

Health Facts for Men

and those who love them

A quick guide to men's health from Men's Health Network



There is a crisis in men's health. Because of poor health habits, lack of health insurance, failure to seek medical attention, and dangerous occupations, men live sicker and die younger than women.



Men die at higher rates for most of the top causes of death.

This includes deaths from cancer, diabetes, suicide, and accidents; and diseases of the heart, kidney, and liver.

Living longer and healthier

Take control of your health by getting a yearly check-up from your healthcare provider. Your best chance of avoiding health problems that afflict men are prevention, self examination, and regular visits to your healthcare provider.

Regular screening can catch many health problems in an early stage, when treatment is most likely to be successful.

If you do not have a healthcare provider and cannot afford one, see if you qualify for Medicaid, a government program for low income individuals, and look for health fairs, free clinics, and free screening events in your area.

Ask your employer, fraternal organization, or place of worship to establish a yearly health fair or screening event. Men's Health Network can provide advice and guidance for these events.

For more information on these and other health problems which affect men, consult with a healthcare professional or contact Men's Health Network.

For information about screening *guidelines*, order our "Get It Checked" brochure.

Men's Health Network

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PLEASE NOTE: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your healthcare provider. Check with your healthcare provider about your need for specific health screenings.

12 Important Health Concerns

Ask your healthcare provider for more information about the following:

1. Prostate Cancer:

Over 26,000 men die of prostate cancer each year. All men should consider a baseline PSA (Prostate Specific Antigen) blood test at age 40.

Men with a family history of prostate cancer, African-Americans, and Veterans exposed to Agent Orange are at high risk. These men should talk to their healthcare provider about yearly screening for prostate cancer at age 40 or earlier, all others at age 50. This consists of a blood test and a quick physical exam.

2. Prostate Disease:

BPH (benign prostatic hyperplasia) and prostatitis are also concerns for men. Both cause the prostate to swell and can cause painful or difficult urination.

BPH—sometimes called "prostate enlargement"—is common among aging men. Half of men between the ages of 50 and 60 will develop it, and about 90% of men aged 70 or 80.

Prostatitis—may be caused by an infection and is the most common prostate problem for men under 50. About half of adult men will be treated for it in their lifetime.

3. Erectile Dysfunction:

The revolution in thinking about male sexual dysfunction, following the introduction of Viagra, offers new hope for men suffering from erectile problems. Failure to achieve and maintain an erection can be caused by heart disease, diabetes, certain medications, lifestyle, or other problems.

4. Cardiovascular Disease:

Heart disease and stroke are often associated with high cholesterol and high blood pressure. Both can usually be controlled with diet and exercise, sometimes combined with medication.

5. Testicular Cancer:

Testicular cancer is the most common form of cancer in men ages 20-35 but can occur any time after age 15.

6. Diabetes:

You may have diabetes and not know it. It is not unusual for diabetes to go undetected for years. Men with diabetes are more likely to suffer from heart disease, stroke, kidney disease and vision problems.

7. Skin Cancer:

Anyone who spends a lot of time in the sun is at risk for skin cancer. Other factors include family history, repeated x-ray exposure and exposure to some chemical compounds such as arsenic and coal.

8. Low Testosterone:

As men age, their testosterone decreases. This can cause *Andropause*, a condition similar to menopause in women, and may lead to erectile dysfunction, fragile bones, depression, fatigue and other problems.

9. Colorectal Cancer:

Cancer of the colon and rectum can usually be treated if caught early. These cancers may be caused by diets high in fat and low in fiber.

10. Depression:

Men are less likely than women to seek help for depression and are 4x as likely to commit suicide. If you feel "down and out", "hopeless", or "sad" for an extended period of time, you may be suffering from depression. Help can take the form of medication, counseling, or a combination of both.

11. Lung Cancer:

Lung cancer is the #1 cancer killer of men but can be almost totally prevented if men make lifestyle changes and take certain precautions. Risk factors include smoking and exposure to asbestos and radon.

12. Osteoporosis:

Osteoporosis, or loss of bone density, is usually thought of as a women's disease but is now also recognized as a man's problem. If left untreated, this can lead to broken bones and permanent disability or death.

Women!

Learn about the health concerns for men in this brochure and help the men in your life monitor their health. If you identify a symptom, get your man to a healthcare provider immediately—and do not take no for an answer. By encouraging the guys in your life to take even the smallest symptoms seriously and discuss them

with their healthcare provider, you will be helping them take a more active role in their own healthcare. And by educating yourself about potential male health problems and passing that information on to the men you love, you may also be able to save a life.

We realize that many of the issues that we cover here are sometimes hard to talk about. But it's essential that you talk about them with the men in your life. Take even the smallest symptom of any of the conditions we've outlined in this brochure seriously, since they could indicate a more critical—or even life-threatening—condition.

Encourage the men in your life to get regular checkups and age-appropriate screenings.

Regular checkups improve health and extend life!

To learn more about his health needs, visit blueprintformenshealth.com, menshealthresourcecenter.com and menshealthlibrary.com



Other Diseases and Conditions:

- **Breast Cancer** can also afflict men.
- **STDs:** Prevention is the key to avoiding sexually transmitted diseases (STDs). Practice safe sex.
- **Facial Hair:** Beard hair on black men grows curved as does other body hair. After shaving, especially with close shaving, the hair may grow back into the skin, resulting in bumps on the face and neck. Some men find that using an electric razor or not shaving against the grain helps.

