

ERECTILE DYSFUNCTION /IMPOTENCE

The most widely-accepted definition of *erectile dysfunction* (ED) is the inability of a man to get or maintain an erection sufficient for his sexual needs or the needs of his partner. ED is incredibly common – most men have it briefly at some point in their lives. But for as many as 30 million men in the United States, ED is a chronic condition.

Although ED becomes more common with age, men of any age can suffer from it. Sadly, they generally refuse to discuss it with either their partners or their doctors. As a result, men feel embarrassed and women often feel that the man in their life doesn't find them attractive. So if you want to make love and your husband says he has a headache, pay attention: it might be something far more serious.

About 70 percent of the time, ED is caused by an underlying health problem, most often diabetes (as many as half of men with diabetes suffer from ED). ED may also be caused by kidney disease, high blood pressure, high cholesterol, and drug or alcohol abuse. The remaining 30 percent of cases are caused by stress, anxiety, depression, or sometimes the medications used to treat those conditions.

In most cases, whether ED is caused by a physical or psychological problem, it's treatable, which means that it doesn't have to be a natural or inevitable part of growing older. Treatments include drug therapy, penile implants, vacuum devices that manually create an erection, injections, or other alternatives. Your loved one should talk to his doctor to determine the most appropriate treatment.

For more information, visit the American Urological Association at www.urologyhealth.org or the MHN Website.

Helpful Websites:

Men's Health Network
www.menshealthnetwork.org

Urology Channel
www.urologychannel.com

Dean & Betty Gallo Prostate Cancer Center
www.menshealthnetwork.org/gallo/gallocenter.html

American Urological Association
www.urologyhealth.org

American Cancer Society
www.cancer.org

American Heart Association
www.americanheart.org

Men's Health Library
www.menshealthlibrary.com



Encourage the men in your life to get regular checkups and age-appropriate screenings. Regular checkups improve health and extend life!

We realize that many of the issues we've covered here are sometimes hard to talk about. But it's essential that you talk about them with the men in your life. Take seriously even the smallest symptom of any of the conditions we've outlined in this brochure, since they could indicate a more serious – or even life-threatening – condition.

If you don't have a family physician or can't afford one, look for health fairs and free screening events in your area. Ask your employer, fraternal organization, or place of worship to establish a yearly health fair or screening event. The Men's Health Network can provide advice and guidance for these and other events.

Call the Men's Healthline 888-MEN-2-MEN
or visit the Men's Health Network Website at
www.menshealthnetwork.org.

ENSURING GOOD HEALTH FOR LIFE

Besides encouraging the men in your life to exercise, eat a high-fiber/low-fat diet, quit smoking, and do monthly self-exams, the most important step you can take is to get them into the habit of getting regular medical checkups. Here are several health maintenance milestones recommended by leading health organizations:*

In their 20s:

- A complete physical at least every two to four years
- Check blood pressure every two years
- Screening for cancers of the thyroid, testicles, lymph nodes, mouth, and skin every three years
- Cholesterol test for total and HDL (the good kind) every five years
- Testicular self-exam

In their 30s, all of the above, plus:

- A complete physical every two years

In their 40s, all of the above, plus:

- A complete physical every year
- A prostate-specific antigen (PSA) and digital rectal exam (DRE) test every year if in a high-risk group.
- Cancer tests every year

Starting at age 50, all of the above, plus:

- A sigmoidoscopy or colonoscopy (for colon cancers) every three to five years
- A stool test (for colon and rectal cancers) every year
- A prostate-specific antigen (PSA) and digital rectal exam (DRE) test every year

* Sources: American Cancer Society, American Heart Association, Men's Health Network



