

INTRODUCTION

Our health should be a real concern for “us men”, but let’s face it, we’re not great at looking after ourselves. This leaflet might be a help to you. Please read it. A brief description of the main conditions and behaviours that affect us are listed below. Listen to your body and if you have any concerns get them checked out. It’s your body, your health – take charge!

HEART ATTACK

Symptoms include:

- Chest Pain
- Feeling of pressure in the Chest
- Tightness in the Chest – squeezing
- Pain may go to the arm, neck, jaws
- Sweating / pale grey colour
- Clammy skin
- Weakness, fatigue
- Shortness of breath
- Indigestion

ACTION

- Call your Family Doctor.
- Go to the Accident and Emergency Department.
- Any Concerns * Call 999 or 112.

Any concerns: see your family doctor

TESTICULAR CONDITIONS

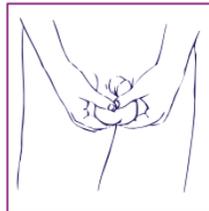
Symptoms include:

- Small, painless lump in the testicle
- Enlarged testicle
- Heavy feeling, pain, discomfort in the testicle or scrotum or a change in the way the testicle feels
- A dull ache in the lower abdomen or the groin
- Sudden collection of fluid in the scrotum
- Recent enlarged male breasts and nipples

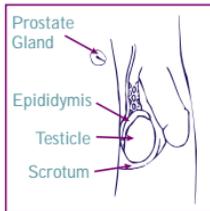
Any concerns: see your family doctor

How to do a Testicular Self-Exam

- Do a Testicular Self Exam (TSE) monthly
- Examine Testicles after a warm shower.
- Stand in front of a mirror. Look for any swelling on the skin of the scrotum.
- Examine each testicle gently with both hands. Place the index and middle fingers underneath the testicle and the thumbs on the top. Gently roll the testicle between the thumbs and fingers. One testicle may be larger.
- Feel for any abnormal lumps on the front or at the side of each testicle.



Reference Hope Foundation



PROSTATE CONDITIONS

Two common prostate problems in men are:

- Enlarged prostate - benign prostatic hyperplasia (BPH). Most men get this with ageing.
- Infection or inflammation of the prostate

Symptoms include:

- Increased urge to pass urine
- Passing urine frequently (day or night)
- Difficulty starting and/or stopping to pass urine
- Feeling of not being finished, and going soon afterward
- Pain and burning sensation when urinating
- Pain in the lower back and/or between the scrotum and anus
- May have blood in the urine
- May have a temperature

Recommendations for self care

- Urinate as soon as the urge arises
- Reduce coffee, alcohol, and spicy foods
- Drink 8 or more glasses of water every day
- Try not to drink liquids before going to bed
- If you smoke try to stop

Any concerns: see your family doctor

JOCK ITCH

Symptoms include:

- Skin area of the groin, scrotum, and/or thigh areas are red, itchy and/or scaly
- Jock itch is usually caused by a fungus infection

Recommendations for self care:

- Wear white cotton underpants that are loose
- After hot sweaty work, shower and change underwear
- Dry the groin area well
- Sleep in loose clothing
- Use mild soaps

Any concerns: see your family doctor

IMPOTENCE

Symptoms include:

- Inability to have an erection
- An erection that is too brief, weak, or painful for satisfying sexual intercourse

Recommendations for self care

- Try to share your thoughts and fears with partner/friend
- Find pleasure in hugging, kissing and caressing your partner
- Try to relax and manage your stress.
- Check your alcohol intake (see chart)
- If you smoke, try to stop

Any concerns: see your family doctor

COLONRECTAL (BOWEL) CONDITIONS

Symptoms include:

- Bleeding from the rectum
- Change in bowel habit and frequency, i.e. diarrhoea and constipation, switching between the two

Recommendations for Self-Care:

- See your Doctor for any bleeding
- Reduce your alcohol intake
- Increase intake of fruit and veg

Any concerns: see your family doctor

LOW BACK PAIN

Symptoms include:

Back pain can be sharp, dull, acute or chronic, for short or long periods of time.

Prevention:

- When lifting, bend at the knees, not at the waist
- Always hold the objects close to your body
- Lift slowly, let your legs carry the weight
- Practice good posture when sitting and standing
- Lose weight if overweight (see chart)
- Sleep on a firm mattress
- Do physical activity daily

Recommendations for self care:

- For the first 48 hours, apply a cold pack to the painful area for 5 to 10 minutes at a time. Repeat several times a day.
- After 48 hours, apply gentle heat several times a day
- Do regular activities as much as you can.

