

# Men's Health

What You Need To Know



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## 1. Chest Pain

Pain can be sharp or dull and mild to severe.



Common places heart attack pain is felt in men.

### Heart Attack Warning Signs

- Feelings of pain (may spread to the arm, neck, tooth, jaw, or back), tightness, burning, squeezing, fullness, or heaviness in the chest that last more than a few minutes or go away and come back
- Chest discomfort with: Fainting; fast or uneven pulse; lightheadedness; shortness of breath; pale, gray, or clammy skin; sweating; or nausea

### Reason to Call Doctor

Chest pain worsens with deep breaths or you have a fever and/or cough with any color sputum. Chest pain comes and goes before, during, or after eating, or worsens when you bend over, lie down, or occurs only after you eat.

### Reasons to Get Medical Care Fast

- “Heart Attack Warning Signs” (see above) or chest pain occurs in a person with a heart condition that does not respond to prescribed medicine.
- Chest pain came from a bad injury.
- Chest pain occurs with a hard time breathing or coughing up true red blood.

### Self-Care For a Hiatal Hernia or Heartburn

- **Lose weight if you need to. Don't wear tight garments.**
- **Avoid tobacco, alcohol, coffee, spicy foods, peppermint, citrus juices, and carbonated beverages.**
- **Eat 5 or 6 small meals a day. Don't eat large meals.**
- **Don't bend over or lie down after eating. Don't eat within 2 hours of bedtime. Raise the head of your bed 6 inches when you sleep.**

### For a Pulled Muscle or Small Injury to Your Ribs

- **Don't strain the muscle or ribs. Rest.**
- **Take an over-the-counter pain medicine.**

## 2. Erectile Dysfunction (ED)

Symptoms: In 25% or more of attempts – Not being able to get an erection at all; having an erection that is too brief, weak, or painful for satisfying sexual intercourse; or having an erection, but it loses its strength upon penetration. Sometimes, ED is called impotence.

### Prevention / Self-Care

- Don't smoke.
- Don't use street drugs.
- Limit alcohol to no more than 2 drinks a day.
- Relax. Manage stress. Get plenty of rest.
- Share your fears and needs with your partner.
- Don't focus just on performance. Find pleasure in hugging, kissing, and caressing your partner.
- Take medication for ED, as prescribed.

### Reason to Call Doctor

- You want to rule out, diagnose, and/or treat medical problems which may cause ED.
- ED began after taking prescribed medicine, such as high blood pressure pills.
- ED began after prostate or other surgery or after trauma to the pelvis.
- You want advice on medical ways to treat ED.

## 3. Hair Loss

Symptoms: Thinning of hair on the temples and crown. Receding hair line. Bald spot on the back of the head. Areas of patchy hair loss.

### Prevention / Self-Care

- Try the over-the-counter medication, Rogaine. Use it as directed.
- Avoid (or don't use often) hair care practices that can damage hair, such as braiding and dyeing.
- Air dry your hair or dry it with a towel instead of using a hairdryer, especially on a high setting.
- Keep your hair cut short. It will look fuller.
- Use gentle shampoos and conditioners.
- Don't believe claims that massage oils, vitamin formulas, or other products will cure baldness.
- If anxiety causes you to pull out patches of hair, relax with deep breathing exercises.

### Reason to Call Doctor

- You have sudden patches of hair loss or are not able to stop pulling out patches of your hair.
- Signs of infection (redness, tenderness, swelling, and/or pain) occur at the site of hair loss
- Hair loss occurs with signs of low thyroid output:
  - Fatigue or weight gain for no reason
  - Intolerance to cold temperatures
  - Numbness or tingling in the hands
  - Constipation
  - Dry, thick, flaky skin
  - Deepened or hoarse voice
- Hair loss occurs after taking prescribed medicine.
- You want advice about hair implants and medication.
- You need help to manage anxiety.

## 4. Jock Itch

The skin of the groin, scrotum, and/or thigh areas is red, itchy, and/or scaly. Jock itch is usually caused by a fungus infection.



### Prevention

- Don't share towels or clothes that have come in contact with the rash.
- Don't wear garments that fit tight. Wear boxers, not briefs.
- Change underwear after tasks that leave you hot and sweaty.
- Shower soon after a workout. Don't use antibacterial (deodorant) soaps. Dry the groin area well. Wash workout clothes after each wearing.
- Apply talc or other powder to the groin area.
- Sleep in the nude or in a nightshirt.

