
Men's Health

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Bincote Road surgery
Patient Education Event
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Why do men die earlier?

Men die 4 years earlier than women on average.

Men tend to present to GPs later and ignore symptoms

This year thousands of men will die from stubbornness.

Learn the preventive medical tests you need. ahrq.gov

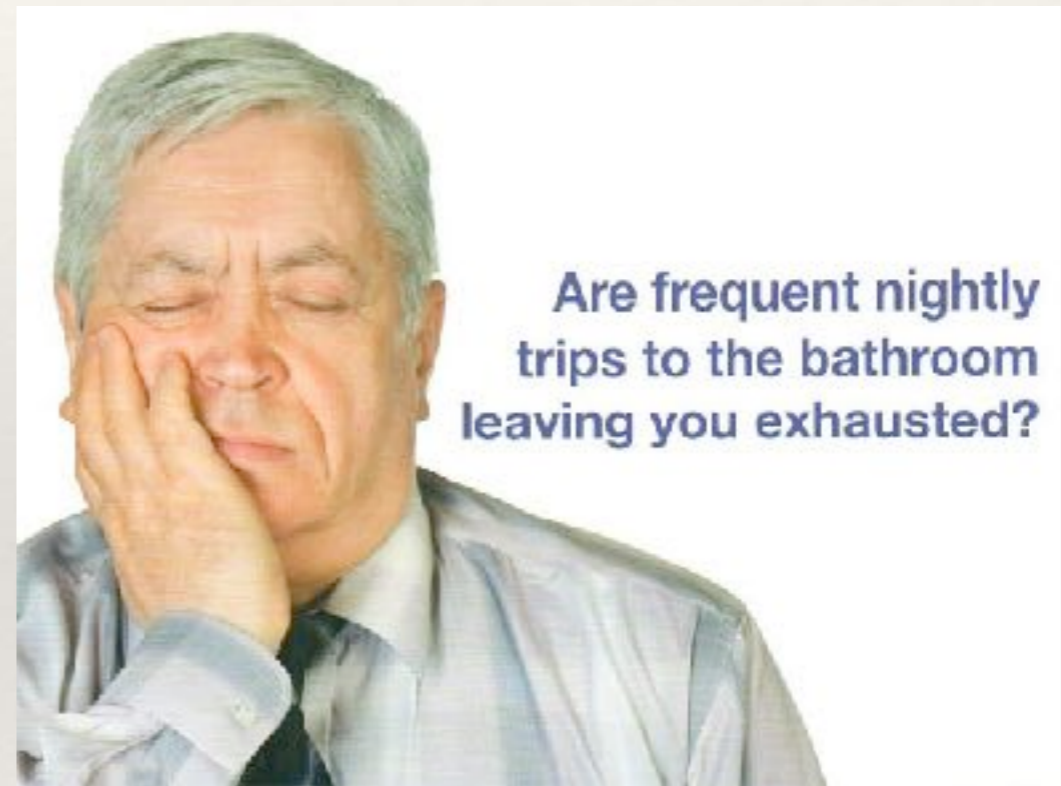


Topics

- ❖ Urinary symptoms
- ❖ Prostate cancer
- ❖ Testicular cancer

Lower urinary tract symptoms

- ❖ Nocturia - what is normal?
- ❖ Aged 50 - once
- ❖ Aged 60 - twice
- ❖ Aged 70 - three times



Bladder irritation

- ❖ Frequency
- ❖ Urgency
- ❖ Worsening nocturia

Assessment

Physical examination

Urine check

Blood tests



“It’s normal for a man your age to have chest pains when he drips hot, melted pizza cheese on his shirt.”

Treatment : Bladder training

- ❖ Keep a bladder diary
- ❖ Schedule bathroom visits. Determine how often you're going to the bathroom based on your diary entries. Then add about 15 minutes to that time. For example, if you're going to the bathroom every hour, schedule bathroom visits at every one hour, 15 minutes. Use the bathroom at each scheduled visit, regardless of whether you actually feel the urge to go.
- ❖ Gradually increase the amount of time between bathroom breaks.

