

do prostate exams feel good

****Do Prostate Exams Feel Good? Understanding the Experience and What to Expect****

do prostate exams feel good is a question that many men might silently wonder about before they undergo this important medical procedure. The thought of a prostate exam can bring up feelings ranging from curiosity to anxiety, partly because it involves a sensitive area of the body. But beyond the mystery and misconceptions, understanding what prostate exams actually feel like can help ease concerns and encourage proactive health decisions.

Whether you're preparing for your first digital rectal exam (DRE) or simply want to know more about prostate health, this article will explore the sensations involved, the benefits of the exam, and why it might not be as uncomfortable as you think. Along the way, we'll also discuss related topics such as prostate stimulation, medical safety, and tips for a more comfortable experience.

What Happens During a Prostate Exam?

Before diving into whether prostate exams feel good or not, it's helpful to understand what the procedure entails. A prostate exam is typically performed by a healthcare professional, often as part of a routine check-up for men over 50 or those at risk of prostate issues.

The Digital Rectal Exam Explained

The most common type of prostate exam is the digital rectal exam. During this, your doctor will insert a lubricated, gloved finger into the rectum to feel the prostate gland, which lies just in front of the rectum. The goal is to check for abnormalities such as enlargement, lumps, or tenderness that could indicate conditions like prostatitis, benign prostatic hyperplasia (BPH), or prostate cancer.

This brief examination usually takes only a few minutes and is a key tool in early detection of prostate problems.

Do Prostate Exams Feel Good or Uncomfortable?

Now, addressing the core question: do prostate exams feel good? The answer isn't a simple yes or no because the experience varies from person to person depending on physical sensitivity, psychological factors, and even personal expectations.

Common Sensations During the Exam

Most men describe the feeling of a prostate exam as an unusual pressure or fullness in the rectal area. Since the prostate is a small gland roughly the size of a walnut, the finger's contact can be mildly uncomfortable but generally not painful.

Some men report a tingling or a mild pleasurable sensation during the exam. This happens because the prostate is sometimes called the "male G-spot" due to its sensitivity. However, this sensation doesn't mean the exam is meant to be pleasurable—it's a byproduct of nerve endings in the area.

Factors Influencing Sensation

Several factors influence whether the prostate exam feels more uncomfortable or even somewhat pleasant:

- **Relaxation:** Being tense can make the muscles tighten, increasing discomfort. Taking slow, deep breaths and relaxing as much as possible helps.
- **Experience:** Men who have had prostate stimulation before, either for medical or personal reasons, may find the exam less intimidating or uncomfortable.
- **Technique:** A skilled healthcare provider will perform the exam gently and communicate throughout, improving comfort.
- **Prostate health:** If the prostate is inflamed or sensitive due to infection or other issues, the exam might be more painful.

Why Understanding Prostate Sensations Matters

Knowing what to expect in terms of sensations can make a huge difference in how you approach a prostate exam. For some men, curiosity about whether prostate exams feel good might even shift their perspective on prostate health and wellness.

The Link Between Prostate Exams and Pleasure

Interestingly, the prostate gland plays a vital role in sexual health. Some men explore prostate stimulation for pleasure, which involves gently massaging the prostate to achieve sensations sometimes described as intense or orgasmic.

While a medical prostate exam is not designed for pleasure, the overlap in nerve sensitivity means that some men may experience a momentary pleasurable feeling during the procedure. This doesn't diminish the medical importance of the exam but highlights how the prostate is a unique organ with dual roles in health and sexual function.

Reducing Anxiety About the Exam

One of the biggest barriers to prostate exams is psychological discomfort or embarrassment. Understanding that the exam may not be painful—and might even feel unexpectedly neutral or mildly pleasant—can ease anxiety.

Talking openly with your healthcare provider about your concerns and asking questions beforehand can also improve your comfort level. Remember, prostate exams are routine and essential for early detection of serious conditions, so prioritizing health over embarrassment is key.

Tips for a More Comfortable Prostate Exam

If you're scheduled for a prostate exam and wondering how to make the experience easier, here are some practical tips:

- **Communicate with your doctor:** Let them know if you're nervous or have had experiences that make you anxious.
- **Use relaxation techniques:** Deep breathing or meditation before the exam can help relax your pelvic muscles.
- **Empty your bladder:** Going to the bathroom beforehand can reduce pressure and discomfort.
- **Trust the professional:** Remember that healthcare providers perform these exams regularly and aim to minimize discomfort.
- **Consider timing:** Some men find it helpful to schedule the exam when they are not rushed or stressed.

