

Men's Health Information



Grove House Opening times

8am to 6.30pm Monday & Tuesday
7am to 6.30pm Wednesday & Friday
7am to 8pm Thursday

Heath Road Opening Times

8.30am to 6pm Monday to Friday

Reception is open for telephone contact:

8.30am to 6.30pm Monday to Friday

We are closed on Saturdays, Sundays
and Bank Holidays

Men's Health



There are some health problems that are more common in men than women and conditions of the prostate, testicles and penis that are specific to men. But research shows that men quite often feel embarrassed to see their GP/Nurse to get any help or treatment for their symptoms.

This booklet is aimed at giving our male patients advice about medical conditions and guidance on where to go for further information in hope that they will feel more confident about when to see their GP /Nurse.

In this booklet you will find information on male-related cancers and other health conditions such as heart disease, diabetes and depression. We have also included links to websites that may give you further information and guidance.

If you do have any concerns regarding any aspect of your health please do not hesitate to contact the Practice to make an appointment.

Prostate Health

Only men have a prostate gland. It's about the size of a walnut and located just below the bladder. Your prostate surrounds your urethra (the tube that allows urine to pass out of your body). It produces a fluid that is mixed with sperm during ejaculation.

Benign enlarged prostate (BPH)

Approximately half of men over 50 get symptoms of BPH; this is because the prostate gland tends to get bigger with age and can push on your urethra interfering with the flow of urine. This condition is called benign prostatic hyperplasia, sometime also referred to as benign prostatic enlargement (BPE). It is **not** cancerous.



Symptoms include:

- Difficulty passing urine
- A weak flow of urine that sometimes starts and stops
- Dribbling of urine before or after urinating
- The feeling that you haven't completely emptied your bladder after passing urine
- A frequent or urgent need to pass urine
- The need to get up several times in the night to pass urine

The above symptoms may also be caused by problems other than BPH. If you have any of these symptoms please contact the Practice to make an appointment to see your GP.

An enlarged prostate may not affect you too much. Depending on how severe it is, treatment can include making simple lifestyle changes, taking medicines and having surgery. Having an enlarged prostate **doesn't** increase your risk of getting prostate cancer.



For further advice please go to:

<http://www.prostatehealthguide.com/>

Over the next pages of this booklet various cancers are discussed, especially ones specific to men. Please note that more than 80% of cancers today are completely curable if treated early. So, if you have any concerns DO NOT hesitate to make an appointment with your GP.

Don't Delay - Get checked today!

Prostate Cancer

Around 35,000 men in the UK are diagnosed with prostate cancer each year, making it the most common cancer in men. About six out of 10 men diagnosed with prostate cancer are aged 65 and over. Prostate cancer is different from most other cancers because small growths of cancer inside the prostate are very common and can be harmless for many years. It's thought that one in eight men may have cancer cells in their prostate at some point in their lives. However, these cells usually grow very slowly, and for many men, never cause any problems.

In others, however, the cells may grow more rapidly. Sometimes, cancer cells spread outside of the prostate gland to another part of your body and form a new tumour called a secondary tumour. The spread of cancer is called metastasis. Prostate cancer most commonly spreads to the bones.

Symptoms of Prostate Cancer

The symptoms of prostate cancer are similar to those produced by a common benign (non-cancerous) condition called benign prostatic hyperplasia, listed on Page 3 of this booklet.

Further symptoms of Prostate Cancer can be;

- Blood in your urine or semen
- Difficulty in getting an erection (known as erectile dysfunction see Page 12 of this booklet)
- Pain when passing urine

Prostate cancer can spread to other parts of your body, you may then develop symptoms such as:

- Tiredness and feeling generally unwell
- Pain in your bones
- Weight loss
- Painful ejaculation
- Weak or interrupted flow of urine

There is no single, definitive test for prostate cancer, so your GP will discuss the pros and cons of the various tests with you to try to avoid unnecessary anxiety. Your doctor is likely to:

- ask for a urine sample to check for infection
- Take a blood sample to test your level of prostate-specific antigen (PSA)
- Examine your prostate (digital rectal examination)

If you have any of these symptoms please make an appointment to see your GP.