Bladder training

- ❖ Delay urination. When you feel the urge to urinate, hold it for another five minutes or so.
- ❖ Then gradually increase the amount of time by 10 minutes, until you can last for at least three to four hours without having to go to the bathroom.
- ❖ If you're feeling a strong need to go, try distracting techniques.

Training tips

- ❖ Limit beverages that increase urination, including caffeinated drinks like sodas, coffee, and tea.
- ❖ Drink less fluid before bedtime.
- ❖ Go to the bathroom before you go to bed at night, and as soon as you get up in the morning.

Medication

- ❖ Different medications exist that can prevent the bladder for spasming.
- ❖ SEs most commonly include dry mouth, thirst, and constipation.
- ❖ New medications on the market recently.

Mechanical bladder problems

- ❖ Weak stream
- ❖ Intermittency / hesitancy
- ❖ Straining
- ❖ Incomplete emptying

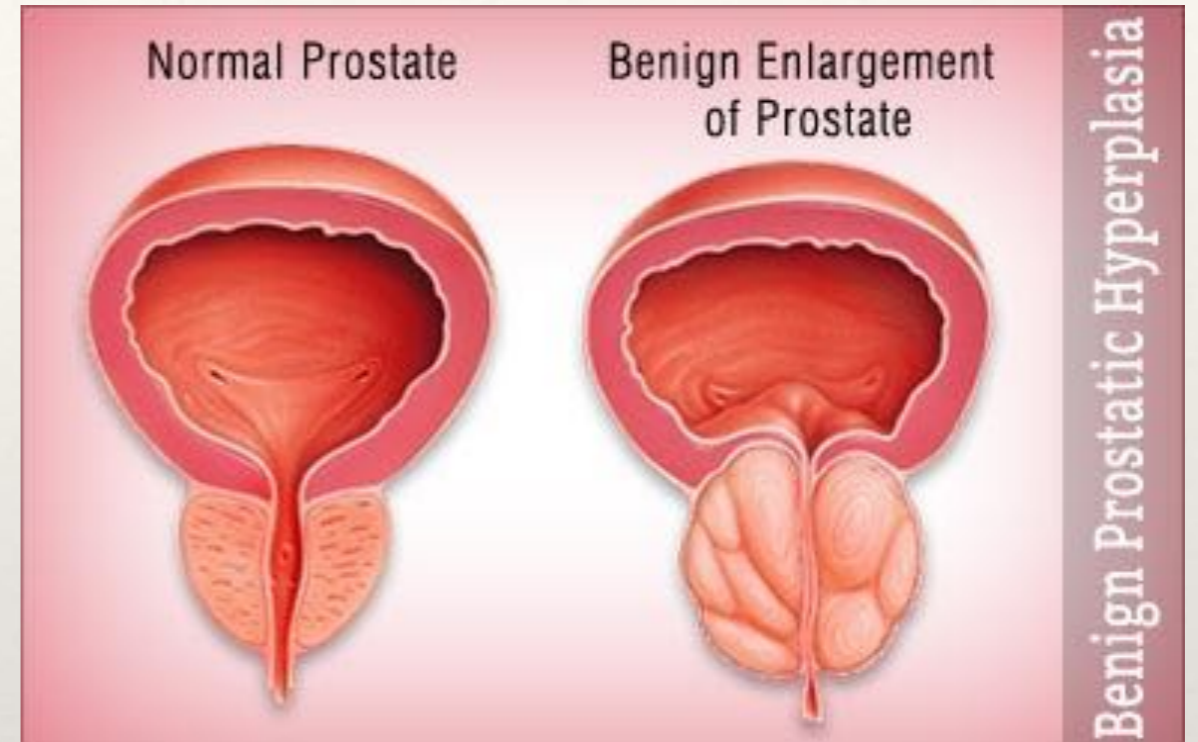
Prostate enlargement

Part of normal ageing process

40% of men over 50

90% of men over 90

Treatment can be medical or surgical



Prostate cancer

PROSTATE CANCER IS THE MOST COMMONLY DIAGNOSED CANCER IN MEN IN THE UK.



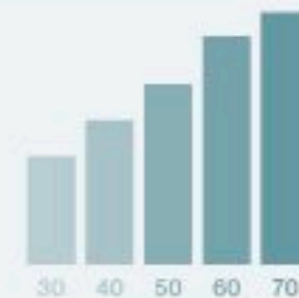
EACH YEAR OVER 40,000 MEN ARE DIAGNOSED WITH PROSTATE CANCER IN THE UK.