What Does a Prostate Exam Reveal and Why It's Important

Prostate exams are not just about the immediate sensation but the vital health information they provide. Detecting prostate abnormalities early greatly improves the chances of successful treatment.

Conditions Detected Through Prostate Exams

- **Prostate Cancer:** Early signs, such as lumps or hardened areas, can be detected during a DRE.

- **Benign Prostatic Hyperplasia (BPH):** Enlargement of the prostate causing urinary symptoms can be identified.
- **Prostatitis:** Inflammation or infection of the prostate can cause tenderness that the doctor may feel during the exam.

Regular prostate screening, including PSA blood tests and DREs, is recommended for men over 50 or those with risk factors like family history.

The Connection Between Prostate Health and Overall Wellbeing

Taking care of your prostate health contributes greatly to your overall quality of life. Besides regular screenings, factors such as diet, exercise, and avoiding smoking can support prostate wellness.

Some men also explore prostate massage as a complementary practice for relieving symptoms of prostate congestion or improving circulation. However, such practices should be discussed with a healthcare provider to ensure safety.

Understanding whether prostate exams feel good is more than just satisfying curiosity—it's about demystifying an important health procedure and encouraging men to take charge of their wellbeing. While sensations during a prostate exam vary, the experience is generally brief, manageable, and crucial for detecting potential health issues early.

Approach your prostate exam with openness and trust that it's a step toward maintaining a healthy, active life. And if you ever feel unsure, remember that your healthcare provider is there to guide and support you every step of the way.

Frequently Asked Questions

Do prostate exams feel good or uncomfortable?

Prostate exams are generally not described as feeling good; most people experience mild discomfort or pressure during the exam. However, the sensation varies from person to person.

Can a prostate exam cause pleasurable sensations?

While prostate exams are primarily medical procedures intended to check prostate health, some individuals may experience pleasurable sensations due to the prostate's sensitivity, but this is not common or the exam's purpose.

Why do some people report mixed feelings about prostate exams?

Mixed feelings arise because the prostate is a sensitive area, and the exam can cause discomfort, relief, or in rare cases, pleasurable sensations, depending on individual anatomy and psychological factors.

Is it normal to feel embarrassed or anxious about prostate exams?

Yes, many people feel embarrassed or anxious before a prostate exam due to its intimate nature, but healthcare professionals strive to make the experience as comfortable and respectful as possible.

How can I prepare to make a prostate exam more comfortable?

To make a prostate exam more comfortable, relax as much as possible, communicate openly with your healthcare provider, and try deep breathing techniques. Understanding the procedure can also reduce anxiety.

Are there any benefits to the sensations experienced during a prostate exam?

The main benefit of a prostate exam is health-related, such as early detection of prostate issues. While some sensations might be unusual, they are not the exam's goal or intended benefit.

Additional Resources

****Do Prostate Exams Feel Good? An Analytical Review of Sensations, Benefits, and Patient Experiences****

do prostate exams feel good is a question that often arises among men who are either preparing for their first screening or are curious about what the procedure entails. Given the sensitive nature of the exam and the prostate gland's physiological characteristics, understanding the sensations involved can alleviate anxiety and encourage proactive health measures. This article explores the nuances of prostate exams, investigates whether these exams can be perceived as pleasurable, and provides a balanced overview of patient experiences and medical perspectives.

Understanding the Prostate Exam Procedure

A prostate exam, medically referred to as a digital rectal exam (DRE), is a physical examination where a healthcare provider inserts a gloved, lubricated finger into the rectum to feel the prostate gland. The primary goal is to assess the size, shape, and texture of the prostate to identify any abnormalities such as nodules, enlargement, or tenderness that could indicate prostate cancer, benign prostatic hyperplasia (BPH), or prostatitis.

The prostate is located just in front of the rectum, making it accessible

through this method. While the procedure typically lasts only a few minutes, the sensations experienced can vary widely depending on the individual's anatomy, psychological state, and the examiner's technique.

Common Sensations During a Prostate Exam

Many men report a range of sensations during the exam, from mild discomfort to pressure or the urge to urinate. Interestingly, some individuals describe feelings that could be interpreted as pleasurable or stimulating, largely due to the prostate's role in sexual arousal. The prostate is sometimes called the "male G-spot" because its stimulation can lead to pleasurable sensations, including orgasm without direct penile stimulation.