Armin Brott

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MHN Men's Health Network™

BUILDING HEALTHY FAMILIES ONE MAN AT A TIME™

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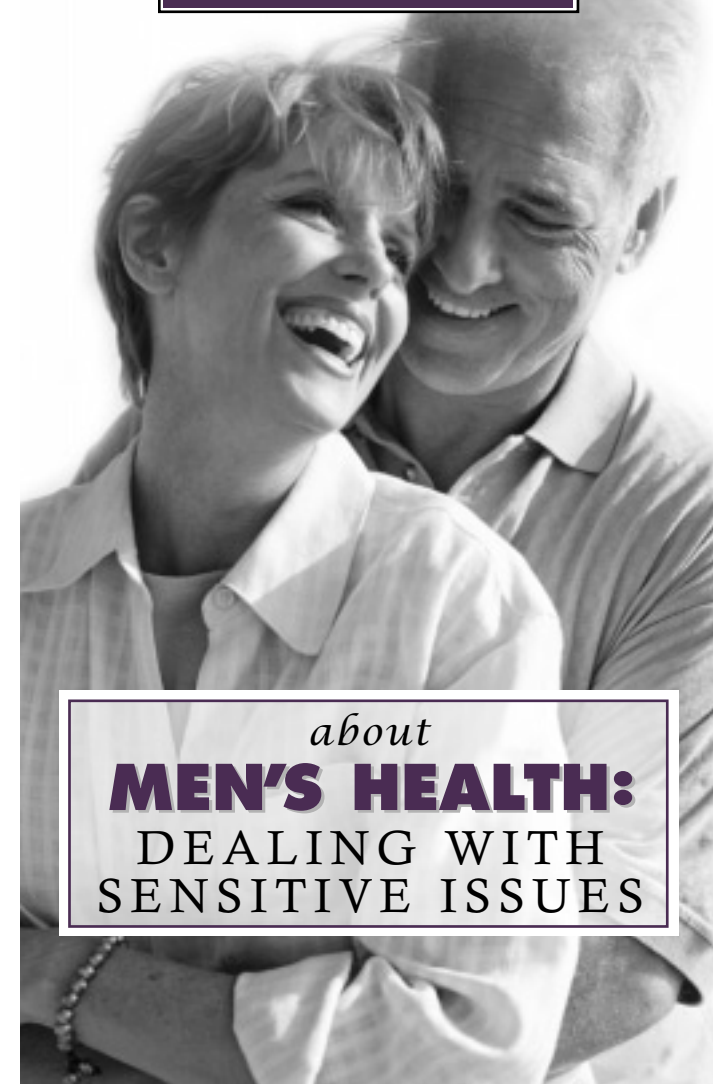
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INFORMATION FOR WOMEN
CONCERNING THE MEN THEY LOVE

WHAT Women

NEED TO KNOW



about
MEN'S HEALTH:
DEALING WITH
SENSITIVE ISSUES

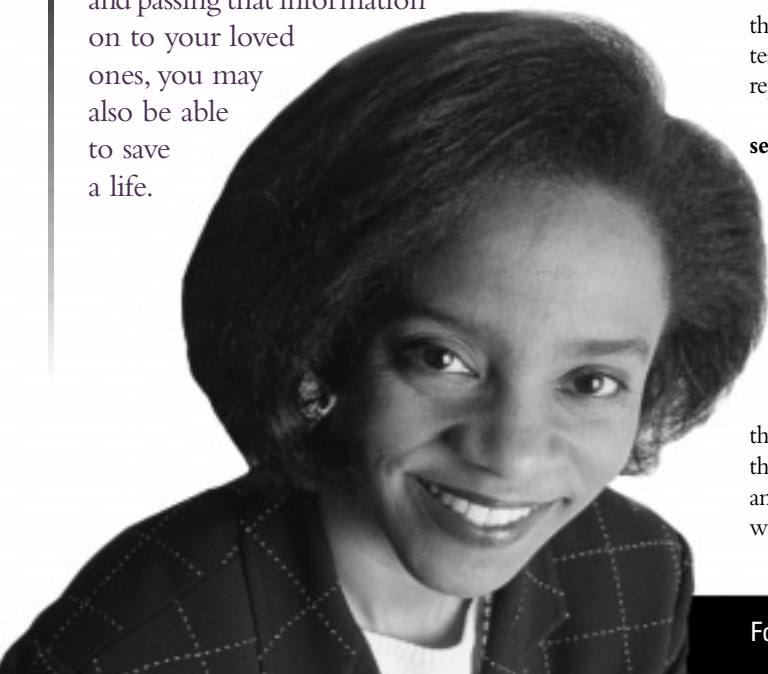
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BUILDING HEALTHY FAMILIES ONE MAN AT A TIME™

In general, men have poorer health habits and a shorter life expectancy than women. This may be because they are more likely to engage in unhealthy behavior, and are less likely than women to adopt preventive health measures. But men's health issues don't affect only men – they have a significant impact on their family and friends, too. The conditions we'll be talking about in this brochure can influence everything from sexual and marital relations to quality and length of life. Unfortunately, a lot of these issues – particularly the ones having to do with sex or masculinity – are very hard for men to talk about.

Here's where you come in...

By encouraging the men in your life to take even the smallest symptoms seriously and discuss them with their doctors, you'll be helping them take a more active role in their own health care. And by educating yourself about sensitive men's health issues and passing that information on to your loved ones, you may also be able to save a life.



TESTOSTERONE

Testosterone is men's most important hormone for the normal growth and development of male sex and reproductive organs. It's responsible for the development of male characteristics such as body and facial hair, muscle growth and strength, and deep voice. Normal levels influence sexual function and production of sperm, and promote a healthy sex drive.