If you would like further information on prostate cancer a very helpful website is:

<http://prostatecanceruk.org/>

You may also find the following link useful:

<http://menunited.prostatecanceruk.org/>

Testicular Cancer

Testicular cancer is rare with approximately 2,100 men being diagnosed in the UK each year. However, it's the most common cancer in men aged between 20 and 34 years old.



Symptoms usually include:

- Having a painless lump
- A feeling of heaviness
- Discomfort in your scrotum.
- Any enlargement of the testicle
- A significant loss of size in one of the testicles
- A sudden collection of fluid in the scrotum

Treatment options for testicular cancer will depend on the type of tumour you have and its stage, but options may include surgery, radiotherapy or chemotherapy.

If you find a lump, or are concerned about changes in your scrotum, please phone us to make an appointment with your GP.

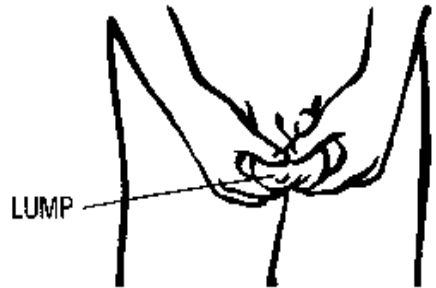


You may find the following website useful for further information:
<http://www.cancerresearchuk.org/about-cancer/type/testicular-cancer/>

How to examine yourself for testicular cancer

The testicular self exam is best performed after a warm bath or shower as the heat relaxes the scrotum, making it easier to spot anything abnormal. If possible, stand in front of a mirror. Check for any swelling on the scrotal skin.

Examine each testicle with both hands. Place the index and middle fingers under the testicle with the thumbs placed on top. Roll the testicle gently between the thumbs and fingers -- you shouldn't feel any pain when doing the exam. Don't be alarmed if one testicle seems *slightly* larger than the other, that's normal.



Find the epididymis, the soft, tube like structure behind the testicle that collects and carries sperm. If you are familiar with this structure, you won't mistake it for a suspicious lump. Cancerous lumps usually are found on the sides of the testicle but can also show up on the front. Lumps on or attached to the epididymis are not cancerous, but still need to be checked! An epididymal cyst is a fluid-filled sac which grows at the top end of the testicle. Small cysts do not need treatment. Larger ones can be removed by a surgeon, especially if painful.

If you find a lump on your testicle or any of the other signs of testicular cancer listed on page 6 please make an appointment straight away. The abnormality may not be cancer, but it is important to get checked!.

When in doubt, get it checked out!

Bowel Cancer

Bowel cancer, also known as colorectal cancer, is the third most common cancer in the UK. You can get it at any age, but you're more likely to get it if you're over 50. A lump is created by an abnormal and uncontrolled growth of cells that starts in your bowel.

The earlier bowel cancer is diagnosed, the better your chance of a cure.

The symptoms of bowel cancer include the following.

- Pain, or a lump or swelling in your abdomen (tummy).
- Tiredness or breathlessness for no apparent reason. This may be caused by the small amount of blood loss from your bowel, which can result in anaemia.
- Blood in your faeces. This may be mixed into your faeces or flecks on the surface, or you may see it in the toilet or on toilet paper. It's a good idea to get into the habit of checking in the toilet before you flush.
- Persistent changes in your bowel habit that last for longer than several weeks. This could be going to the toilet more often or having diarrhoea.
- Weight loss without any obvious reason and/or losing your appetite.

If you get any of these symptoms please make an appointment with your GP.



For more information please see:

<http://www.bowelcanceruk.org.uk/>

Lung Cancer



Lung cancer is one of the most common and serious types of cancer with over 41,000 people being diagnosed every year in the UK.