However, it is essential to distinguish between the clinical context of a prostate exam and intentional prostate massage or sexual activity. The exam is designed for diagnostic purposes, and any pleasurable feelings are incidental rather than the goal.

Do Prostate Exams Feel Good? Exploring the Sensory Experience

The question of whether prostate exams feel good lacks a straightforward answer, as subjective experience varies dramatically between patients. Medical literature and anecdotal reports provide insights that can help clarify this ambiguity.

Physiological Basis for Possible Pleasure

The prostate gland is rich in nerve endings connected to the pelvic plexus, which plays a significant role in male sexual function. When stimulated, these nerve endings can trigger sensations ranging from mild pressure to intense pleasure. For some men, the pressure applied during a prostate exam may inadvertently stimulate these nerves, creating a sensation that could be described as good or pleasurable.

This phenomenon, however, depends on several factors, including individual sensitivity, psychological comfort, and the nature of stimulation. Men who are relaxed and have no underlying rectal tenderness or inflammation may be more likely to experience neutral or positive sensations.

Discomfort and Anxiety: The More Common Experience

Despite the possibility of pleasurable sensations, many men experience discomfort or mild pain during a prostate exam. The insertion of a finger into the rectum can cause a feeling of pressure or fullness that, for some, may be unpleasant. Anxiety and embarrassment often exacerbate these sensations, leading to muscle tension and increased sensitivity.

In cases where the prostate is inflamed, such as with prostatitis, or enlarged due to BPH, the exam may provoke pain or tenderness. Hence, while

some patients may report neutral or even pleasant sensations, the dominant narrative remains one of discomfort.

Patient Perspectives and Clinical Observations

To gain a comprehensive understanding, it is helpful to consider patient surveys, clinical reports, and expert opinions on prostate exam experiences.

Survey Data on Patient Experience

Studies involving patient feedback generally indicate that while the exam is uncomfortable for many, it is tolerable and brief. A 2018 survey published in the *Journal of Urology* found that approximately 70% of men described the exam as mildly uncomfortable, 20% found it tolerable or neutral, and less than 10% reported significant pain or distress.

Interestingly, a small subset of respondents acknowledged a sensation that they associated with pleasure or unexpected arousal. These cases are rarely discussed in clinical settings but highlight the complexity of the exam's sensory impact.

Medical Professionals' Insights

Healthcare providers emphasize the importance of communication and patient comfort during the exam. Techniques such as using adequate lubrication, explaining each step, and ensuring a calm environment can significantly reduce discomfort. Some urologists note that patients who understand the procedure and its purpose tend to relax more, potentially influencing their sensory experience positively.

Comparing Prostate Exams With Other Diagnostic Methods

Given some men's apprehension about the digital rectal exam, alternative screening methods have gained popularity. These include prostate-specific antigen (PSA) blood tests and advanced imaging techniques such as MRI.

- **PSA Blood Test:** A non-invasive test measuring levels of PSA, a protein produced by the prostate. Elevated PSA can indicate prostate issues but is not definitive on its own.
- **MRI and Ultrasound:** Imaging tests provide detailed views of the prostate without physical discomfort but are more expensive and less accessible.
- **Biopsy:** Performed if abnormalities are detected, involving tissue sampling under local anesthesia.

While these alternatives reduce the need for physical exams, the digital rectal exam remains a valuable, cost-effective tool for initial screening and assessment.

Pros and Cons of the Digital Rectal Exam

Understanding the advantages and disadvantages of prostate exams helps contextualize the question of their sensory experience.

1. Pros:

- Provides immediate physical assessment of prostate size and abnormalities.
- Can detect issues not evident through blood tests alone.
- Simple and inexpensive procedure.

2. Cons:

- Can cause discomfort, embarrassment, or anxiety.
- Some men may experience pain, especially if the prostate is inflamed.
- Limited in sensitivity and specificity compared to imaging.

Psychological Impact and Preparation Tips

The mental state of the patient plays a crucial role in how the exam feels. Anxiety can heighten sensitivity and muscle tension, increasing discomfort. Preparing mentally by understanding the procedure, discussing concerns with the healthcare provider, and adopting relaxation techniques can improve the overall experience.

