis, I think all this can help the young men to deal with their condition. Men can judge whether they have the prostatitis according these kind of symptoms. If you cannot make sure your condition, then you need to go to hospital to have a test. If you left it untreated, it may lead to some serious problem.

- Thus, if you want to make prostatitis symptoms better, you should avoid some spicy foods. In addition, if your prostatitis symptoms are serious, you can receive herbal treatment. Diuretic and Anti-inflammatory Pill as a good herbal medicine for prostatitis, it can make the medication reach to the infected part directly, thus enhance the curative effect

Symptoms also include:

- Frequent urge to urinate
- Difficulty urinating
- Pain or burning during urination
- Chills and fever. (Norton, et al., 1988; Abrams, et al., 2002)

Other symptoms may include pain that comes and goes low in the abdomen, around the anus, in the groin, or in the back. In some cases, bacteria can get into the vas deferens (the tube that carries sperm from the testicles to the urethra), causing groin pain or an infection of the epididymis (area near the testicles where sperm mature and are stored).

The prostate may swell, causing a less forceful urine stream. Sometimes blood in the urine and painful ejaculation are other symptoms of prostatitis.

Men may also complain of pelvic pain, pain during ejaculation, and pain with sexual intercourse. (Burrows, 2008)

If doctor suspects that you have prostatitis or another prostate problem, he or she may refer you to an urologist (a doctor who specializes in diseases of the urinary tract and the male reproductive system) to confirm the diagnosis.

Patients typically undergo a comprehensive exam, including a digital rectal exam. The doctor will be able to evaluate whether the prostate gland is enlarged or tender. Then, if the doctor is still not sure what you have, more tests may be done, such



as a prostate fluid analysis for signs of infection, transrectal ultrasound, biopsy, or voiding studies. Voiding studies involve the collection and analysis of urine to determine which part of the urinary system is infected. (Choarelli, Kafe, 1981)

Muscles around the bladder can become weak as you age. This can also happen after prostate cancer treatment. Various types of exercises can be helpful for men with prostate problems. Kegel exercises can strengthen and train your pelvic floor muscles to help control urination. (Baranitharan, et al., 2009)

Kegel exercises are designed to strengthen the muscles of your pelvic floor. They are often recommended for women, especially after childbirth. However, diabetes, prostate surgery, and OAB can also weaken the muscles in your pelvic floor. (Deborah, 1988)

Kegel exercises can be done at almost any time. In addition, they do not require special equipment. Nevertheless, it may take some practice and concentration to get the exercises just right.

Kegel or pelvic muscle exercises are discrete exercises that strengthen the perineal muscles. In the past, they have been largely promoted by physicians to their female patients in an effort to aid with stress incontinence following childbirth.

However, these same exercises are now being promoted to men in an effort to improve urinary incontinence, fecal incontinence, and even sexual health. Unlike typical exercise routines, these exercises do not require the participant to buy any weights or expensive machines. (NASM, 2004)

Kegel exercises primarily aid men with urinary incontinence. Besides preventing embarrassing urine leakage, they also decrease the urge to void. Secondly, they have been shown to help male sexual health by allowing some men's erections to last longer when affected by sexual dysfunction and premature ejaculation. These benefits all equate to a better quality of life. (Fitzgerald, 2007)

These exercises are often recommended to patients with weakened pelvic floor muscles such as patients with diabetes, patients having had a prostate surgery in the past such as a radical prostatectomy, or obese patients.

It should also be mentioned that these exercises have not been scientifically proven to increase penis size and are thus not recommended solely for this purpose.

Always empty the bladder before doing Kegel exercises. As a beginner, you should find a quiet, private place to sit or to lie down before doing your exercises. As practice, find you can do them anywhere. (Margaret, Mantle, 1990)

When start doing Kegel exercises, tense the muscles in your pelvic floor for a count of three, and then relax them for a count of three. Keep going until you have done 10 repetitions. Over the next several days, practice until you can hold your muscles tense for a count of 10. Your goal should be to do three sets of 10 repetitions every day. (Deng, 2011)

Do not be discouraged if you do not see the results you want immediately. According to the Mayo Clinic, Kegel exercises may take as long as a few months to have an effect on urinary incontinence.

They also work differently for each person. Some people show great improvement in muscle control and continence. Others show no real improvement. However, Kegels may prevent your condition from getting worse. (NASM, 2004)

This study aims to design of booklet about all information of Kegel exercises by Arabic language as a health awareness program from prostatitis.