Men's testosterone levels naturally decrease as they age. But if the levels drop below the normal range – whether because of age, injury to the testicles, pituitary gland or hypothalamus, or a genetic disorder – some uncomfortable and often distressing symptoms may develop, including:

- diminished interest in sex
- regression of secondary sexual characteristics, such as facial hair and deepening of the voice
- impotence or erectile dysfunction
- depression
- fatigue

As many as five million men suffer from *testosterone deficiency*, often associated with a condition called *hypogonadism*, but only five percent are being treated. Left unchecked for too long, this condition is linked with significant, long-term health problems, such as loss of muscle mass and even osteoporosis. Fortunately, though, testosterone deficiency is usually very treatable.

Treatment can take the form of testosterone replacement therapy, which helps provide and maintain normal levels of testosterone. Men should ask their doctors whether testosterone replacement therapy is appropriate for them.

For more information, visit the testosterone deficiency section at www.urologychannel.com or the MHN Website.

PROSTATE

The prostate is a walnut-sized gland that manufactures fluid for semen. It's located just in front of the rectum, an area of the body that men are often embarrassed to talk about.

Prostatitis is a significant health concern for men. While the causes of prostatitis are not well-understood, it is believed that the condition may be caused by a bacterial infection or an inflammatory autoimmune response similar to that seen with allergies and asthma. Symptoms may include a discharge,

discomfort, pain in the prostate or testicles, or frequent urination. A physician should be consulted for the proper treatment.

The prostate naturally enlarges as men age. Early effects of this growth (called BPH for *benign prostatic hyperplasia*) include painful urination or difficulty starting or stopping the stream of urine. Left untreated, BPH can lead to more serious problems, such as urinary tract infections, bladder and kidney damage, kidney stones, or incontinence. As symptoms of BPH may be a signal of prostate cancer, men should consult their physician to discuss diagnosis and treatment.

Prostate cancer is the most common cancer in men. Every year, about 220,000 men are diagnosed with this disease, and about 29,000 die (that's roughly the same number of women who die of breast cancer). But if caught early, through either a digital rectal exam (DRE) or a prostate-specific antigen (PSA) blood test, this disease is often treatable.

In the early stages, prostate cancer usually causes no symptoms. However, as the disease develops, so do the red flags. Men should notify a doctor immediately if they notice any of the following:

- hip or back pain
- difficulty urinating
- painful or burning urination
- blood in the urine

Men should begin getting screened at age 40 if they are African American or have a family history of prostate cancer, and at age 50 if they aren't in a high-risk group. Treatment options generally include removal of the prostate (prostatectomy), radiation, hormone therapy, or cryosurgery. Options and the possible side effects of treatment should be discussed with a urologist or other specialist.

For more information, visit the American Urological Association at www.urologyhealth.org or the MHN Website.

TESTICULAR CANCER

Cancer of the testicle is the most common cancer in men ages 15 to 35. Only two decades ago, the death rate from *testicular cancer* was ten times higher than it is now. However, testicular cancer is still a prevalent problem. Although it can't be prevented, thanks to improved treatments and diagnostics, testicular cancer, like prostate cancer, has a very high cure rate if caught early.

Symptoms include:

- lumps or enlargement of either testicle

- a feeling of pulling or unusual weight in the scrotum
- pain or discomfort in the testicle or scrotum
- dull ache in the lower abdomen
- enlargement or tenderness of the breasts

The best way to spot testicular cancer is by doing a self-examination. Unfortunately, too few boys and young men know that they should examine their testicles monthly, even fewer know how to do these exams, and too many feel uncomfortable touching themselves "down there." So ask your loved one whether he knows how to do a testicular exam. If he doesn't, encourage him to speak to his doctor about the proper way to do one. You may also contact MHN for a quick-reference shower hanger card, which illustrates the self-exam method.

For more information, visit the American Cancer Society at www.cancer.org or the MHN Website.

MEN GET BREAST CANCER TOO

Most people don't realize that men have breast tissue and that they can – and sometimes do – develop breast conditions. *Gynecomastia*, an increase in breast tissue, is the most common. Teenage boys, whose hormones are notoriously out of balance, can sometimes develop gynecomastia. But older men can get it too, often as the result of liver disease and/or drugs used to treat heart conditions, ulcers, or prostate problems.

About one of every 100 *breast cancer* patients is a man and 400 men die of the disease each year. Progression of the disease, treatments, and survival rates are the same for men and women, but because men are less likely to recognize (and report) symptoms, they are usually diagnosed only after the disease has spread. Symptoms of breast cancer in men are often confused with a sports or work injury and can include any of the following:

- a lump, pain or pulling sensation in the breast
- a lump, inversion, or abnormality of the nipple
- tenderness, pain, or an itching feeling in the area around the nipple
- discharge from the nipple

Similar to women, men should ask their doctors how to perform a self-examination to detect early signs of breast cancer.

For more information, visit the American Cancer Society at www.cancer.org or the MHN Website.