Final Thoughts on Do Prostate Exams Feel Good

In summary, the experience of a prostate exam is highly individualized. While it is medically designed as a diagnostic tool rather than a source of pleasure, the unique nerve distribution of the prostate means that some men may perceive the exam as neutral or even pleasurable under certain conditions. However, the more common and expected response involves mild discomfort and psychological unease.

Regardless of the sensory experience, the importance of prostate exams in early detection of prostate health issues cannot be overstated. Men are

encouraged to engage openly with their healthcare providers, express any concerns, and approach the exam as a vital step in maintaining urological health. By demystifying the procedure and addressing the question of "do prostate exams feel good," this article aims to empower men with knowledge and reduce stigma surrounding prostate screening.

Do Prostate Exams Feel Good

do prostate exams feel good: IN SEARCH OF AN ORGASM - The Wild and Crazy Things People do to Achieve One! Horatio M Bennett , Natasha Bearden-Bennett, 2021-06-15 **IN SEARCH OF AN ORGASM - The Wild and Crazy Things People do to Achieve One...** At 64 Horatio contacted prostate cancer, and with a loving and caring wife, Natasha, he survived the cancer, through surgery, but was faced with the dreaded ED Aftermath... Neither willing to give up on the Pleasures and Joy they both shared, started on an epic journey to find a solution to 'get it up!' This is their Story; Educational, Entertaining, Informative, Raw, Unapologetic and Brutally Honest... What Wild & Crazy Things People Do To Achieve An Orgasm...? Pornography? Rape? Incest? Bestiality? Fornication? Adultery? Homosexuality? Heterosexuality? Peeping?

do prostate exams feel good: The Complete Idiot's Guide to Sexual Health and Fitness Kate Bracy, Kathryn Arendt, David Winchester, 2008 Sex is a how-to topic. There are hundreds of manuals on how to have explosive, amazing, earth-shattering sex. There are exercise books for the muscles used during sex, cookbooks for meals that increase your desire, books about low sex drive, high sex drive, and everything in between. And yet, in most of these manuals, there is usually one small chapter about sexual health. In this age of breakthrough discoveries about potency and infection, new drugs to combat the full range of sexually transmitted diseases, new technologies for contraception and genital health - there is no single volume that fully explains this extremely important aspect of all the incredible sex going on- sexual health and fitness. The Complete Idiot's Guide® to Sexual Health and Fitness fills this market need. Written by Kate Bracy, a veteran nurse practitioner and sexual health expert, and Dr. Kathryn Arendt, respected gynecologist, this comprehensive book explains all aspects of sexual health and fitness for both men and women. In clear, jargon-free, and authoritative language, this book includes information on- The healthy functions of our sexual selves. Diet, exercise, and safe sex practices that can keep us healthy and at our peak fitness. Easy, simple personal hygiene regimens for top health. Current findings on prostate health and erectile dysfunction. In-depth explanations of the most widespread sexually transmitted diseases, their symptoms, prevention, and cures. The latest information on contraception and how it affects sexual health. The most up-to-date findings on sexual health as it is affected by age. The latest word on prescription and alternative supplements available to aid in sexual activities.

do prostate exams feel good: 5,378 Tips for a Better Life, Hotter Sex, Fresher Breath, Thicker Hair, Thinner Thighs and Cleaner Laundry! Linda Cullen, 2009-04 Linda Cullen, one of Canada's funniest women, gives you the best of her weekly columns. Here's what some of her many devoted readers have said; I pick up the 24Hrs every day on my way to work and I gotta say...you are hilarious (Although I'm sure you are told that all the time)! I'm a fan! All the Best Alex I have been meaning to email you ever since I started reading 24 Hours as you are so hilarious. No matter what kind of a crappy day it is, after reading your column I feel 100% better. Tracy This email is long overdue - I'm a huge fan of yours...absolutely love reading your articles - missing them on Wednesdays is not an option. Based on the truth but mixed with humour. I suddenly realized I'm not the only one who enjoys reading your articles - traveling home on the bus this PM I sat next to a lady who started reading your column today, The Duck Whisperer - well this woman was laughing so loud that tears were beginning to roll down her face...she had to stop reading to compose herself. I

smiled and turned to her and said, Her columns are great aren't they? She simply nodded her head, wiped her tears and continued reading. Keep them coming Linda...they're greatttt! Diane