### Method

Ten Urologists (a doctor who specializes in diseases of the urinary tract and the male reproductive system) from faculty of medicine and ten personal trainers (experience years 23.8 +/- 3.9 years) participated in this study as an experts. The suggested booklet contain primary information's about nature of the disease, causes, symptoms, and Kegel exercises. All experts suggested and put their opinion into the booklet.

Steps of design the suggested booklet.

First, identify the objective of Kegel exercises textbook:

The objective of the suggested textbook is to provide the scientific content manner educational modules more effectively and kept an impact for pupils, to increase awareness of the Kegel exercises importance.

Second, analysis of the content of Kegel exercises textbook

Third, Design the first module: Minor booklet.

Fourth, show the first module for the Urologists to take their observations and opinions to reach.

The final stage that contain six pages.  
 The page one is cover



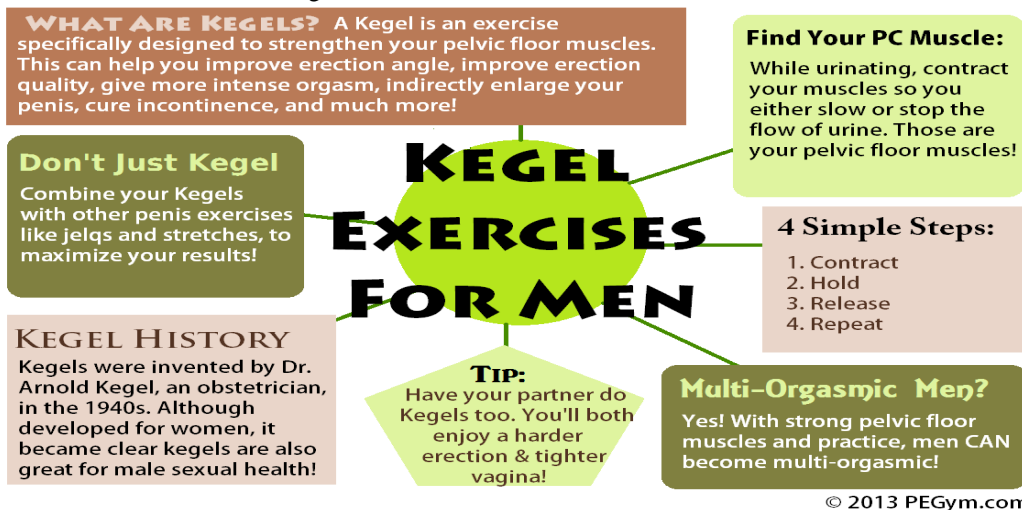
### KEGEL EXERCISES BOOKLET AS A HEALTH AWARENESS FROM PROSTATITIS

The page two and three are introduction.

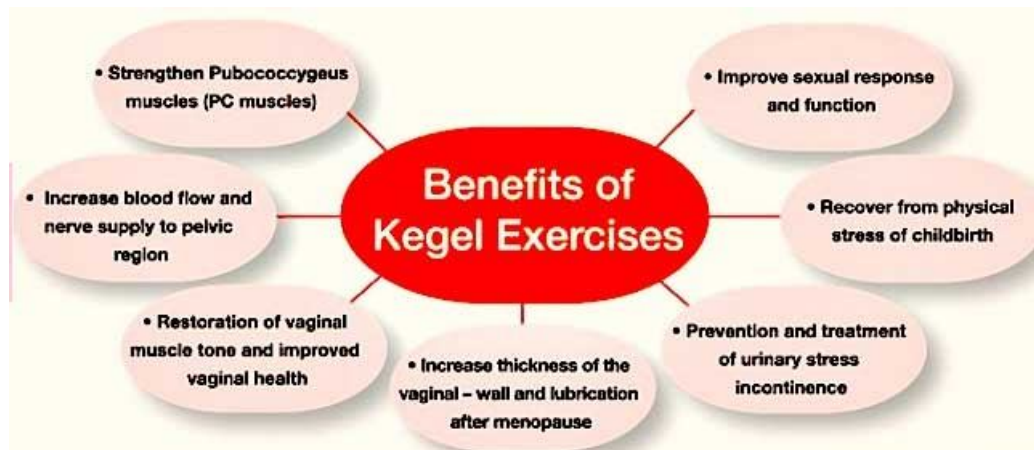
- What is the Prostatitis?
- Causes
- symptoms

The page four Kegel exercises

- What is the Muscles around the bladder?
- What is the Kegel exercises?