EVERY HOUR ONE MAN DIES FROM PROSTATE CANCER IN THE UK, ACCOUNTING FOR 13% OF ALL MALE DEATHS FROM CANCER.



1 IN 8 MEN WILL BE DIAGNOSED WITH PROSTATE CANCER AT SOME POINT IN THEIR LIVES.

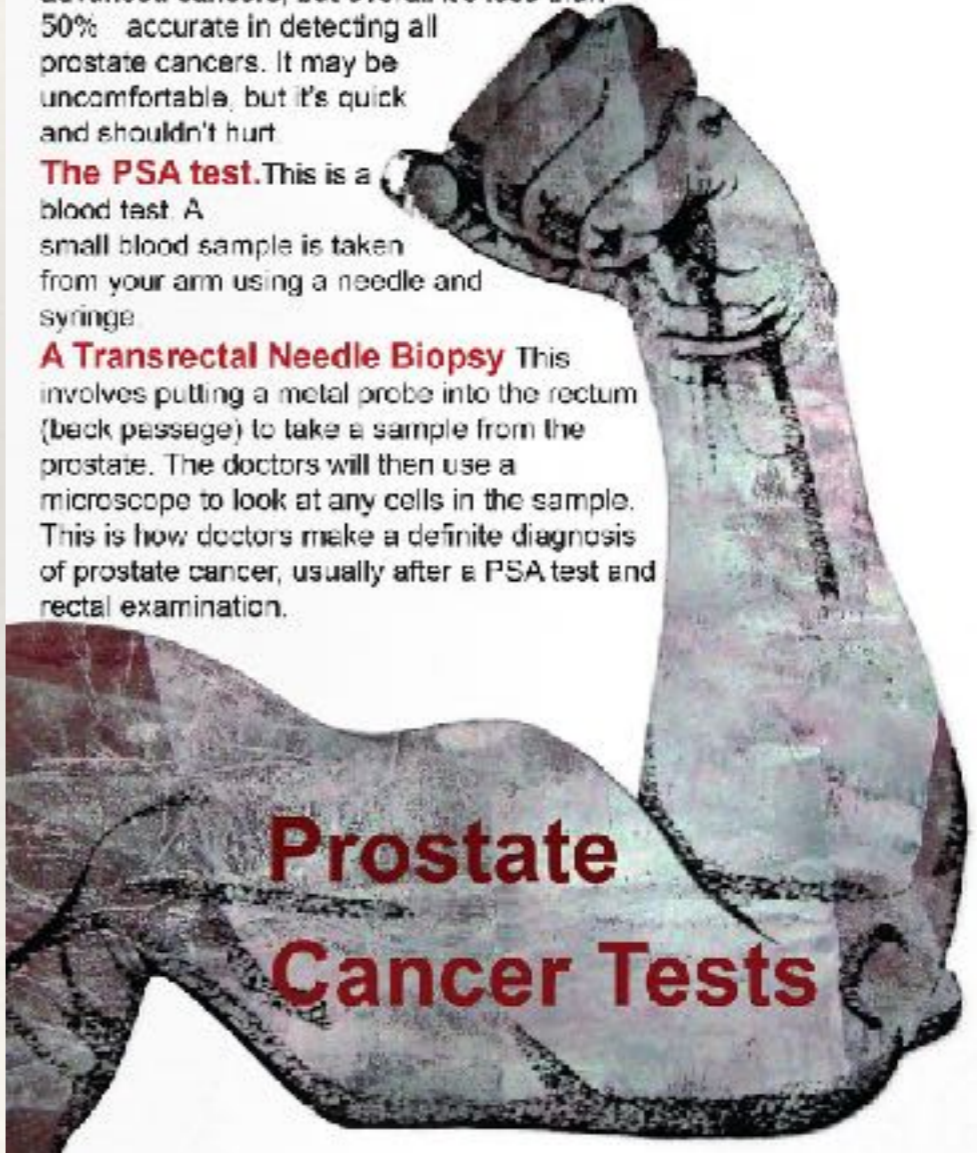



RISK OF BEING DIAGNOSED WITH PROSTATE CANCER INCREASES WITH AGE.