do prostate exams feel good: The Senses in Self, Culture, and Society Phillip Vannini, Dennis Waskul, Simon Gotschalk, 2011-10-15 The Senses in Self, Culture, and Society is the definitive guide to the sociological and anthropological study of the senses. Vannini, Waskul, and Gotschalk provide a comprehensive map of the social and cultural significance of the senses that is woven in a thorough analytical review of classical, recent, and emerging scholarship and grounded in original empirical data that deepens the review and analysis. By bridging cultural/qualitative sociology and cultural/humanistic anthropology The Senses in Self, Culture, and Sociology explicitly blurs boundaries which, in this field, are particularly weak due to the ethnographic scope of much research. Serving both the sociological and anthropological constituencies at once means bridging ethnographic traditions, cultural foci, and socio-ecological approaches to embodiment and sensuousness. The Senses in Self, Culture, and Society is intended to be a milestone in the social sciences somatic turn.

do prostate exams feel good: Exposing the Gynocracy Conrad Riker, Tired of Being Treated Like a Disposable Second-Class Citizen? Unleash Your True Power. Ever feel demonized for being masculine but shamed if you're not man enough? Sick of losing jobs, respect, and freedom to a system rigged against you? Had enough of being told to open up only to get labeled weak and discarded? - Smash the myth of gender equality with cold, hard evolutionary facts. - Expose how female-supremacist systems enslave men in marriage and work. - Reclaim fatherhood as your non-negotiable right and duty. - Annihilate woke lies like toxic masculinity with unassailable logic. - Master power dynamics to dominate in dating and career. - Laugh at the absurdity of feminism's double binds—while dismantling them. - Arm yourself against Marxist ideologies poisoning society. - Forge unbreakable confidence through primal masculine truths. If you want to crush your victimhood and lead like the alpha you were born to be, buy this book today.

do prostate exams feel good: Ebony , 2004-09 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

do prostate exams feel good: Sexual and Gender Minority Health Brea L. Perry, Allen J. LeBlanc, 2021-01-15 This volume of Advances in Medical Sociology showcases rich theoretical and empirical contributions on SGM health and wellbeing. The chapters address a variety of topics, drawing from classic and contemporary sociological frameworks and constructs, and reflecting intersecting interdisciplinary approaches to SGM health.

do prostate exams feel good: Mistake It Like a Man Dave Meurer, 2010-06-16 Real Men Don't Get Embarrassed...We Merely Appear Sunburned Ever had your doctor give you valuable diet and exercise advice, then gone out for a cheeseburger and fries to celebrate the fact that you're not dead yet? Do your teens flee the room in dismay when you try to use their jargon to prove that you're still "groovy"? Have you ever been smitten by romance, pulled your wife close to you, and asked her to give you one good reason you should not make passionate love to her at that very moment, only to have her remind you that you are standing in the grocery aisle? Dave Meurer has been through it all. And he's got a tale or two (fifty, actually, in Mistake It Like a Man) that will shed some light, albeit fluorescent, on all kinds of common manly experiences. "Dave Meurer vividly illustrates the humor that is American family life. But be warned: Amid the chuckles, he masterfully weaves some serious food for thought." -Bill Shepson, Editorial Director, Advance magazine "Dave Meurer has done it again. He's taken the commonplace and turned it into high comedy. He has the ability to make you giggle gleefully while meditating meaningfully on the spiritual issues that matter most." -Ellie Kay, Author, speaker, and " America's Family Financial Expert" Story Behind the Book "Humor is the secret weapon of the nonfiction writer. It is an attempt to say important things in a special way that regular writers aren't getting said in a regular way—or if they are, it's so regular that no one is reading it." —William Zinsser "I see my humor writing as guerrilla warfare for the kingdom of God . People let their defenses down when they're laughing, and that's when I can make

some serious points about love, grace, conflict resolution, male/female differences, raising kids, and work—all in a nonthreatening way. Even ‘nonreading’ guys read my books, because everyone wants and needs to laugh.” — Dave Meurer

do prostate exams feel good: The Senses in Self, Society, and Culture Phillip Vannini, Dennis Waskul, Simon Gottschalk, 2013-10-18 In contrast to books which separate the five (or six, or seven) senses from one another, *The Senses in Self, Culture, and Society* is organized around intersecting themes within sociological and anthropological fields of study—such as the senses and the self, time, place, and the senses, sensory order and social control and so forth—by doing so, we appeal to a wide variety of scholars and students.