Lung cancer mainly affects older people and is rare in people younger than 40, the rates of lung cancer rise sharply with age. Lung cancer is most commonly diagnosed in people aged 70-74 years.

Although people who have never smoked can develop lung cancer, smoking is the main cause (about 90% of cases). This is because smoking involves regularly inhaling a number of different toxic substances.

There are usually no signs or symptoms in the early stages of lung cancer, but many people with the condition will eventually develop symptoms including:

- A persistent cough
- Coughing up blood
- Persistent breathlessness
- Unexplained tiredness and weight loss
- An ache or pain when breathing or coughing

If you get any of these symptoms please make an appointment with your GP.



For further information please see:

<http://www.cancer.gov/types/lung>

Male Breast Cancer



Breast cancer in men is **very rare** with around 350 men diagnosed each year in the UK, compared to women who have around 50,000 cases of Breast cancer each year.

The symptoms, diagnosis and treatment are all very similar to women with breast cancer. There are some areas where men need different information to women, such as types of breast surgery.

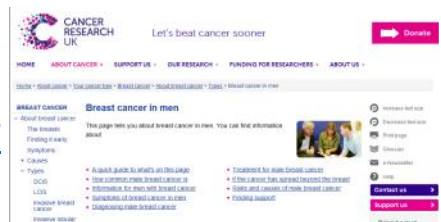
The most common symptom for men with breast cancer is a lump in the breast area. This is nearly always painless. Other symptoms can include

- Oozing from the nipple (a discharge) that may be blood stained
- Swelling of the breast
- A sore (ulcer) in the skin of the breast
- A nipple that is pulled into the breast (called nipple retraction)
- Lumps under the arm

If you have any of these symptoms it is important to go to your GP straight away. Finding a cancer early gives the best chance of successful treatment.

If you would like to look at further information on male breast cancer please go to:

<http://www.cancerresearchuk.org/about-cancer/type/breast-cancer/about/types/breast-cancer-in-men>



Skin Cancer

Skin cancer is the uncontrolled growth of abnormal skin cells. It occurs when unrepaired DNA damage to skin cells (most often caused by ultraviolet radiation from sunshine or tanning beds) triggers mutations, or genetic defects, that lead the skin cells to multiply rapidly and form malignant tumours.



Skin cancers may look like:

- A spot or sore that does not heal within 4 weeks
- A spot or sore that itches, hurts, is scabbed or crusty, or bleeds for more than 4 weeks.
- Areas where the skin has broken down (an ulcer) and doesn't heal within 4 weeks, and you can't think of any reason for this change

It will help you to spot skin cancers early if you know how your skin normally looks. You will then be able to recognise any changes more easily. Remember to get a person you trust to check your back or other areas that you can't see easily. It is very important to check if you sunbathe a lot or if you regularly work outside without a shirt on.

If you notice any changes to your skin see your GP. If they suspect you have skin cancer, they will usually refer you to a specialist for more tests

For further information go to:

<http://www.cancerresearchuk.org/about-cancer/type/skin-cancer/about/skin-cancer-symptoms>



Erectile Dysfunction



Erectile dysfunction is the on going inability to achieve or sustain an erection for sexual activity. The likelihood of you having erectile dysfunction increases as you get older.

Causes of erectile dysfunction, include:

- cardiovascular disease
- high blood pressure and high cholesterol levels
- diabetes
- surgery affecting the blood vessels or nerves that supply your penis
- certain medicines, including some antidepressants and some medicines for high blood pressure such as beta blockers
- psychological problems such as anxiety and depression
- tiredness, illness or stress
- smoking or drinking too much alcohol

Medicines that you take orally, such as sildenafil (Viagra), are effective in treating forms of erectile dysfunction caused by the narrowing of the blood vessels. If medicines are not suitable or don't work there are other treatments available such as vacuum pumps, and surgery.

