

Prostate Problems

The prostate gland sits at the bottom of the bladder. It makes most of the fluid in semen. Problems with the prostate are common. Two are described here.

Benign Prostatic Hyperplasia (BPH)

With BPH, the prostate grows larger than normal. It is **not** cancer. This problem is more common as a man ages.

Symptoms

- Trouble starting urine stream
- Needing to urinate often
- Feeling the need to urinate again soon after doing so
- A weak urine stream or one that starts and stops
- Waking up at night to urinate

Prostatitis

This is an infection of the prostate. The prostate becomes painful and swollen.

Symptoms

- Burning or pain during urination
- Pressure or pain in the pelvic area
- Fever or chills

Call your HCP if you have any symptoms of BPH or prostatitis. He or she can discuss your options to treat it.



Erectile Dysfunction (ED)

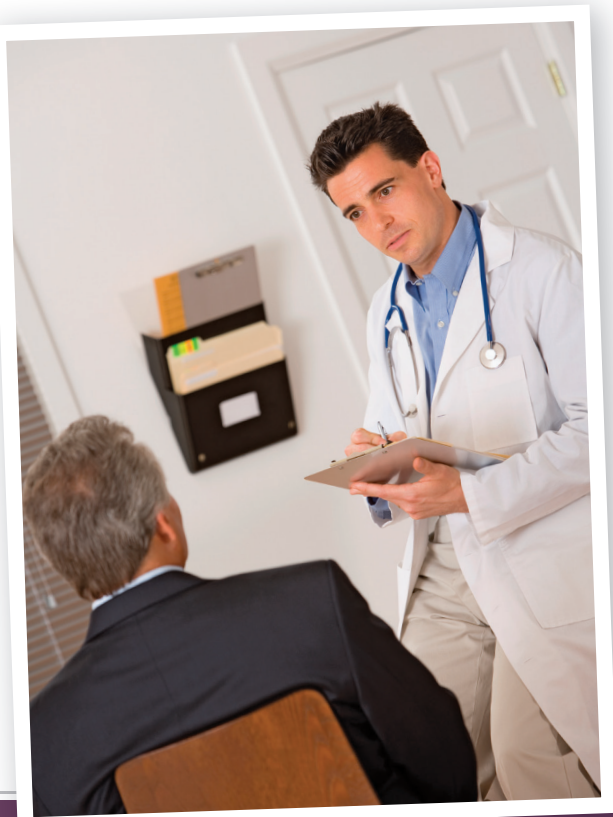
Many men have problems getting or keeping an erection sometime in their lives. This problem can happen for many reasons. If you have ED, talk to your HCP. He or she can discuss your options to treat it.

Common Causes of ED

- Conditions such as high blood pressure, diabetes, or heart disease
- Injury or surgery in the pelvic area
- Taking certain medications, such as those for depression

Treatment Options

- Medications, often taken by mouth. They may also be put directly into the penis.
- Vacuum pump or other aids.
- Surgery.



Heart Disease

Heart disease is when the blood vessels that supply blood to the heart become narrowed. This can lead to health problems, including a heart attack.

Risk Factors for Heart Disease

- Family history of heart disease
- Age older than 45 years
- Smoking
- High blood pressure
- High blood cholesterol
- Having diabetes
- Being overweight
- Lack of exercise

Lower Your Risk

- If you smoke, quit. Ask your HCP for help.
- Have cholesterol and blood pressure checked and treated as your HCP directs.
- Follow the healthy eating advice in this brochure.
- Manage diabetes, if you have it.
- Get exercise most days of the week.

Heart Attack Warning Signs

Call 911 right away if you have any of these symptoms for more than a few minutes:

- Pressure, squeezing, discomfort, or pain in the chest
- Discomfort in the neck, jaw, shoulders, arms, or back
- Severe shortness of breath
- Dizziness or faintness
- Nausea or vomiting
- Sweating

Cancer

Men are at higher risk for prostate cancer and colon cancer as they age. You can take some steps to help lower this risk. Talk to your HCP about being screened for cancer.