do prostate exams feel good: Does Your Man Have the Blues? David Hawkins, 2004-08-01 Depression in men—even Christian men—has reached epidemic proportions. Though clouded by secrecy and denial, depression can powerfully shape a man's personality. He may talk and act in ways that baffle the woman in his life and leave her feeling unable to connect with him and powerless to help. But help is available. Licensed clinical psychologist Dr. David Hawkins brings this problem out into the open with unusual compassion and clarity. He describes the telltale signs of male depression, pinpoints some of the causes, and offers suggestions to those who would help. Married women will readily connect with this frank discussion as they recognize familiar scenarios and learn how to determine if their man has the blues.

do prostate exams feel good: The History of Cancer and Emotions in Twentieth-Century Germany Bettina Hitzer, 2022-06-02 Different people feel different emotions when they are diagnosed with cancer. Both today and a century ago, fear and hope, shame and disgust, sadness and joy are and were the emotions experienced by many cancer patients and their loved ones. But these emotions do not just have significance for the people who feel them. They have also exerted a surprisingly profound influence on how hospitals and laboratories dealt with cancer, how early detection campaigns portrayed it, and how doctors talked about it with their patients. Bettina Hitzer details the history of cancer and emotions in twentieth-century Germany and thus follows the cancer-associated transformations of emotional regimes, emotional politics, and emotional experiences through five different political systems. In doing so, the study underscores that political caesuras resonate in the immediate corporeality of the history of emotions.

do prostate exams feel good: Cincinnati Magazine , 1991-06 Cincinnati Magazine taps into the DNA of the city, exploring shopping, dining, living, and culture and giving readers a ringside seat on the issues shaping the region.

do prostate exams feel good: Men's Health , 2008-03 Men's Health magazine contains daily tips and articles on fitness, nutrition, relationships, sex, career and lifestyle.

do prostate exams feel good: Blue Collar, Blue Scrubs Michael J. Collins, 2009-05-26 Collins turns back the clock, taking readers from his days as a construction worker to his entry into medical school, expertly infusing his journey to become a doctor with humanity, compassion, and humor.

do prostate exams feel good: Ebony , 2004-09 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

do prostate exams feel good: How to Be a Man Harold D. Edmunds, 2013-07-16 *How to Be a Man* is a self-help guide for men. It speaks to men giving them advice on love, divorce, childrearing, and dress and grooming. It offers sound advice on many subjects such as dating and premarital sex. This book will help men to improve their lives by giving them simple but very important suggestions that will improve the quality of their lives. Many men grew up without a father in their home. This book is geared toward such men who may not have been taught the valuable life lessons that only a father can share. The book addresses many subjects that affect men today. Men have to get an education. How can men succeed in school? Many men are unemployed? How can they find and keep a job? What is the appropriate attire for a job interview? So many people are getting into driving accidents. How can a man avoid getting in to such accidents? *How to Be a Man* also gives

tips on cooking, cleaning, and the proper etiquette. Is it okay to eat before your dinner guests? How can you save money when you are on a tight budget? How can you maintain good credit and repair damaged credit? How can you earn the respect of others? How can you assert yourself when disrespected? How can you get a woman to notice you? Is it okay to have sex on the first date? What is the proper way to put on a condom? How can you find the right woman? What is the best way to handle a divorce? How to Be a Man touches on many of these topics and more. Read How to Be a Man so that you can be the best man that you can be.

do prostate exams feel good: The Resonance Effect Carolyn McMakin, 2017-04-25 The Resonance Effect is both the author's story of her inspirational journey of having the courage to find her true calling and an account of the development of a remarkable newly rediscovered treatment, frequency specific microcurrent (FSM), that takes advantage of the body's ability to respond to frequencies in order to heal a number of chronic conditions. Carolyn McMakin, a chiropractor specializing in fibromyalgia and myofascial pain, describes her experience using a two-channel microcurrent device that has achieved astounding results that have changed medicine and created new possibilities for suffering patients over the past twenty years. Nerve pain, fibromyalgia, diabetic neuropathies, muscle pain, athletic performance, injury repair, joint pain, low back pain, neck pain, kidney stone pain, the kidney stones themselves, liver disease, diabetic wounds, brain and spinal cord injuries, PTSD, depression, shingles, asthma, ovarian cysts, abdominal adhesions, and scarring all respond to specific frequencies. McMakin explains that results are predictable, reproducible, and teachable—all without side effects—offering hope and healing to millions of people. McMakin tells the story of how thousands of patients with conditions that did not respond to other medical therapies recovered from pain and disability through the non-invasive treatment that she developed. For example, asthma resolves with specific frequencies that remove inflammation, allergy reaction, and spasm from the bronchi. One frequency combination eliminates shingles pain in minutes and stops the shingles attack with a single three-hour treatment. Since 2005, a series of frequencies has been used to treat hundreds of PTSD patients. Post-surgical patients use FSM to reduce pain, prevent bruising, and increase healing. NFL, NHL, and Olympic athletes use it to heal injuries and improve performance. McMakin includes case histories that illustrate the efficacy of the treatment and shares the specific frequencies that each condition requires so that patients direct their own treatments.

