

Men's Health: What You Need To Know



Allina Health

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General Information

It is important to have regular medical checkups with your health care provider. This can help find health problems early when they are most treatable.

Heart Disease

According to the Centers for Disease Control and Prevention, heart disease is the most common cause of death for men in the United States. You can help your heart and your health by managing your risk factors and living a healthy lifestyle.

Heart disease risk factors

Certain characteristics and lifestyle habits have been linked to the development of coronary artery disease. They are called risk factors. Some risk factors, such as gender, age, and family history, cannot be changed. Other risk factors listed below can be modified to lower your risk.

Read each risk factor on the next page. Circle the description which applies to you.

	Low Risk	High Risk
Age	younger than age 45	older than age 45
Family history	no family history of heart disease	family member with heart disease before age 55
Smoking	does not smoke	smokes
Blood pressure	less than 120 and less than 80	130-139 or 80-89
Diabetes	does not have diabetes	has uncontrolled diabetes or a fasting blood glucose level more than 126
Physical activity	exercises three to five times a week for 30 minutes or more	does not get regular exercise
Weight	weighs within 30 percent of ideal weight range	weighs more than 30 percent ideal weight range
Lipid or blood cholesterol panel	<ul style="list-style-type: none"> ■ LDL 100 or lower* ■ HDL 40 or above ■ triglycerides below 150 	<ul style="list-style-type: none"> ■ LDL 190 or higher* ■ HDL below 40 ■ triglycerides 150 and above
Stress	manages stress well	does not manage stress well
Sleep apnea	does not have it	has it

*Guidelines for LDL are based on your overall risk for heart disease. If you have diabetes or heart disease, consider taking a statin medicine to protect your arteries. Talk with your health care provider about your LDL goal.

Erectile Dysfunction

Erectile dysfunction (known as ED) is the inability to get or keep an erection long enough for sexual intercourse. It can happen at any age, but it is more common in men older than 65. ED affects 15 to 30 million American men.

Causes of erectile dysfunction

Erectile dysfunction may be caused by one or more of the following.

- alcohol or drug use
- smoking
- obesity
- not enough exercise
- medicine side effects
- diabetes
- multiple sclerosis
- vascular disease
- stress or anxiety
- fear of sexual failure
- depression or low self-esteem.

Treatment for erectile dysfunction

Erectile dysfunction can be treated at any age. Your health care provider may recommend:

- making healthy lifestyle changes:
 - quitting smoking
 - avoiding alcohol or drugs
 - losing weight if you are overweight
 - exercising
- taking prescription medicines such as Viagra®, Levitra® or Cialis®.

Talk to your health care provider about any concerns you have about erectile dysfunction.

Prostate Disease

Your prostate is a walnut-size gland made up of two lobes encased in a layer of tissue. It is located in front of your rectum, just below your bladder, and surrounds your urethra, the canal that allows urine to pass from your bladder to outside your body.

Your prostate is part of your reproductive system. One of its main functions is to squeeze fluid into your urethra during sexual climax to produce semen. The fluid gives energy to sperm and lowers a vagina's acidity.

The most common prostate problem for men age 50 and younger is prostatitis. This is inflammation of the prostate gland. This is sometimes caused by a bacterial infection.

The most common prostate problem for men 51 and older is benign prostatic hyperplasia (BPH). This is an enlargement of the prostate.

Prostate Cancer

Prostate cancer is cancer of the prostate gland. It is the most common form of cancer in men and is second only to lung cancer as a cause of cancer deaths.

Risk factors of prostate cancer

The causes of prostate cancer are not well understood. However, studies show that the following risk factors can increase a man's risk of developing it:

- **age** — being older than age 50
- **family history** — having a father or brother with the disease
- **race** — being African-American. (Prostate cancer is less common in white, Asian and American Indian men.)

Symptoms of prostate cancer

Early prostate cancer often does not have symptoms. For that reason, it is important for men to have regular check-ups so that their health care provider can detect it early when it is more easily treated. Prostate cancer can cause any of these problems:

- a need to urinate often, especially at night
- difficulty starting urination or holding back urine
- inability to urinate
- weak or interrupted flow of urine
- painful or burning urination
- difficulty in having an erection
- painful ejaculation
- blood in urine or semen
- frequent pain or stiffness in the lower back, hips or upper thighs.