Prostate Cancer

Common Risk Factors

- Family history of prostate cancer
- Age older than 65 years
- Being African American

Lower Your Risk

- Eat at least 2½ cups of fruits and vegetables every day.
- Eat less fat, especially from red meat.
- Be active most days.

Colon Cancer

Common Risk Factors

- Family history of colon cancer
- Age older than 50 years
- Smoking
- A diet heavy in red or processed meats
- Drinking more than 2 alcoholic drinks per day
- Lack of exercise

Lower Your Risk

- Quit smoking.
- Talk to your HCP about your weight.
- Eat a low-fat, high-fiber diet.
- Drink no more than 2 alcoholic drinks per day.
- Be active most days.

Screenings and Vaccines

Screening tests can find health problems early. Vaccines help protect you against certain diseases. Talk to your HCP about what you should have.

Screening	How Often
Blood pressure	At least every 2 years.
Cholesterol	At least every 4 to 6 years.
Colorectal cancer	Talk to your HCP about frequency (age 50+).
Diabetes	Talk to your HCP.
Osteoporosis	Talk to your HCP (age 70+).
Prostate cancer	Talk to your HCP (age 50+).
Testicular self-exam	Talk to your HCP.

Vaccine	How Often
Hepatitis A, B	One series of 2 or 3 shots.
Herpes zoster (shingles)	Age 60+: 1 shot.
HPV	Ages 9 to 26: one series of 3 shots.
Influenza (flu)	Every year.
Measles, mumps, rubella (MMR)	Talk to your HCP.
Pneumococcal	Once at age 65, again as needed.
Tetanus, diphtheria, pertussis	Once, then a booster every 10 years.
Varicella (chickenpox)	One series of 2 shots, 4 weeks apart.

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MEN'S HEALTH



Keeping Healthy and
Staying Safe

Staying Healthy

You may not think much about your health as you live day to day. But you can control many things that affect your health. This brochure outlines some of the things you can do to help take care of your body.

Help from Your Healthcare Provider

Your healthcare provider (HCP) is your partner in helping you stay healthy. Talk with your HCP about what your health goals should be. He or she can help you reach those goals. He or she can also guide you through changing unhealthy habits, like smoking. Work with your HCP to take better care of yourself now and in the future.



Get Regular Exercise

Getting frequent exercise is vital for good health. Being active lowers your risk for many health problems. It often helps you just feel better, too.

How Much Exercise?

Being even a little more active helps your health. But experts recommend at least 150 minutes of aerobic exercise a week. This could be 30 minutes, 5 days a week.

Aerobic Exercise

This type of exercise raises your heart rate and makes you breathe a little harder than usual. Choose activities that you enjoy and will want to stick with. Here are some examples:

- Biking
- Jogging
- Basketball
- Walking
- Swimming
- Tennis

Other Types of Exercise

A few times a week, include these two other types of exercise:

Strength exercises. These include weight training, sit-ups, and pushups.

Stretching exercises. These include stretches, yoga, and tai chi.

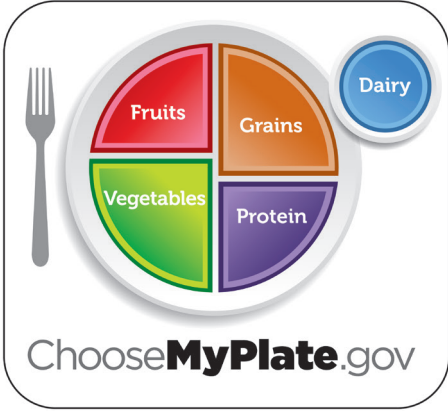


Eat Healthy

For health, eat the right amounts of the right foods. It makes sense to choose healthy foods for most meals.

How to Choose Healthy Foods

A healthy diet consists mainly of fruits, vegetables, lean protein, and whole grains. Fats, sugar, and salt should be a small part of what you eat every day.

