

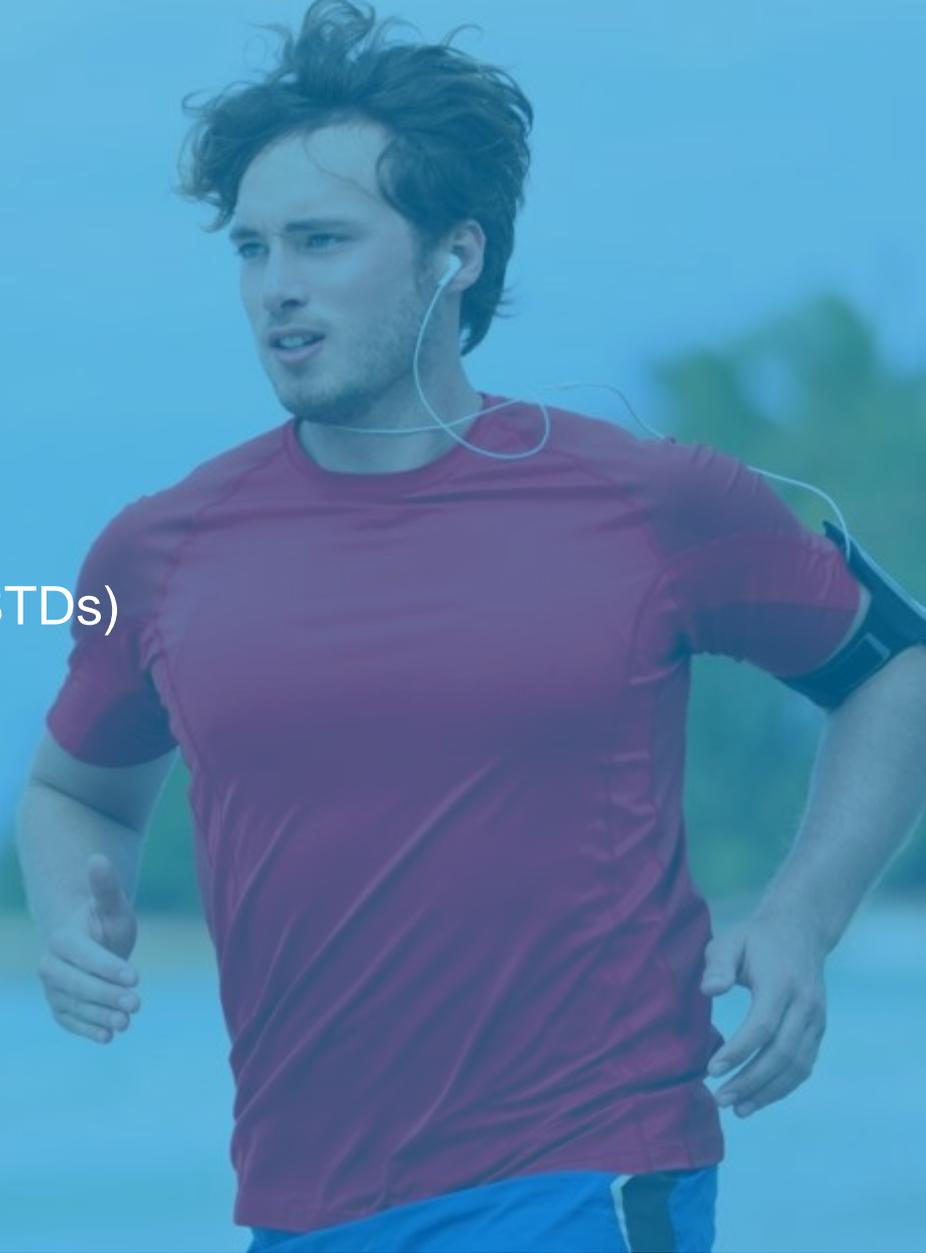


# Men's Health: Healthy Words of Wisdom

Presenter Name, Presentation Date

# Men's Health Issues of Concern:

- Heart Disease and Stroke
- Prostate Disease
- Testicular Disease
- Sexually Transmitted Diseases (STDs)
- Erectile Dysfunction



# An Ounce of Prevention

- Make positive lifestyle changes
- Get regular check-ups with your physician
- Follow preventive screening recommendations
- Practice self examination



# Heart Health

- Quit smoking
- Improve cholesterol levels
- Control blood pressure
- Control diabetes
- Get active
- Eat healthier
- Achieve and maintain a healthy weight
- Manage stress