Any of these symptoms may be caused by cancer or by other, less serious health problems, such as benign prostatic hyperplasia (BPH), which is an enlargement of the prostate. If you have any of these symptoms, it is important that you see a health care provider right away.

Low Testosterone

Testosterone is a male hormone that maintains muscle mass and strength, sex drive and bone mass, and produces sperm.

As men age, their body makes less testosterone. For most men, levels of testosterone stay within normal range. Those men who have levels below normal range may experience:

- fatigue
- loss of muscle mass
- decreased sexual drive
- depression.

Talk with your health care provider if you have any of the above signs or symptoms.

If you have low testosterone levels, your health care provider may recommend testosterone therapy if it is right for you.

Low testosterone and osteoporosis

Low testosterone levels can also cause osteoporosis.

This is a disease that causes loss of bone density, or bone mass, leaving bones thin and weak. These bones may break easily. One-fourth of all men will have a fracture (or break) caused by osteoporosis, according to the National Osteoporosis Foundation.

Testicular Cancer

Testicular cancer is cancer of one or both of the male sex glands called testicles. The testicles are located under the penis in a sac-like pouch called the scrotum. They produce sperm for reproduction and hormones that control male characteristics.

Testicular cancer accounts for only 1 percent of cancers in men. It is the most common form of cancer among 15- to 35-year-old males. It is more common in white men than in black men.

Risk factors of testicular cancer

The direct causes of testicular cancer are not known. Research shows there are several factors that can increase a man's risk of developing it.

- **undescended testicle:** a testicle that did not descend into the scrotum before birth. Surgery to correct this condition may reduce the risk.
- **abnormal testicular development**
- **Klinefelter's syndrome:** a chromosome disorder that may cause low levels of male hormones, sterility, breast enlargement and small testicles
- **history of testicular cancer:** cancer in one testicle increases the risk of cancer in the other testicle.

Symptoms of testicular cancer

Most men who develop testicular cancer discover it themselves. Sometimes health care providers find it during routine physicals. If it is found early, it has a high cure rate (approaching 100 percent) and may require less aggressive treatment.

See a health care provider if you notice any of these symptoms:

- a painless lump or swelling in either testicle
- any enlargement of a testicle or a change in the way it feels
- a feeling of heaviness in the scrotum
- a dull ache in the abdomen or the groin (the area where the thigh meets the abdomen)
- a sudden collection of fluid in the scrotum
- pain or discomfort in a testicle or in the scrotum.

It is important to have a health care provider determine whether the symptoms are caused by cancer or by other conditions.

Monthly self-exam for testicular cancer

The best way to detect testicular cancer early is to do a simple self-exam each month. Gently roll each testicle between the thumb and fingers of both hands. If you find any hard lumps or nodules, see a health care provider right away.

Depression

Clinical depression is a serious medical illness. It's not something you have made up in your head. It's more than just feeling "down" or "blue" for a few days.

Depression can include feelings of hopelessness or worthlessness and even thoughts of suicide. These feelings can go on for weeks or months. Depression can change your mood and your thoughts, leaving you feeling stuck in a rut. It can even affect how often you become ill, or how well you heal from a major illness.

There is no single cause for depression. It likely results from a combination of sources. Depression can run in the family or be caused by life events (such as a death, changing jobs, giving birth, moving or an illness).

According to the National Institute of Mental Health, more than 6 million men have depression each year in America.

Symptoms of depression

Depression symptoms, how severe they are, and how long they last, will vary among people. Symptoms can include:

- having sad, anxious or "empty" feelings
- feeling hopeless and/or negative
- feeling guilty, worthless and/or helpless
- feeling irritable or restless
- losing interest in activities or hobbies you once enjoyed (including sex)
- feeling tired or having less energy than normal
- having trouble concentrating, remembering details or making decisions
- trouble falling asleep, waking up early or sleeping too much
- having changes in appetite and weight
- having thoughts of suicide or suicide attempts
- having aches and pains, headaches, cramps or digestive problems that do not go away with treatment.

Depression can be treated. If you have symptoms of depression, please make an appointment with a health care provider or mental health provider.

Anxiety

Anxiety is a strong feeling of nervousness and fear. Anxiety is usually an occasional temporary reaction to the stresses of everyday life. If you are anxious, you may feel like you have no control over what is happening.

Some anxiety is normal. When it keeps you from feeling healthy and affects your work, home or social life, you need to get help. Chronic (long-lasting) anxiety needs treatment.

