

# 17A. MEN'S HEALTH

Some health issues only affect men.



**This checklist can be downloaded from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk).**

It is free to use for personal use and with people you support.

Health issues for men include testicular cancer, abdominal aortic aneurysm and prostate cancer.

It's important that men with learning disabilities have support to be aware of health issues that affect men.

Men may need support to check their own health.



Men may need support to use screening programmes.

# THINGS TO CHECK

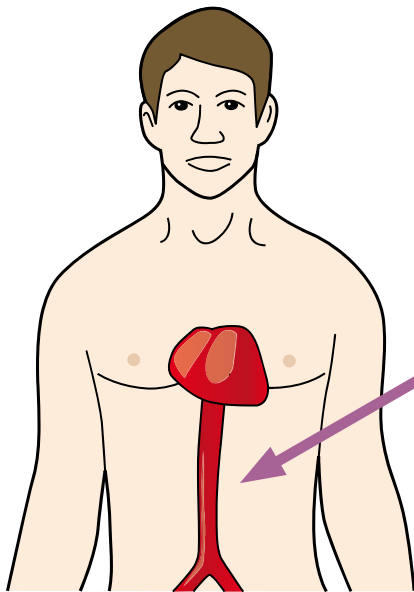
1

Are you aged 65 or over?

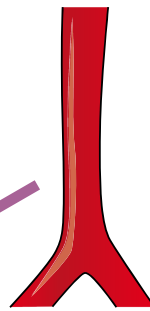
(You can have screening for Abdominal Aortic Aneurysm).



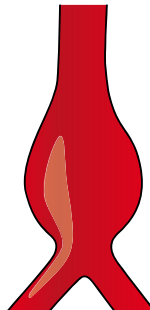
The aorta is a big artery in your tummy.



Your aorta goes from your heart to your tummy.



This is a healthy aorta



This aorta is swollen up.

This is called an aneurysm.

A swollen aorta is very dangerous. It can burst and kill you.



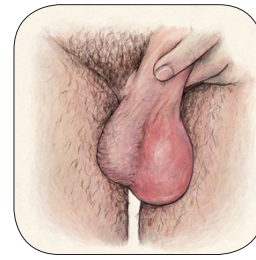
## Abdominal Aortic Aneurysm Screening.

You have an ultrasound scan which takes a picture of your aorta.

If there is a problem the doctors can treat your aorta and make it better.

2

Do you need more support to check your testicles?



Men should check their testicles every month.

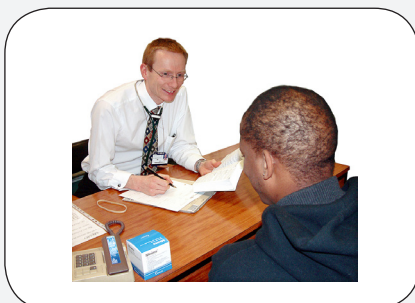
You should check your testicles for lumps, swelling or other changes.



This should be done once a month after a warm bath or shower.



You may need reminding to check your testicles every month.



If you are not able to check your testicles yourself it's important to have regular health checks at your doctor's surgery.

Talk to your doctor if you find any lumps, swelling or other changes to your testicles.

3

Does anyone think you should talk to your doctor about your prostate?



A prostate is a small gland in the body.

Men have a prostate gland, women do not have one.

Having problems when you wee can be a sign that you might have a prostate problem.



Problems can include:

- Finding it difficult to go for a wee, or dribbling.
- Seeing blood in your wee.
- Feeling pain when going for a wee.
- Having to get up a lot in the night for a wee.
- A feeling of not emptying your bladder.
- Needing to rush to the toilet.

Talk to your doctor if there have been any changes to how you go to the toilet.

There may be other reasons why you are having problems going for a wee.

It's important to have a check up.



4

Do you need more support with relationships or sexual health?



Some things you may need support with.



You may want more advice about safe sex and contraception.

Chlamydia is one of the most common sexually transmitted infections (STIs) in the UK.

- It's passed on through unprotected sex (sex without a condom).
- Most people who have chlamydia don't notice any symptoms.
- Chlamydia is easily treated.



Talk to your doctor if you think you might be at risk of chlamydia, or have any signs of soreness around the penis.

## Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are Easy Read leaflets about 'Testicles' and 'Sexual Health For Men' designed by many different organisations.

Look in the 'Health Leaflets' section.



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

# USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

The Health Action Planning toolkit is free to use.

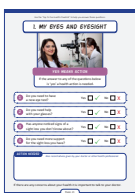


- There are 20 other checklists in the series covering a wide range of health issues.

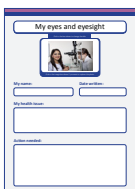
There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.

  
**Sunderland**  
**Clinical Commissioning Group**

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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