Your GP will be able to discuss the most suitable treatment options for you. As erectile dysfunction can often be a sign of cardiovascular disease, they may suggest you have some tests for risk factors (see page 13.)



For further information please see:

<http://patient.info/health/erectile-dysfunction-impotence>

Cardiovascular disease (diseases of the heart and circulation)



In the UK nearly 1.4 million men have coronary heart disease and around 50,000 men in England alone have a heart attack each year.

There are lots of things you can do to help prevent cardiovascular disease such as:

- Stop Smoking
- Regular Exercise
- Eating Healthy and having a balanced diet including your five a day (for further information on healthy eating please see: www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx)
- Maintain a healthy weight
- Do not drink any more than the recommended amount of alcohol

If you do have any pain or tightness in your chest that feels worse when you do physical activity then please make an appointment to see your GP.

If you have sudden crushing pain or heaviness in your chest that does not go away, this could be a sign of a heart attack and you need to phone 999 immediately.



For further information please see the following site:

<https://www.bhf.org.uk/heart-health/conditions/cardiovascular-disease.aspx>

Diabetes



The symptoms of diabetes include feeling very thirsty, passing more urine than usual and feeling tired all the time. They occur because some or all of the glucose stays in your blood and isn't used as fuel for energy. Your body will try to get rid of the excess glucose in your urine.

Symptoms common to both type 1 diabetes and type 2 diabetes, are:

- Urinating more often than unusual, particularly at night
- Feeling very thirsty
- Feeling very tired
- Itching around the penis, or frequently having thrush
- Cuts or wounds that heal slowly
- Blurred vision (caused by the lens of the eye becoming dry)

The signs and symptoms of type 1 diabetes are usually obvious and develop very quickly, often over a few weeks.

The signs and symptoms of type 2 diabetes aren't always as obvious, and it's often diagnosed during a routine check-up. This is because the symptoms are often mild and develop gradually over a number of years. **This means that you may have type 2 diabetes for many years without realising it.**

Early diagnosis and treatment for type 2 diabetes is very important because it may reduce your risk of developing complications later on, so please see your GP if you have any concerns.



For further information please go to:

<http://www.nhs.uk/Conditions/Diabetes/Pages/Diabetes.aspx>

Depression

In its mildest form, depression can mean just being in low spirits. It doesn't stop you leading your normal life, but makes everything harder to do and seem less worthwhile. More severe, major depression (clinical depression) can be life-threatening, because it can make you feel suicidal or simply give up the will to live.

Men are more reluctant to seek help for depression and this can lead to more serious symptoms.



Symptoms can include:

- Feeling low-spirited for much of the time, feeling restless and agitated, getting tearful easily, feeling isolated and unable to relate to other people, feeling helpless.
- You may also have difficulty remembering things, being able to concentrate and have a lot of negative thoughts along with low self esteem.
- You may also find that you have difficulty in sleeping and feel tired all the time.

Treatments can include talking (psychological) treatments and antidepressant medicines. Treatment takes time to work but has a good chance of success. Some people have recurring episodes of depression and require long-term treatment to keep symptoms away.

If you have any symptoms of depression please come in and see your GP.



If you would like further advice please see: <http://www.mind.org.uk/>

Contacting us

Grove House Practice
St Paul's Health Centre
High Street
Runcorn
Cheshire
WA7 1AB

Tel: 01928 566561

Cancellation Line Tel : 01928 842577
(message service only)

Website www.grovehouse.co.uk

**If you need urgent medical advice or
treatment when the Practice is closed,
or, for general health advice and information you can contact
111
(calls are free from landline and mobiles)**

or, you may wish to go to the Urgent Care Centre in Runcorn at
Halton General Hospital, Entrance 2, Hospital Way, Runcorn,
WA7 2DA
Open 7am—10pm, 7 days a week

or, you may wish to go to the walk-in centre in Widnes at the Health
Care Resource Centre, Oaks Place,
Caldwell Road WA8 7GD