Symptoms of anxiety

Anxiety has many symptoms. You may have a few or many. The most common symptoms of anxiety include:

- changing appetite or weight
- changing sleeping patterns
- constant fatigue
- increasing restlessness or irritability
- trouble concentrating
- feeling dizzy or lightheaded
- feeling nauseous
- feeling short of breath
- having shaking (tremors) in your hands
- increasing use of alcohol, tobacco or drugs.

Treatments for depression and anxiety include medicines, counseling, or both. Talk to your health care provider if you have any of these symptoms.

Tobacco Use

How tobacco affects you

Tobacco:

- damages and narrows blood vessels
 - This can lead to infections and risk for stroke.
- increases blood pressure
 - This can lead to stroke or heart disease.
- makes your blood vessels and arteries “sticky,” which can block blood flow
 - This raises your risks for heart disease, kidney disease, retinopathy (eye disease that causes blindness) and nerve damage.
- increases insulin resistance
 - This can raise your blood glucose and lead to diabetes.
- increases your risks for many types of cancer
 - Smoking can cause cancer of the lung, mouth, throat, bladder, kidney, liver, colon and rectum, among others.
 - Smokeless tobacco can increase risks of cancers of the mouth, esophagus and pancreas.
- affects your breathing and lungs by:
 - damaging cilia (hair-like projections of the lungs that trap germs, dust and particles in your airways and sweep them out)
 - irritating your airways
 - triggering flare-ups if you have a respiratory disease like asthma or chronic obstructive pulmonary disease (secondhand smoke is also a trigger)
 - making your shortness of breath worse
 - weakening your lungs to fight off infections.

Benefits of quitting

- Your body responds quickly to quitting:
 - **8 hours:** The carbon monoxide level in your blood drops to normal. The oxygen level in your blood increases to normal.
 - **24 hours:** Your chance of heart attack decreases.
 - **48 hours:** Nerve endings start to grow again.
 - **2 weeks:** Your circulation improves and your lung function increases. (Source: World Health Organization)
- There are many health benefits to quitting. Quitting:
 - lowers your chances of stroke, heart disease and nerve damage
 - may lower your blood pressure.

Suggestions for quitting tobacco

Studies show that the most successful way to quit uses counseling, medicines and follow-up. Ask your health care provider for more information.

- Prepare to stop.
 - Get support from family and friends.
 - Avoid places where you know you will want to use tobacco.
 - Plan activities to replace using tobacco.
 - Get rid of cigarettes, matches, lighters and anything else related to smoking, chewing or vaping.
- Stop.
 - Stop on the day you planned to stop.
 - Be careful with situations or activities in which you might be tempted to start using tobacco again.

- Try to keep your focus on today, not the future. Tell yourself, “I am not smoking today.”

- Stay stopped.
 - Think positive thoughts. Remember why you decided to stop. Reward yourself.
 - Remember that your craving will pass whether you smoke or not.
 - Do not play games like telling yourself, “One cigarette won’t hurt,” “I deserve a dip or chew,” “I just want to see how a cigarette tastes.” Your brain might tell you these things to persuade you to go back to tobacco.

Resources for quitting

- Tobacco Intervention Program at Abbott Northwestern Hospital
 - 612-863-1648
- Tobacco Intervention Program at Mercy Hospital
 - 763-236-8008
- Tobacco Intervention Program at River Falls Area Hospital
 - 715-307-6075
- *Penny George™ Institute for Health and Healing (LiveWell Center) tobacco intervention coaching
 - 612-863-5178
- *United Hospital Lung and Sleep Clinic Tobacco Cessation Program
 - 651-726-6200

***There may be a cost to you. Check with your insurance provider.**

Alcohol

Alcohol is one of the most widely used drug substances in the world. One drink contains 12 grams (.5 ounce) of pure alcohol. Examples of standard drinks include:

- 12 ounces of beer or wine cooler
- 5 ounces of wine
- 1 ½ ounces of distilled spirits.

Alcohol is absorbed quickly into your bloodstream. How fast alcohol is absorbed into your bloodstream will depend on the type and amount of food in your stomach. High fat and high carbohydrate foods will slow the absorption rate.

Effects of alcohol use

Alcohol can cause the following effects.

- hangover
- bad breath
- impaired judgment and behavior
- altered perceptions and emotions
- distorted hearing and coordination
- blurred or distorted vision
- nausea (upset stomach)
- sweating
- shakiness
- anxiety.