### Self-Care

Use an over-the-counter antifungal cream, powder, or lotion, such as ones with clotrimazole, miconazole, and tolnaftate. Follow package directions.

### Reasons to Call Doctor

Symptoms of jock itch last longer than 2 weeks despite using self-care. Liquid oozes from the rash.

Hang this card on a doorknob, mirror, etc. (This card is waterproof.)

Do a Testicular Self-Exam (TSE) as advised by your doctor.

## 5. Testicular Self-Exam (TSE)

Talk to your doctor about doing TSEs. If you choose to do TSEs, follow your doctor's advice. The best time to do a TSE is after a warm bath or shower. This relaxes the scrotum and allows the testicles to drop down.

- Stand in front of a mirror. Look for any swelling on the skin of the scrotum.
- Examine each testicle with both hands. Place your index and middle fingers underneath the testicle and your thumbs on top. Gently roll one testicle then the other between your thumbs and fingers. One testicle may be larger. This is normal. Examine each testicle for any lumps. These are usually painless and about the size of a pea.
- Check for any lumps on the epididymis. This is the comma-shaped cord behind each testicle.
- Check for any lumps on the vas deferens. This is the tubelike structure at the back of each testicle.



## 6. Testicular Cancer

### Reasons to Call Doctor

- A lump is on a testicle, epididymis, or vas deferens.
- A testicle is enlarged.
- A heavy feeling, pain, or discomfort occurs in the testicle or scrotum or there is a change in the way the testicle feels.
- A dull ache is in the lower abdomen or the groin.
- A sudden pooling of fluid occurs in the scrotum.
- Enlarged or tender breasts occur.

The advice given is not meant to take the place of expert medical care.

Hang this card on a doorknob, mirror, etc. (This card is waterproof.)

Contact your health plan to find out if and when tests and exams are covered benefits.

## 7. Tests & Exams Chart\*

Test or Exam*	Ages 18-40	Ages 40-50	Ages 50+
Dental Checkup	Every 6-12 months		
Physical Exam	Every 5 years ages 18-29 Every 2-4 years ages 30-49		Every 1-2 years
Blood Pressure	Each office visit; at least every 2 years		
Vision Exam	Every 5 years ages 18-29 Every 2-4 years ages 30-49		Every 1-2 years age 65+
Cholesterol Blood Test		Starting at age 35 or as advised by your doctor	
Prostate Cancer Screening <sup>1</sup>			Discuss with doctor by age 50
Colorectal Screening <sup>2</sup>			Ages 50-75
Abdominal Aortic Aneurysm Screening	One-time screening for men ages 65-75 who have ever smoked		

\* Adults should also be screened for alcohol misuse, depression, obesity, and tobacco use. If you are at an increased risk for an illness, tests may need to be done sooner or more often. Extra tests, such as screenings for diabetes and glaucoma, may also be needed. Follow your doctor's advice for tests and exams.

1. African American men and men with a brother or father diagnosed with prostate cancer should discuss the pros and cons of screening for prostate cancer by at age 45; by age 40 for men with multiple family members diagnosed with prostate cancer before age 65.
2. Discuss screening test options with your doctor. How often testing is needed depends on the test(s) given and your personal risk factors.

## 8. Low Back Pain

Symptoms: Back pain can be sharp, dull, acute, or chronic. Swelling in the back area may also occur.

### Prevention

- Use proper lifting. Bend at the knees, not at the waist. Hold the object close to your body. Lift slowly. Let your legs carry the weight.
- Practice good posture. Sleep on a firm mattress.
- Lose weight if you need to.
- Do regular exercises. Include ones that stretch and strengthen muscles in the back and abdomen.

### Self-Care

- Take an over-the-counter medicine for pain and swelling, if needed.
- For the first 48 hours, apply a cold pack, 5 to 10 minutes at a time. Do this several times a day. After 48 hours, apply heat, such as a hot water bottle for 5 to 10 minutes. Do this several times a day.
- Do your regular activities as much as you can. Stop an activity if it makes the pain worse.

### Reasons to Call Doctor

- Pain is very bad, lasts 5 or more days, or gets worse when you move, cough, lift, or strain.
- Pain goes down the legs. Pain or burning occurs with urinating or you have bloody or cloudy urine.
- Burning pain and a skin rash are on one side of your back.

### Reasons to Get Medical Care Fast

Pain is extreme and felt across the whole upper back and came on within about 15 minutes without a back injury or strain.