Those men who suffer from this problem should see a dermatologist for advice.

Facts About Prostate Cancer

Because of Its Effect on Loved Ones, Prostate Cancer is Not Just a Man's Problem, It is a Family Problem.

A quick guide from Men's Health Network



Over 26,000 men in the U.S. die each year from prostate cancer.

More than 180,000 men in the U.S. are diagnosed with prostate cancer each year.

- Prostate cancer can be cured if detected early.
- Prostate cancer is the most common cancer in men.
- Men at high risk should talk to their healthcare provider about screening for prostate cancer at age 40 or earlier, all others at age 50.
- Men at high risk include those with a family history of prostate cancer, African-American Men, and men exposed to Agent Orange.
- African-American men have the highest rate of prostate cancer.



REMEMBER:
Prostate Cancer may be present without any symptoms. See your doctor!

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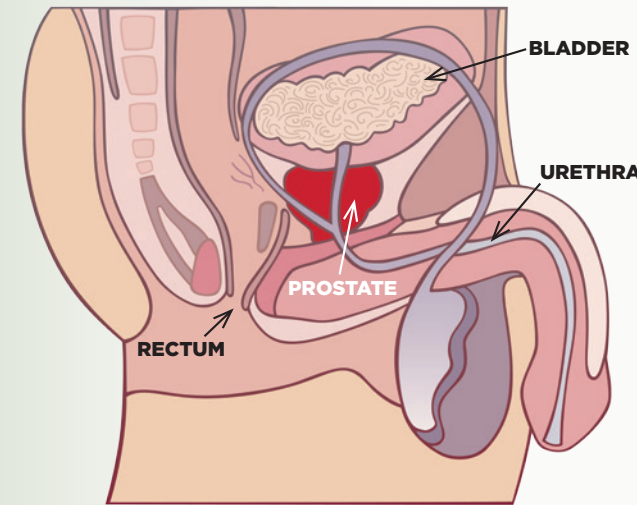
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What is the Prostate?

The prostate is a walnut-sized gland which contributes to the fluid that helps carry sperm.



What is Prostate Cancer?

Prostate cancer is a group of cells growing abnormally in the prostate that may invade and destroy healthy tissues and organs. Prostate cancer can grow differently for different people. Some cancers grow and spread rapidly, quickly leading to death. Others grow slowly, presenting little threat to the man.



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What are the Risk Factors?

Age—40 or above for men with a family history of prostate cancer and African-American males, 50 or above for other men.

Family History—Father/brother/or other male family member has prostate cancer.

Race—African-American males are at highest risk.

Veterans—Exposure to Agent Orange.

Baseline PSA—Men in their 40s with a baseline PSA above 1.0 to 2.4 ng/ml have a greater future risk.

Early-stage prostate cancer usually has no symptoms.

Get regular checkups and see your healthcare provider if you experience any of the following:

- Persistent hip or back pain
- Difficulty urinating
- Painful or burning urination
- Blood in your urine

But remember, most prostate cancers today have no symptoms.

Screening Tests Currently Available

PSA—Prostate Specific Antigen
A blood test that can often detect a prostate-related problem. An abnormal test may mean additional testing is needed.

DRE—Digital Rectal Exam
A test where the doctor puts a gloved finger in the rectum to feel the prostate.

New tests are being developed, so when consulting with your healthcare provider ask if other tests are available.



African-American men have the highest rate of prostate cancer – up to 50% higher than the average American man.

Treatment Options

- Active Surveillance
- Removal of the prostate (Prostatectomy)
- Radiation therapy
- Hormone therapy
- Cryotherapy*

Some men with prostate cancer may not need to have treatments.

Men, together with their families, and in consultation with their doctor, need to have the facts to make informed decisions about screening.

*Cryotherapy is an FDA-approved treatment for localized and locally recurrent prostate cancer. It may cause more sexual side effects than other local therapies, but interested patients should ask their doctor for more information.

Many older men develop enlargement of the prostate, called BPH. BPH is NOT cancer, and can be treated if it causes problems such as difficulty urinating. Early detection is important to the treatment decision.

Places to Get Help and Free Information

MEN'S HEALTH NETWORK
202-543-MHN-1 (6461)
www.menshealthnetwork.org

MEN'S HEALTH LIBRARY
www.menshealthlibrary.com

PROSTATE HEALTH GUIDE
www.prostatehealthguide.com

AMERICAN UROLOGICAL ASSOCIATION
www.auanet.org

AMERICAN CANCER SOCIETY
www.cancer.org

NATIONAL CANCER INSTITUTE
1-800-4-CANCER (Toll free)
www.cancer.gov

MEN'S HEALTH MONTH
www.menshealthmonth.org

MEN'S HEALTH RESOURCE CENTER
www.menshealthresourcecenter.com

CLINICAL TRIALS AND YOU

When discussing treatment options with your healthcare provider, ask about participating in clinical trials. Learn more at: www.clinicaltrials.gov