



Men's Health



Many Australian men do not look after their own health very well. They tend to avoid or delay regular health checks and their health is often poorer than that of women the same age. Men can often improve their health with changes to diet, exercise and other lifestyle habits.

Health issues

Health issues for men include:

Bowel cancer – more common in men than women – risk increases over the age of 50 years

Erectile dysfunction (ED) – or impotence – the inability to get and/or keep an erection that allows satisfactory sexual intercourse. ED is a common condition, but most men are reluctant to discuss it with their doctor. The cause of ED may be physical (e.g., diabetes, obesity, heart disease or high blood cholesterol). Drinking too much alcohol, smoking, stress and some medicines can also cause ED

Heart disease – men are more likely to die from heart disease than women. Major risk factors are high blood pressure, high cholesterol and smoking, which are more common in men

Low testosterone (androgen deficiency) – testosterone is a male sex hormone. A low testosterone level can be caused by disorders of the testes or pituitary gland or other health problems (e.g., obesity). Testosterone levels also fall as men age. Symptoms of low testosterone include fatigue, irritability and reduced sex drive.

Male pattern hair loss (baldness) – causes some men great distress



Prostate disease – more common in older men. The three main prostate problems are:

- Benign prostatic hyperplasia or BPH – the prostate gland gets bigger and can interfere with urine flow.
- Prostate cancer – early stage prostate cancer does not usually produce any urinary symptoms.
- Prostatitis – prostate becomes sore and swollen, usually due to infection.

Testicular cancer – more common in younger men, but can occur at any age. May cause a hard lump, swelling or pain in a testicle.

Important

Consult a doctor for a full health check, if you:

- Are over 40 years of age
- Are overweight
- Notice changes in bowel habit or urine flow
- Are stressed
- Plan to start exercising.

Lifestyle issues

Lifestyle issues for men include:

Alcohol – more men than women drink harmful amounts of alcohol, which increases the risk of high blood pressure, high cholesterol, heart disease, stroke and depression

Being overweight – more men than women are overweight, increasing their risk of high blood pressure, high cholesterol, heart attack, stroke, diabetes, osteoarthritis and some cancers

Cigarette smoking – more men than women smoke and more men than women die from smoking-related illnesses including cancer, heart disease and airways disease

Physical activity – many men do not get enough exercise. Regular exercise helps to lower cholesterol and blood pressure and control weight. It also helps the body to cope with stress and improves sleep.

Self care

A number of health issues are more common in men than women. This may be due to the way men deal with health and lifestyle issues.

Have health checks and tests – ask a doctor

Bowel cancer

- Faecal occult blood test (FOBT) – a test for blood in faeces. A regular FOBT check is recommended for all people over 50 years.
- Sigmoidoscopy and colonoscopy – if necessary, a doctor can use a special instrument to look at the inside of the bowel.

High blood pressure

- An annual blood pressure check is recommended for men over 40 years. More frequent measurements are recommended for people with high blood pressure.

High cholesterol

- A regular blood cholesterol test is recommended for men over 40 years.

Prostate disease

Regular prostate checks are recommended for men over 50 years, especially if a family member has had prostate cancer.

- Digital rectal examination (DRE) – a doctor inserts a gloved finger into the rectum, to feel if the prostate is enlarged or abnormal.
- Prostate specific antigen (PSA) blood test – can help detect a prostate problem.

Your **Self Care** Pharmacist

Testosterone deficiency

- A blood test can check hormone levels.

Testicular cancer

- Regular self examination for hard lumps, swelling or changes in either testicle is recommended for all men, particularly men with infertility or undescended testes at birth.

Have a healthy lifestyle

- Don't smoke.
- Limit alcohol to 1-2 standard drinks a day and have two alcohol-free days a week.
- Exercise at a moderate level for at least 30 minutes on all or most days of the week.
- Eat regular, healthy meals, including fruit, vegetables and whole grains. Limit foods high in fat, sugar or salt.
- Keep to a healthy weight.
- Drink at least two litres (eight glasses) of water each day (unless a doctor has advised not to).
- Learn and practice relaxation techniques to manage stress.
- Talk about problems with someone you trust – a friend, relative or health professional.

Related fact cards

- *Erectile Dysfunction*
- *Exercise and the Heart*
- *Fat and Cholesterol*
- *Fibre and Bowel Health*
- *High Blood Pressure*
- *Prostate Problems*
- *Relaxation Techniques*
- *Smoking*
- *Weight and Health*

For more information

Andrology Australia – phone 1300 303 878 or website www.andrologyaustralia.org – for information on erectile dysfunction, androgen deficiency, prostate problems and testicular cancer.

Health/Insite – website www.healthinsite.gov.au

Impotence Australia – phone 1800 800 614 or website www.impotenceaustralia.com.au for information on erectile dysfunction.

Consumer Medicine Information (CMI) leaflets – your pharmacist can advise on availability.

NPS Medicines Line – phone 1300 888 763 Monday to Friday, 9am to 6pm EST.

The Poisons Information Centre – in case of poisoning phone 131 126 from anywhere in Australia.

Pharmacy Self Care Support – phone 1300 369 772 and ask for the Pharmacy Self Care Field Officer.

Pharmacists are medicines experts. Ask a pharmacist for advice when choosing a medicine.

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