Signs that you have a drinking problem

Alcohol-related health problems or behavioral problems indicate that you may have a problem with alcohol use.

- Too much alcohol can affect your health, causing:
 - blackouts
 - ongoing abdominal pain
 - high blood pressure
 - sleep disorders
 - depression
 - liver problems
 - sexual function problems.
- Alcohol can affect your behavior and cause:
 - family problems
 - legal problems
 - poor attendance or performance at work or school
 - accidents
 - injuries.

Signs that you are dependent on alcohol

You may be dependent on alcohol if you:

- think about drinking most of the time or have a strong urge to drink
- cannot stop drinking once you start
- drink to prevent withdrawal symptoms that develop when you do not drink: tremors, nausea, sweating or mood swings
- have to drink more than you used to to feel the effects of alcohol
- change plans so you can drink
- drink in the morning to “steady your nerves.”

Treatment

There are several options for treating alcohol addiction. Options include the following:

- Your provider (for counseling, treatment or referral)
- Center for Substance Abuse Treatment, 1-800-662-4357 (to learn about local treatment programs or to talk with someone about drinking problems)
- Alcoholics Anonymous, a support group (call the local chapter listed in the phone book under “alcoholism”).
- Your health care provider may have information about other local resources you can contact.

Guidelines for Planning Your Health Care

You can take an active part in planning your health care by knowing the following:

- what vaccinations you should have
- what screenings and tests to have and when to schedule them.

Important screenings and tests for you

Make appointments for the screenings and tests as recommended in the chart below. These screenings and tests can help detect health problems early when they are most treatable.

Recommended adult vaccinations

Vaccines can protect you from common diseases and illnesses. You most likely received some of the vaccines during childhood.

Screening/ Test	Ages 19-39	Ages 40-64	Ages 65 and older
Disease risk assessment	Every 5 years	Every 5 years	Every 1 to 2 years
Height/ weight/BMI (body mass index)	Every 3 to 5 years	Every 3 to 5 years	Every 1 to 2 years
Blood pressure	With each office visit	With each office visit	With each office visit
Lipid screening (cholesterol profile)	Men 20-35: Discuss with provider	Men 35-75: Every 5 years	Over age 75: Discuss with provider
Colon cancer screening		Men 50-75 — how often and screening method as recommended by provider	

As an adult, you need a booster shot for a few of these to keep them effective. Vaccines to protect you from influenza (the flu), shingles and pneumonia are available.

The recommended schedule for vaccines is listed below.

Enlarged Breast Tissue

Enlarged breast tissue (gynecomastia) can occur in infant, adolescent, and middle-aged men. It can affect one or both breasts. Although it is benign (not cancerous), it is important

Type of Vaccine	Recommendation
tetanus diphtheria	<ul style="list-style-type: none"> ■ for all adults ■ a booster every 10 years
influenza (flu)	<ul style="list-style-type: none"> ■ for adults ■ yearly, in the fall (October or November is best)
pneumococcal 13-valent conjugate (pneumonia)	<ul style="list-style-type: none"> ■ for adults age 65 years
pneumococcal (pneumonia)	<ul style="list-style-type: none"> ■ for adults age 66 and older
shingles	<ul style="list-style-type: none"> ■ for adults age 50 and older ■ 2-dose series
varicella (chickenpox)	<ul style="list-style-type: none"> ■ for adults with no history of chicken pox or shingles and a negative blood test for chickenpox immunity
MMR (measles*, mumps, rubella**) * = red measles ** = German measles	<ul style="list-style-type: none"> ■ for adults born after 1956 with no record of prior immunization or history of the diseases, or no blood tests showing immunity to the diseases

to talk with your health care, especially if you feel pain.

Causes

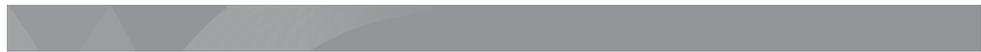
Enlarged breast tissue can be caused by:

- puberty
- decrease in testosterone (male hormone) level
- increase in estrogen (female hormone) level
- side effects of some prescription medicine
- street drug use.

Treatment

The health care provider will review your health history, family medical history, and give you an exam. Treatment options may include applying ice to the area, changing medicine(s), or for severe cases, breast reduction surgery.

The health care provider may suggest tests to check for another disease or condition.





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