# Heart Attack Warning Signs

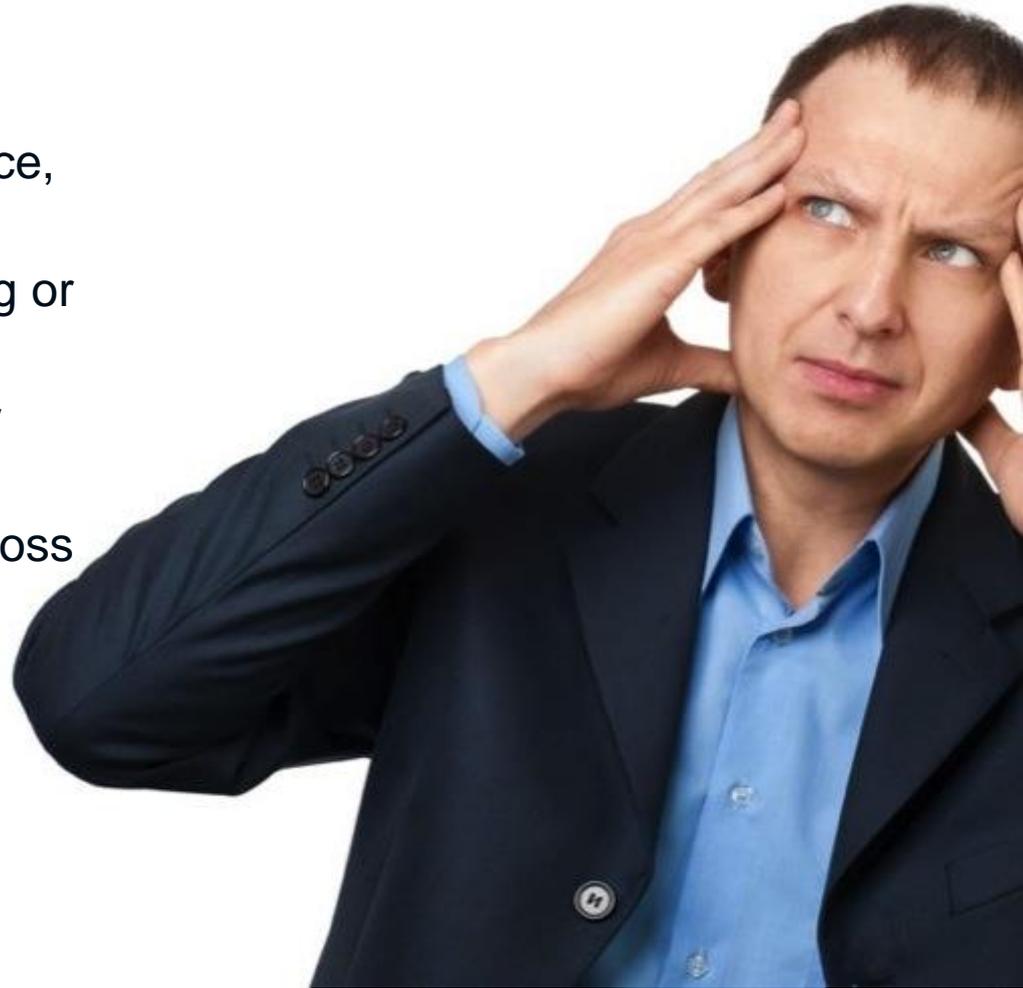
- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Other signs

**If you or someone with you has one or more of these signs call 911 immediately!**



# Stroke Warning Signs

- Sudden numbness or weakness (face, arm, or leg on one side of the body)
- Sudden confusion - trouble speaking or understanding
- Sudden trouble seeing out of one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause



# Prostate Cancer

- Most common cancer in American men (other than skin cancers)
- 1 in 6 will be diagnosed but only 1 in 35 will die from it

## **Risk factors include:**

- Age (increases after 50)
- Race (more common in African American men)
- Family History
- Diet



# Prostate Cancer Signs and Symptoms

- Trouble having or keeping an erection
- Blood in the urine
- Pain in the spine, hips, ribs or other bones
- Weakness or numbness in the legs or feet
- Loss of bladder or bowel control



# American Cancer Society Recommends:

- PSA (prostate-specific antigen) and the DRE (digital rectal exam) at age 50
- Men at high risk begin at age 45

## High risk includes:

- African American men
- Father, brother or son who had prostate cancer before age 65