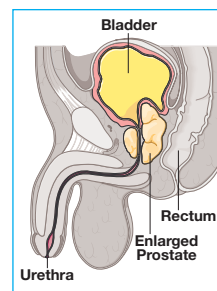
## 9. Prostate Problems

The prostate gland is below the bladder and in front of the rectum. It surrounds the upper part of the urethra, the tube that empties urine from the bladder. Prostate problems are common in men age 50 and older.

### Symptoms

#### For Prostatitis (Prostate Infection or Inflammation)

- Fever and/or chills
- May have blood in the urine or semen
- Pain in the lower back and/or between the scrotum and anus or between the legs
- Pain and burning when you pass urine
- Passing urine often (or strong urge to), even at night
- A hard time starting to pass urine or to empty your bladder all the way
- Pain with an erection or ejaculation



#### For an Enlarged Prostate

- Increased urge to pass urine and/or passing urine often, especially during the night
- Delay in onset or decreased or slow stream of urine flow. Dribbling urine after voiding
- Not emptying the bladder all the way

#### For Prostate Cancer

- Symptoms of an enlarged prostate. (See above.)
- Blood in the urine
- Swollen lymph nodes in the groin area
- Erectile dysfunction. (See topic 2.)
- Pain in the hips, pelvis, ribs, or spine

## 10. Sprains & Strains

Symptoms: Pain and/or swelling occurs at the injured site.

A sprain is when you overstretch or tear a ligament (fibrous tissue that connects bones). A strain is an injury to muscles or tendons (tissues that connect muscles to bones).

### Prevention

- Ease into any exercise program. Start off with things that are easy for you. Build up gradually.
- Wear the proper gear for the exercises you do. Before you exercise, warm up your muscles with slow easy stretches or do the activity at a lower pace. Don't bounce.
- Don't overdo it. Ease up if you feel pain.
- Cool down after hard exercise. Do the activity at a slower pace for 5 minutes.
- Follow safety measures to prevent slips and falls:
  - When you use a ladder, make sure it is steady. Don't stand on the top 3 steps.
  - Wear shoes and boots with nonskid soles.
  - Put handrails on both sides of stairways.
  - Keep halls, stairways, and entrances well lit.
  - Clear stairs, walks, and porches of clutter and ice.
  - Use rugs with nonskid backs and rubber mats or adhesive-backed strips in tubs and showers.
  - Follow "Prevention" in topic 8.

### Self-Care

#### For Prostatitis

- Take antibiotics as prescribed and an over-the-counter medicine for pain and swelling, if needed.
- Rest until the fever and pain are gone.

#### For and Enlarged Prostate

- Stay sexually active.
- Don't take over-the-counter medicines with antihistamines unless this is okay with your doctor.

#### For Both an Enlarged Prostate and Prostatitis

- Take warm baths.
- Don't let the bladder get too full. Pass urine as soon as you get the urge. Relax when you do.
- When on long car trips, stop often to pass urine.
- Limit caffeine and alcohol.
- Drink 8 or more glasses of water every day. Don't drink liquids before going to bed.
- Reduce stress.
- Don't smoke. If you smoke, quit.

### Reasons to Call Doctor

- You are not able to pass urine at all.
- You have symptoms of prostate cancer, an enlarged prostate, and/or prostatitis.
- Symptoms of prostatitis don't improve after 3 days of treatment, get worse during treatment, or come back after treatment.
- You have a diagnosis of an enlarged prostate and your symptoms get worse.

### Self-Care

- If you sprain your finger or hand, remove rings right away. (If you don't and your fingers swell up, the rings may have to be cut off.)
- Take an over-the-counter medicine for pain and/or swelling.
- Use crutches if prescribed.

If the injury does not appear serious, use RICE:

- Rest the injured area or Refrain from putting weight or stress on it for 24 to 48 hours.
- Ice the area for 10 to 20 minutes every 2 hours for the first 48 hours.
- Compress the area. Wrap with an elastic bandage. Do not cut off circulation. Remove the bandage every 3 to 4 hours, for 15 to 20 minutes.
- Elevate the area above heart level.

### Reasons to Call Doctor

- Bad pain and swelling occur or the pain gets worse.
- Pain occurs when you press along the bone near the injury.

### Reasons to Get Medical Care Fast

- Skin around the injury turns blue and/or feels cold and numb, but the same limb on the other side does not.
- A bone sticks out, an injured body part looks bent, or bones in the injured part make a grating sound.
- A loss of feeling occurs in the injured body part or you can't put weight on or move the injured part.

### For More Information, Contact:

Get Free Health Information, from:  
[www.HealthyLearn.com](http://www.HealthyLearn.com)