Any concerns: see your family doctor

MENTAL HEALTH

Symptoms include:

- Feeling down
- Inability to sleep
- Low self-esteem
- Feeling lonely
- Lack of motivation
- Lack of concentration

Recommendations for self care:

- Talk to someone
- Seek support from family and friends
- Avoid the abuse of alcohol

Any concerns: see your family doctor



SPRAINS AND STRAINS

Symptoms include:

- Over stretching or tearing of muscles or ligaments.

Prevention:

- Follow safety measures to prevent slips, falls and trips
- Wear the appropriate gear for physical activity.
- Start physical activities slowly to warm up the muscles
- Cool down by doing physical activity at a slower pace

Recommendations for self care:

If you have an injury follow **RICE**

- R**est the injured area for 24 to 48 hrs.
- I**ce the area for 10 to 20 minutes every 2 hours for the first 48 hours or until the area no longer looks or feels hot.
- C**ompress, apply an elastic bandage. Remove the bandage every 2 to 4 hours, leaving it off for 15 to 20 minutes.
- E**levate the injured area above heart level.

Any concerns: see your family doctor

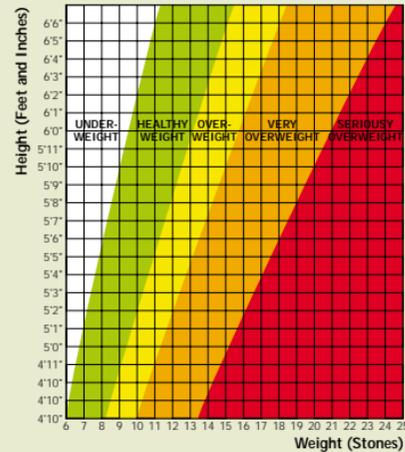


BODY MASS INDEX

This chart will show you if you are a healthy weight.

To see where you fit in, draw a line across from your height and up from your weight. Where the two lines meet is an indication of your weight in relation to your height. Should that be in the white coloured section, you are underweight and should ask yourself are you eating enough?

If you fall into the yellow section, you will need to lose one to two pounds per week until you are in the green (desirable) weight category. If you find yourself in the orange or red, the best advice is to make an appointment with your own doctor. Where necessary, you will be referred to a dietitian who can help you design a lifestyle plan to put you back on track.



- Underweight. Are you eating enough?
- Very overweight. It is important you lose weight.
- OK. This is the desirable weight range.
- Obese. See your doctor/dietitian. Treatment is urgently required.
- Overweight. Your health could suffer - don't gain any more weight.
- Seriously Overweight.

Reference Health Promotion Unit, DOHC: 'Go for low fat - be a healthy weight', 1999



RECOMMENDATIONS FOR A HEALTHY LIFESTYLE

- Walk or do other physical activity for 30 minutes daily
- Don't smoke
- Check your alcohol intake (see chart below)
- Eat more fruit and vegetables
- Eat more fibre (e.g. brown bread, breakfast cereals)
- Check your body weight (see chart)
- Avoid fried foods
- Always use seat belts
- Always use a helmet when riding a bike
- Wear reflective clothing when walking or cycling
- Operate farm and industrial machinery with caution
- Wear a hat to protect your skin from the sun
- Use sun screen
- Practice safe sex
- Keep a balance of family, work and social life
- Relax, manage stress
- If you have worries, talk to someone
- Seek help for depression
- Know your family health history: it could be important to you

Units of Alcohol



Healthy Limits per week - Men 21 Units
Reference Health Promotion Unit, DOHC, 1999

Recommended Medical Check

Test	Ages 18-40 YEARS	Ages 40-50 YEARS	Ages 50+ YEARS
Medical Examination	Every 2 to 3 YEARS	Every 1 to 2 YEARS	
Blood Pressure	At least every 2 YEARS		
Eye test	Every 3 to 5 YEARS	Every 2 to 3 YEARS	
Eye test for Glaucoma Screening		Every 2 to 3 YEARS	
Testicular Self-Exam	Monthly		
Anal Examination	Discuss with your family doctor		
Blood test for Cancer of the Prostate	Discuss with your family doctor		
Bowel movement test for blood		Every year	
Examination of anus with a tube Sigmoidoscopy		Every 3 to 5 YEARS	
Cholesterol Blood Test	Every 5 YEARS		
Blood test for Diabetes Screening		Every 3 yrs. Starting at age 45 YEARS	
Dental Check	Every year		
Tetanus Vaccination	Discuss with your family doctor		
Vaccination if going abroad	Discuss with your family doctor		

"Take Charge of Your Health"

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Western Health Board
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"Us Men, Our Health"



Produced by

Western Health Board

Men's Health Strategy Group

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