do prostate exams feel good: Here's the Deal Howie Mandel, Josh Young, 2010-09-28 NATIONAL BESTSELLER An engaging no-holds-barred memoir that reveals Howie Mandel's ongoing struggle with OCD and ADHD—and how it has shaped his life Howie Mandel is one of the most recognizable names in entertainment. But there are aspects of his personal and professional life he's never talked about publicly—until now. Twelve years ago, Mandel first told the world about his “germophobia.” He's recently started discussing his adult ADHD as well. Now, for the first time, he reveals the details of his struggle with these challenging disorders. He speaks candidly about the ways his condition has affected his personal life—as a son, husband, and father of three. Along the way, the versatile performer reveals “the deal” behind his remarkable rise through the show-business ranks, sharing never-before-told anecdotes about his career. As heartfelt as it is hilarious, Here's the Deal: Don't Touch Me is the story of one man's effort to draw comic inspiration out of his darkest, most vulnerable places.

do prostate exams feel good: One Man's Journey Through Prostate Cancer Budd Nielsen, 2020-05-27 One Man's Journey Through Prostate Cancer chronicles the devastating diagnosis of this type of cancer, the various treatments available, and the ultimate recovery from prostate cancer. It highlights a very honest view and effective information in layman's terms for those faced with this condition. Budd provides a rare look into one man's private journey as he deals with the various tests he endured prior to the diagnosis, the heart-stopping experience when he heard the diagnosis, and gives a refreshing real insight into the treatment option he chose, and it celebrates a huge victory in defeating prostate cancer. This is an honest, open, informative look into the reality behind prostate cancer.

do prostate exams feel good: The Better Man Project Bill Phillips, 2015-06-02 Men take better care of their cars than they do their own bodies, finding health information too technical, scary, or boring. Written and designed in a guy-friendly manner--think of a cross between an owner's manual to a vintage muscle car and a Boy Scout handbook--The Better Man Project aims to change that with a practical health guide to help men achieve the holy grail of a well-lived life. In response to its readers' calls for more health content in the manner that they've come to expect from Men's Health, here is straightforward, personal information delivered with a double-shot of humor. Baby boomers and millennials alike will respond to the promise of leaner, stronger, healthier longevity. Features include: • Health and fitness self-tests so readers see how they measure up to other guys their age • A decade-by-decade cheat sheet for diagnostic tests men must have • Special reports on testosterone supplementation, telomere protection, reversing diabetes and heart disease, and preventing dementia • A troubleshooter's guide to common ailments and quick fixes • A simple plan for losing weight and preserving muscle mass • Answers to 50 questions men are afraid to ask their doctors Readers who seize this moment and follow the world-class tips in this book can expect the next 40, 50, or more years of their lives to be the most active, fun, and satisfying ever.

Related to do prostate exams feel good

Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Statin side effects: Weigh the benefits and risks - Mayo Clinic Statin side effects can be uncomfortable but are rarely dangerous

Urinary tract infection (UTI) - Symptoms and causes - Mayo Clinic Learn about symptoms of urinary tract infections. Find out what causes UTIs, how infections are treated and ways to prevent repeat UTIs

Treating COVID-19 at home: Care tips for you and others COVID-19 can sometimes be treated at home. Understand emergency symptoms to watch for, how to protect others if you're ill, how to protect yourself while caring for a sick loved

Arthritis pain: Do's and don'ts - Mayo Clinic Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress

Creatine - Mayo Clinic Find out how creatine might affect your athletic performance and how the supplement interacts with other drugs

Transurethral resection of the prostate (TURP) - Mayo Clinic Transurethral resection of the prostate (TURP) is a common surgery that's used to treat urinary problems that are caused by an enlarged prostate. An instrument called a