Prostate cancer

- ❖ If having urinary symptoms see GP for examination to determine between age related prostate enlargement and prostate cancer.
- ❖ Increase risk if FH of breast cancer or prostate cancer at young age

How can you test for Prostate cancer?
There are three main ways to check the prostate for cancer:



A Digital Rectal Examination. This involves the doctor inserting a gloved finger into your rectum (back passage) to feel the prostate. This is good for picking up advanced cancers, but overall it's less than 50% accurate in detecting all prostate cancers. It may be uncomfortable, but it's quick and shouldn't hurt.

The PSA test. This is a blood test. A small blood sample is taken from your arm using a needle and syringe.

A Transrectal Needle Biopsy This involves putting a metal probe into the rectum (back passage) to take a sample from the prostate. The doctors will then use a microscope to look at any cells in the sample. This is how doctors make a definite diagnosis of prostate cancer, usually after a PSA test and rectal examination.

Prostate Cancer Tests

PSA testing

- ❖ Is not accurate on its own.
- ❖ Needs correlation with examination and symptoms
- ❖ Can be raised for innocent reasons



The advertisement features a black and white photograph of a man, Eric Mofella, a cancer survivor, with his arms crossed. The NHS logo is in the top right corner. The main text is in white on a blue background, stating: "I didn't know 1 in 4 black men get prostate cancer. Did you?" Below this, smaller text reads: "Prostate cancer often has no obvious symptoms. If you are a black man over 45 and want to discuss your personal risk of prostate cancer, visit your doctor." In the bottom right corner, there is a "BE CLEAR ON CANCER" logo and the URL "nhs.uk/prostate".

NHS

Eric Mofella, 57
cancer survivor

**I didn't know 1 in 4
black men get
prostate cancer.
Did you?**

Prostate cancer often has no obvious symptoms. If you are a black man over 45 and want to discuss your personal risk of prostate cancer, visit your doctor.

**BE CLEAR
ON CANCER**

nhs.uk/prostate

Testicular Cancer

**TESTICULAR
CANCER IS THE
MOST
COMMON
CANCER
IN YOUNG
MEN AGED
25 – 49
YEARS.**

2011
2,200
DIAGNOSED

AROUND 2,200 MEN IN THE UK
WERE DIAGNOSED WITH
TESTICULAR CANCER IN 2011.



TESTICULAR CANCER IS GENERALLY
RARE IN NON-CAUCASIAN
POPULATIONS WORLDWIDE.



1970's 2014

INCIDENCE OF TESTICULAR CANCER HAS
MORE THAN DOUBLED IN THE UK SINCE
THE MID-1970'S, THOUGH RATES HAVE
STABILISED IN RECENT YEARS.



SURVIVAL RATES FOR TESTICULAR
CANCER HAVE RISEN EVERY YEAR
TO CURE RATES OF OVER 95%.

Risk Factors

- ❖ Geography. The highest rate of testicular cancer occurs in white men in northern Europe.
- ❖ Family history. Brothers and sons of affected men have an increased risk.
- ❖ Undescended testicles.
- ❖ Infertility. Infertile men with an abnormal sperm count have a slight increased risk.
- ❖ Klinefelter's syndrome.
- ❖ HIV / AIDS

Self examination.



LOOK

Check your testicles just after you've had a bath or shower, when the muscles in the scrotum are relaxed, making it easier for you to feel any lumps, growths or tenderness. Stand in front of the mirror. Look for any swelling on the skin of your scrotum.



HOLD

Hold your scrotum in your hands and feel the size and weight of each testicle. It is common for one testicle to be slightly larger or hang lower than the other.



FEEL

Feel each testicle and roll it between your thumb and finger. It should feel smooth. It's normal to feel a soft, tender tube towards the back of each testicle. You shouldn't feel any pain when checking your testicles.



REPEAT

Once familiar with how your testicles feel, keep an eye out for any changes. If you detect a change, don't freak out, just see a doctor as soon as possible.

Diagnosis

- ❖ Physical examination
- ❖ Ultrasound scan
- ❖ Blood tests
- ❖ Urology assessment.

Questions?
