

## Men's Health

### Facts

- Men have more premature deaths than women;
- Are at higher risk of death on the road, suicide and injuries;
- Are less likely to visit the GP for advice;
- Tend to ignore their symptoms;
- Reluctant to ask for help with emotional problems



### What problems are particularly important to men?

Cardiovascular diseases are the highest cause of male death in the UK; you can help reduce the risk by:

- Stopping smoking
- Taking 30 minutes of physical activity a day
- Eating a healthy, balanced diet including five portions of fruit and vegetables a day
- Maintaining a healthy weight
- Not drinking more than the recommended amount of alcohol
- Getting your blood pressure and cholesterol level checked and treated if necessary
- Keeping your stress levels under control



### Alcohol

Know your limits; a pint of lager is almost 3 units. More than 3-4 units per day increase the likelihood of illness including:

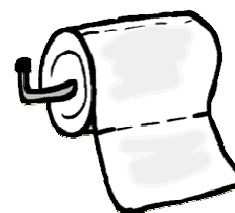
- Stroke
- Heart attack
- Accidents
- High blood pressure
- Mouth and throat cancer



### Enlarged prostate

Around half of men over 50 suffer from an enlarged prostate. It can be treated, so see your GP if you have:

- The feeling that you haven't completely emptied your bladder
- You are needing to get up several times a night to pass urine
- You are going to the toilet frequently during the day
- You have difficulty in starting to pass urine, a weak stream or dribbling at the end of passing urine



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### **Prostate cancer**

Around 34,000 men are diagnosed with prostate cancer which is rare under 50 years old. Symptoms are similar to an enlarged prostate; see your GP if worried.

### **Testicular cancer**

Is more common between the ages of 20 and 45 and is usually a painless lump or a feeling of heaviness or discomfort. Prompt action is needed if you have these symptoms. Check your testicles regularly and see your GP if you notice any changes.

### **Testicular torsion**

This is when the spermatic cord becomes twisted. Pain and swelling develops quickly, sometimes along with nausea and vomiting. It is common in ages 15-30 and needs prompt surgical intervention to avoid permanent damage.



### **Impotence**

Not being able to maintain an erection to have sexual intercourse is common, especially with age. Other illnesses may cause this problem, however treatment is available if you go to your GP.

### **Further information**

[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

(This site has many male health resources and details of upcoming events).

[www.bhf.co.uk](http://www.bhf.co.uk)

[www.drinking.nhs.uk](http://www.drinking.nhs.uk)