Sildenafil (oral route) - Side effects & dosage - Mayo Clinic Do not use more of it and do not use it more often than your doctor ordered. If too much is used, the chance of side effects is increased. This medicine comes with a patient

Stem cells: What they are and what they do - Mayo Clinic Get answers about where stem cells come from, why they're important for understanding and treating disease, and how they are used

10 ways to control high blood pressure without medication If you have high blood pressure, you may wonder if you need to take medicine to treat it. But lifestyle changes play a vital role in treating high blood pressure. Controlling blood

Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Statin side effects: Weigh the benefits and risks - Mayo Clinic Statin side effects can be uncomfortable but are rarely dangerous

Urinary tract infection (UTI) - Symptoms and causes - Mayo Clinic Learn about symptoms of urinary tract infections. Find out what causes UTIs, how infections are treated and ways to prevent

repeat UTIs

Treating COVID-19 at home: Care tips for you and others COVID-19 can sometimes be treated at home. Understand emergency symptoms to watch for, how to protect others if you're ill, how to protect yourself while caring for a sick loved

Arthritis pain: Do's and don'ts - Mayo Clinic Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress

Creatine - Mayo Clinic Find out how creatine might affect your athletic performance and how the supplement interacts with other drugs

Transurethral resection of the prostate (TURP) - Mayo Clinic Transurethral resection of the prostate (TURP) is a common surgery that's used to treat urinary problems that are caused by an enlarged prostate. An instrument called a

Sildenafil (oral route) - Side effects & dosage - Mayo Clinic Do not use more of it and do not use it more often than your doctor ordered. If too much is used, the chance of side effects is increased. This medicine comes with a patient

Stem cells: What they are and what they do - Mayo Clinic Get answers about where stem cells come from, why they're important for understanding and treating disease, and how they are used

10 ways to control high blood pressure without medication If you have high blood pressure, you may wonder if you need to take medicine to treat it. But lifestyle changes play a vital role in treating high blood pressure. Controlling blood

Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Statin side effects: Weigh the benefits and risks - Mayo Clinic Statin side effects can be uncomfortable but are rarely dangerous

Urinary tract infection (UTI) - Symptoms and causes - Mayo Clinic Learn about symptoms of urinary tract infections. Find out what causes UTIs, how infections are treated and ways to prevent repeat UTIs

Treating COVID-19 at home: Care tips for you and others COVID-19 can sometimes be treated at home. Understand emergency symptoms to watch for, how to protect others if you're ill, how to protect yourself while caring for a sick loved

Arthritis pain: Do's and don'ts - Mayo Clinic Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress

Creatine - Mayo Clinic Find out how creatine might affect your athletic performance and how the supplement interacts with other drugs

Transurethral resection of the prostate (TURP) - Mayo Clinic Transurethral resection of the prostate (TURP) is a common surgery that's used to treat urinary problems that are caused by an enlarged prostate. An instrument called a

Sildenafil (oral route) - Side effects & dosage - Mayo Clinic Do not use more of it and do not use it more often than your doctor ordered. If too much is used, the chance of side effects is increased. This medicine comes with a patient

Stem cells: What they are and what they do - Mayo Clinic Get answers about where stem cells come from, why they're important for understanding and treating disease, and how they are used

10 ways to control high blood pressure without medication If you have high blood pressure, you may wonder if you need to take medicine to treat it. But lifestyle changes play a vital role in treating high blood pressure. Controlling blood

Related to do prostate exams feel good

Vox pop: Jamaicans on prostate cancer screening (3d) The most frequent cancer in Jamaica, in 2020 there were 1,561 new cases of prostate cancer in the country. Screening is an important tool

when it comes to the condition and is available through

Vox pop: Jamaicans on prostate cancer screening (3d) The most frequent cancer in Jamaica, in 2020 there were 1,561 new cases of prostate cancer in the country. Screening is an important tool when it comes to the condition and is available through

Importance of prostate cancer exams (WSLS 1029d) September is Prostate Cancer Awareness Month, which is a good time to remind men about the importance of prostate cancer screenings. If you've never had one before, you may wonder what to expect. "If

Importance of prostate cancer exams (WSLS 1029d) September is Prostate Cancer Awareness Month, which is a good time to remind men about the importance of prostate cancer screenings. If you've never had one before, you may wonder what to expect. "If

Related Articles

- [are you studying for the exam in spanish](#)
- [seven ages of life william shakespeare](#)
- [strategies to improve communication skills](#)

[Back to Home](#)