# Testicular Cancer



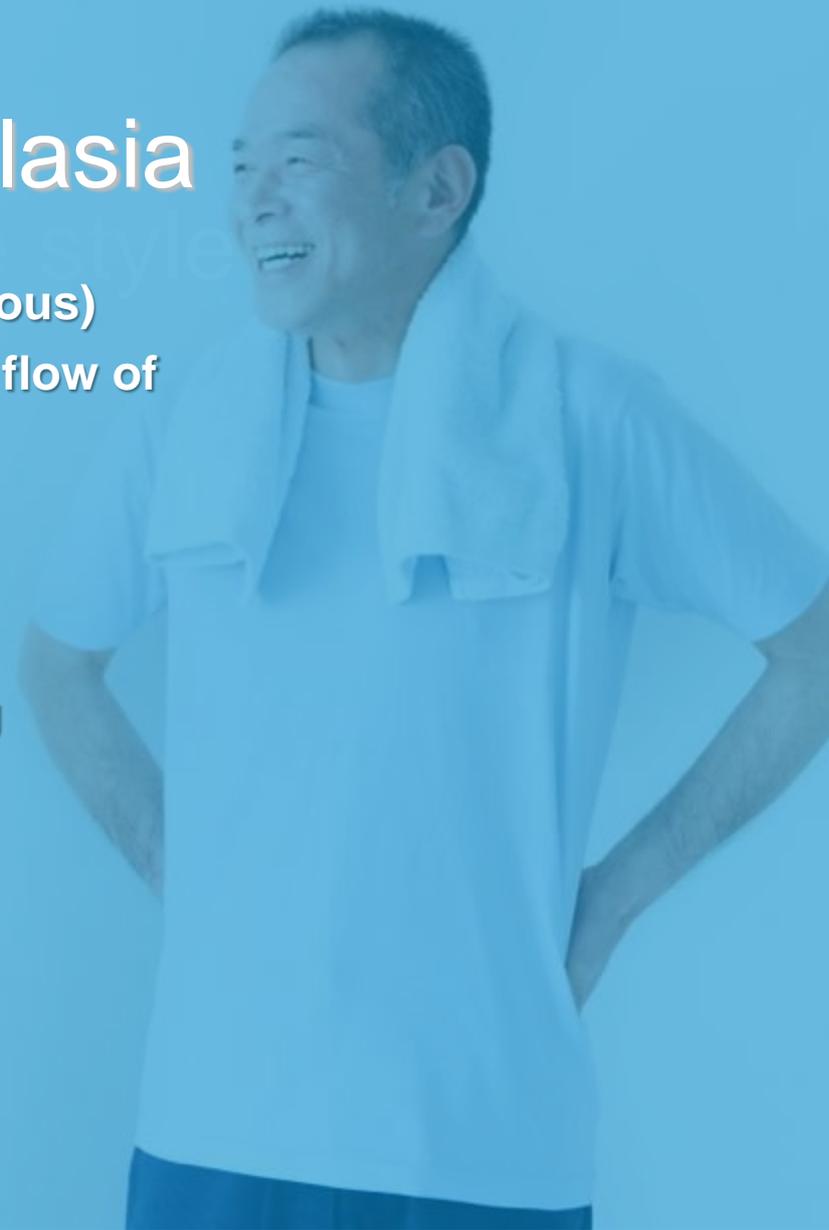
- Can occur in one or both testicles
- Lifetime chance of having testicular cancer is 1 in 300
- Most curable form of cancer
- American Cancer Society recommends a testicular exam as part of a routine cancer related checkup
- Many physicians advise patients to do monthly self-exams
- Best time for self exam is in the shower (instructions included in handout)

# Benign Prostate Hyperplasia

- Simply an enlarged prostate (non-cancerous)
- Cells grow and block the urethra (blocks flow of urine and semen)

## Signs and symptoms:

- A weak or slow urinary stream
- A feeling of incomplete bladder emptying
- Difficulty starting urination
- Frequent urination
- Urgency to urinate
- Getting up frequently at night to urinate
- A urinary stream that starts and stops
- Straining to urinate



# Erectile Dysfunction (ED)

- Inability to achieve or sustain an erection suitable for sexual intercourse
- Condition not considered normal at any age

## Common causes include:

- Atherosclerosis (hardening of the arteries)
- Nerve diseases
- Psychological factors (stress, depression performance anxiety)
- Chronic illnesses (high blood pressure and/or diabetes)
- Certain medications
- Peyronies disease (scar tissue in the penis)

# Sexually Transmitted Diseases (STDs)



## **STDs are spread by sexual contact (genitals, mouth, rectum)**

- Affect both men and women
- Most STDs can be cured (Chlamydia, Syphilis, Gonorrhea)
- STDs that cannot be cured (HIV-which causes AIDS, Genital Herpes, Human Papillomavirus (HPV) which can cause genital warts
- STDs can be spread by people who don't know they are infected
- If you suspect you may have an STD, see your physician
- A list of safe sex practices is included in your handout

# References and Additional Information

- [www.wedmd.com](http://www.wedmd.com)
- [www.cancer.org](http://www.cancer.org)
- [www.strokeassociation.org](http://www.strokeassociation.org)
- [www.americanheart.org](http://www.americanheart.org)



# Questions?

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