

Men's Health



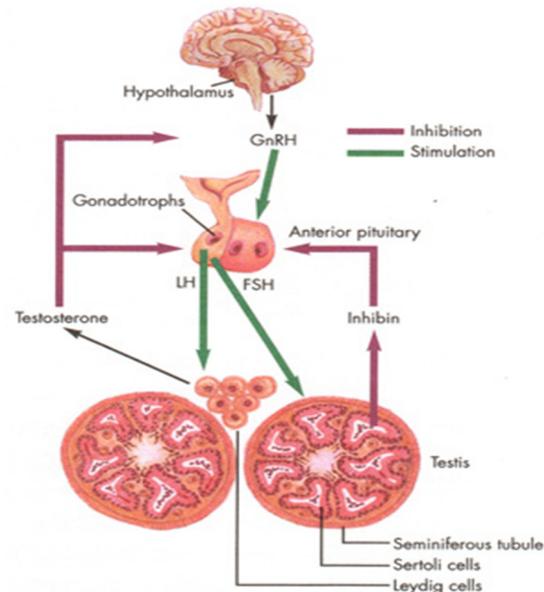
Health Screening

The top three causes of death in Black males over the age of 65 are heart diseases, cancers and strokes.

Heart disease and strokes have similar risk factors. These risk factors are split into non-modifiable and modifiable. The non-modifiable factors are ethnicity/race, age, previous history, diabetes, and family history.

The purpose of health screening is to identify and manage the modifiable risk factors of these conditions; which are hypertension, hypercholesterolemia, smoking, and obesity and to some extent since the majority of diabetics are Type 2 diabetics, diabetes.

Yearly screening for these conditions is important



Voiding Disorders in Men

The prostate is a walnut sized organ in front of the rectum and below the bladder. In men it is the cause of most voiding problems. The most common problem with the prostate in men is inflammation, called Prostatitis and Benign Prostate Enlargement, both cause voiding disorders.

Symptoms of prostate disorders include:

- Urinary Retention: The inability to empty the bladder completely.
- Urinary Frequency: Urination eight or more times a day
- Urinary Urgency: The inability to delay urination.
- Urinary Incontinence: Accidental loss of urine.
- Nocturia: Frequent urination in the night.
- Trouble beginning a urine stream
- Weak or interrupted urine stream
- Blockage of urine
- Urine that has an unusual colour or odour
- Pain after ejaculation or after urination

It is important to see a doctor if you suffer from any of the above symptoms because although prostate disorders are common, they are also very treatable when the symptoms are caught early.

Androgen Deficiency

Androgens are steroid hormones that regulate and maintain the development of sexual characteristics in males. The primary male androgen is called testosterone.

What causes androgen deficiency?

1. Testicular disorders:
 - Klinefelter's syndrome and variants
 - Cryptorchidism and defects of testicular development
 - Orchitis (inflammation of the testis)
 - Orchiectomy (for advanced prostate cancer or bilateral testicular cancer)
 - Toxin exposure: Radiotherapy, chemotherapy, environmental exposures and occupational exposures
2. Hypothalamic-Pituitary dysregulation
 - Kallmann's Syndrome
 - Craniopharyngioma
 - Pituitary tumour treatments
 - Haemochromatosis

Androgen deficiency is a clinical diagnosis made by a doctor that is confirmed by hormones tests (usually of testosterone and luteinizing hormone).

Symptoms include a delay in reaching pubertal milestones, reduced libido, and depression and in rare cases, infertility. Younger men (<30) may benefit from androgen replacement, but it is not advised in older men.

Cancer Screening

The aim of cancer screening is to identify a cancer at its earliest stage. Stage 1 cancers are almost always treatable and have the best outcomes in terms of life expectancy.

The two groups of cancers that have good screening methods are Prostate Cancer and Bowel Cancer.

In Black men, prostate cancer is more common as well as more aggressive. Therefore every black man over the age of 40 should have a yearly prostate exam. A prostate exam includes:

- A history of prostatic symptoms
- **A Digital Rectal Examination (DRE)**, which is when the doctor inserts a gloved finger into the rectum to feel the side of the prostate next to the rectum.
- **PSA test**: which is a blood test that identifies the amount of PSA protein in the blood. PSA levels are raised in men that have prostate cancer.

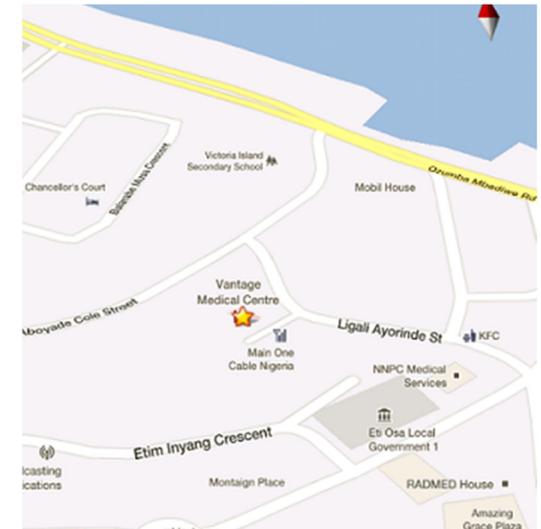
Bowel cancer is screened by

- A history of change in bowel habits, family history, weight loss, anaemia.
- **Faecal Occult Blood**: A sample of stool is investigated for microscopic levels of blood
- **Colonoscopy**: a camera test to look at the bowel and take biopsy samples.

Only patients with a suspicious history or family history of bowel cancer require colonoscopy.

Points to remember

- Health screening of cardiovascular diseases reduces mortality.
- Voiding disorders in men should be taken seriously. Contact your doctor if you have a voiding disorder.
- Androgen deficiencies are treatable in younger men.
- Cancer screening is available for colorectal cancer and prostate cancer.



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