- Benefits of Kegel exercises



The page five and six are the exercises

- Performance Instructions

Start your workout with ten slow contractions, acronyms and ten of ten ejection five times a day. Add five for each exercise in a week, until they are it will be thirty. Then continue to do at least five sets to maintain tone. You should, right, 150 to perform Kegel exercises every day.

You can do the exercises almost anywhere - while driving, walking, watching TV, sitting at the table, lying in bed. At the beginning of training can be that your muscles do not want to remain in a tense state during slow contractions. Perhaps you cannot perform fast enough or reduction rhythmically. This is because muscle is weak. Control improves with practice.

If the muscles are tired in the middle of the exercise, rest a few seconds and continue.

- Exercises



To experience the perineal muscles and test their increase, during exercise, it is possible to keep the vagina any subject. In addition, you can use finger vibrator having a penis shape. Inclusion vibrator adds a pleasant feeling to the exercise.

Kegel exercises help men have a stronger erection. Training stress, relaxation and ejector movements allows a man to manage their sexual system similar to the way he drives the car. Tension - accelerator enhancing arousal. Popping - brake - can help stop ejaculation. Do not forget to breathe naturally and smoothly during exercise. Take off one hundred to two compressions every day.

### Statistical Analysis

All statistical analyses were calculated by the SPSS statistical package. The results are reported as means and standard deviations (SD).

Chi-squared test was used to determine the constant average. The  $P < 0.05$  was considered as statistically significant.

### Results:

**Table 1.** Age and Clinical experience for the experts (Mean  $\pm$  SD)

Variables	Mean	Standard Deviation	coefficient of Skewness
Age (years)	49.55	3.65	0.34
Clinical experience (years)	23.76	2.54	0.45

Table 1 shows the Age and Clinical experience of the subjects. There were no significant differences were observed in Age and Clinical experience.



Sample elements	No. of experts	Percentage%
Cover shape	18	90%
First page.	15	75%
Second page.	18	90%
Third page	14	70%
Fourth page	16	80%
Six page	15	75%
<b>Total shape (in general)</b>	19	95%

Table 2 showed statistically constant between the experts opinions.

### Discussion

Prostatitis is an inflammation of the prostate tissue, its swelling. This term defines the inflammation of the prostate gland. Prostatitis can develop only in men. According to statistics, over the past 20 years the incidence of prostatitis increased about twice, and now, it suffers from almost half the world's population of men aged 20 to 50 year. (Comiter, et al., 1999)

The diagnosis of prostatitis is made at anestimated two million outpatient visits each year inthe United States. Prostatitis is the most commonurologic diagnosis for men under the age of fifty,and the third most common urologic diagnosis for those over fifty (Hay-Smith, et al., 2011). The epidemiological literaturequotes anywhere from 9-50% of all men will be diagnosedwith prostatitis at some time in their life(2,3). Traditionally, prostatitis has been classifiedas acute or chronic bacterial, chronicnonbacterialor prostadynia with the latter two categories comprisingroughly 90% of all prostatitis cases. (Newman, 2003)

(Burgio, 2009) reported that PFMT is also effective for overactive bladder. Although, in almost all studies, the positive effects of physical therapy on urge urinary incontinence (UUI) have been reported, more studies should be performed in order to evaluate the different methods and to find the best way (Berghmans, et al, 2000). Another Cochrane study (Borello-France, Downey, et al., 2008) reported the effectiveness of PFMT for prevention and treatment of UI, in late pregnancy and postpartum period, concluding that it is probably more effective for some groups who had instrumental delivery, macrosomia or hyperactive of bladder neck during early pregnancy. however more studies are necessary to evaluate the long-term effects of these methods especiall.

### Conclusions

According to the data and information reached out by the researcher, in the limits of the research sample, the nature of the aim, in the light

of statistical data processing and through discussing the results, the following conclusions were reached:

- 1.The suggested Kegel exercises program affects the physical and skill level in the fencing (1) theme.
2. The new health awareness Kegel exercises for prevention the Prostatitis.
- 3.Egyptian health ministry print and distributed this booklet.

### Recommendations

In light of the research aims, and the results, thereof the researchers recommends:

In patients suffering from stress urinaryincontinence, leakages are the most importantfactor affecting the quality of life adversely.

Kegel exercise is associated with increase instrength and endurance in pelvic floor muscles.

Increase in endurance translates in to betterholding capacity and less or no episode ofleakage. Hence, Kegel exercise is bettermanagement for urinary incontinence.

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