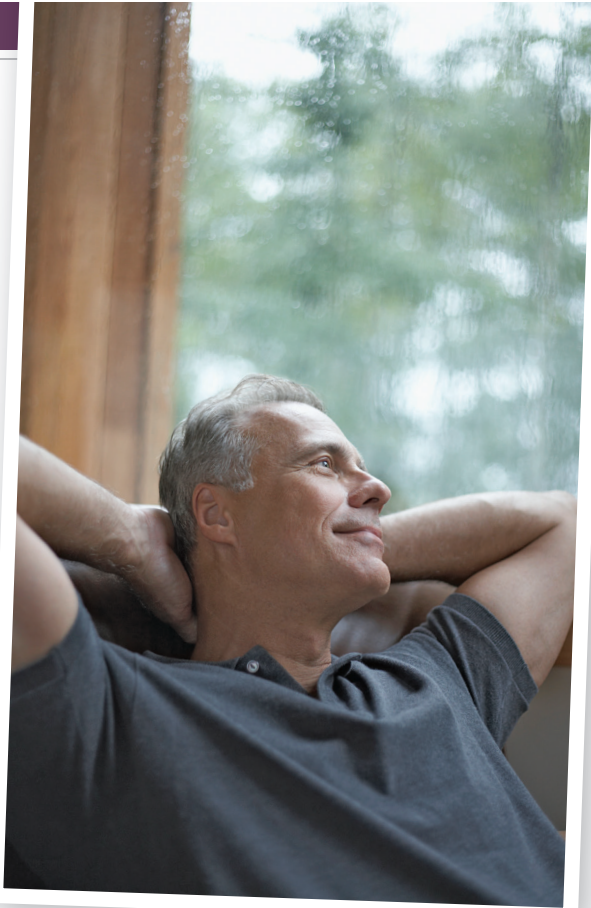


Learn About Healthy Eating

The MyPlate guide helps you learn what kinds of foods, and how much, to eat at each meal. Learn more at www.choosemyplate.gov. There you will find tips for making changes to your meals. You will also find ideas for staying on track with healthier eating.

How to Reach a Healthy Weight

Healthy eating can also help you control your weight. Losing excess weight can help lower your risk for many health problems. Talk to your HCP about the ideal weight for you. If you need to lose weight, you can find tools to help at www.supertracker.usda.gov.



Manage Stress

Stress is part of almost everyone's life. Too much stress, though, can hurt your health. Here are three things you can do to help reduce feelings of stress. If you are often under stress, ask your HCP for more ideas.

- Try deep breathing. Breathe in slowly through your nose. Then breathe out slowly through your mouth for twice as long as you breathed in.
- Set aside time for quiet thought each day.
- Be active. It's proven to help relieve stress.

Quit Smoking

If you smoke, quitting is the best thing you can do for better health. Smoking hurts your heart, your lungs, and your whole body.

List Your Reasons to Quit

When you are ready to stop smoking, you will have reasons why. Here are some reasons that are important to many people:

- Cutting the risk of heart attack, lung cancer, and stroke
- Saving money
- Breathing easier

Before you quit, think of your own reasons. Write them down. Look at your list often. Add more reasons as you think of them.

Get Help

Quitting is easier with help. You can try:

- **Medications.** Talk to your HCP or pharmacist about products to help you quit.
- **Support.** Counseling or a support group can increase your chances of success. Ask your HCP to suggest sources of support.

Other Forms of Tobacco

You might smoke cigars, cloves, or a pipe instead of cigarettes. Maybe you use e-cigarettes, chewing tobacco, or snuff. You should avoid all smoking products and all forms of tobacco. They all contain harmful substances. No delivery method is safe.



Understand STDs

Sexually transmitted diseases (STDs) are infections that spread during sexual activity. Some STDs have no symptoms. So you can have an STD and not know.

Testing

Talk to your HCP about STDs. You can be tested for certain infections. You and your HCP can decide which tests you need.

Prevention

Safer sex practices help you avoid getting STDs. They can also help prevent passing an STD along to your sex partners.

- Use condoms for all sexual contact.
- Limit the number of people you have sex with.
- Ask your sex partners if they have any STDs or if they have been tested for them.

