

National Men's Health Week



There are also health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face – like colon cancer or heart disease – can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to have regular checkups and screenings.

Prostate Cancer

The prostate is the gland below a man's bladder that produces fluid for semen. Prostate cancer is the third most common cause of death from cancer in men of all ages. It is rare in men younger than 40.

Symptoms may include:

- Problems passing urine, such as pain, difficulty starting or stopping the stream, or dribbling
- Low back pain
- Pain with ejaculation

Prostate cancer treatment often depends on the stage of the cancer. How fast the cancer grows and how different it is from surrounding tissue helps determine the stage.

Treatment may include surgery, radiation therapy, chemotherapy or control of hormones that affect the cancer.

Colorectal Cancer

Cancer of the colon or rectum is also called colorectal cancer. In the United States, it is the fourth most common cancer in men and women. Caught early, it is often curable.

It is more common in people over 50, and the risk increases with age. You are also more likely to get it if you have:

- Polyps - growths inside the colon and rectum that may become cancerous
- A diet that is high in fat

- A family history or personal history of colorectal cancer
- Ulcerative colitis or Crohn's disease

Symptoms can include blood in the stool, narrower stools, a change in bowel habits and general stomach discomfort. However, you may not have symptoms at first, so screening is important.

Everyone who is 50 or older should be screened for colorectal cancer. Colonoscopy is one method that your doctor can use to screen for colorectal cancer. Treatments for colorectal cancer include surgery, chemotherapy, radiation or a combination.

Heart Diseases (Also called: Cardiac disease)

If you're like most people, you think that heart disease is a problem for other folks. But heart disease is the number one killer in the U.S. It is also a major cause of disability. There are many different forms of heart disease. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It's the major reason people have heart attacks.

Other kinds of heart problems may happen to the valves in the heart, or the heart may not pump well and cause heart failure. Some people are born with heart disease.

You can help reduce your risk of heart disease by taking steps to control factors that put you at greater risk:

- Control your blood pressure
- Lower your cholesterol
- Don't smoke
- Get enough exercise

Source: <http://www.nlm.nih.gov>

Courtesy of Wellness Proposals