

Men's Health



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When it comes to health, men are notorious for doing too little, too late. They are less likely to go for routine screening than women and are more reluctant to visit a doctor. But ignoring health can come with a high price tag, and too many men are dying prematurely because they leave it too late to seek help ...



- Key symptoms
- Health checks
- Prostate cancer
- Patient stories
- Mental health

Five key symptoms to never ignore



Changes in urination

Getting up lots of times in the night to visit the bathroom, having difficulty passing urine or getting the flow started and a weak or interrupted flow could all indicate an enlarged prostate and a common condition known as benign prostatic hyperplasia (BPH).

It is not life threatening but can affect quality of life so you need to consult your doctor for help to manage the condition.

More seriously, these same symptoms could indicate prostate cancer, so they should never be ignored.

Like most cancers, prostate cancer responds best to early treatment so prompt recognition of symptoms and diagnosis is vital.



Lump on testicle

Most testicular lumps are nothing to worry about, but they could be cancerous, so it is important to see your GP immediately if you find a lump. Testicular cancer is the most common form of cancer in the UK in men between the ages of 20 and 35. Examine yourself for lumps once a week in the shower.

Blood in stools

This could be caused by something as simple and common – albeit painful and embarrassing – as piles, but it could also be a sign of bowel cancer, so never ignore blood in stools.

Bowel cancer is the third most common cancer in men. The earlier it is detected, the easier it is to treat. Other symptoms of bowel cancer



key signs...

include tiredness, anaemia, loose stools or diarrhoea over a prolonged period, abdominal pain or a lump in the side.

Beer belly

Research has shown that carrying excess weight around the middle is particularly dangerous for your health.

Men with a waist measuring more than 94cm (34") are at higher risk of developing heart disease, stroke, type 2 diabetes and some kinds of cancer.

Men with a large girth should be screened for these diseases and seek medical help to lose weight and reduce the risk.

Breast lumps

While it is more common in women, men can also get breast cancer. If you notice a lump, dimpling of the skin or any changes in your nipple, visit your doctor immediately.

Prostate cancer screening

Prostate cancer is the most common cancer in men.

Each year around 36,000 men are diagnosed with the disease in the UK – that's about 25 per cent of all newly diagnosed cancers.

While there is no definitive screening for prostate cancer, a prostate specific antigen test (PSA test), which is just a simple blood test, together with a questionnaire and review of symptoms can provide a useful early warning.

General health checks

Men are less likely to go for general health checks than women. Here are a few checks you should not miss...

Blood pressure

High blood pressure - or hypertension - is a major risk factor for stroke, heart disease and heart attacks; the leading causes of death in the UK. Around one in three adults have high blood pressure.

Diabetes

It is simple to check if you have diabetes. A blood test is all that is required. We offer fasting glucose blood tests for diabetes at our

clinics. Undiagnosed diabetes can lead to serious health complications so regular checks are advisable.

Cholesterol

High cholesterol is believed to increase the risk of heart attack or stroke. It can be caused by a genetic predisposition, poor diet and lack of exercise, and obesity. A simple blood test can check your cholesterol levels so you can take action to prevent health problems.



Be aware



Be healthy



Be sure



Be happy





Patient prostate stories

When Terry Mitchell noticed blood in his urine, he did what most men would do – ignored it. But when it happened a few more times he began to worry.

His wife persuaded him to make an appointment with his GP at Medicare.

It was lucky she did as our doctor was concerned and referred Terry to an oncologist at a private hospital.

After an ultrasound and biopsy, Terry was diagnosed with prostate cancer.

At 58, Terry was quite young to get the disease. He later found out his father had suffered the same cancer and so had one of his brothers. The disease often runs in families.

Terry had his prostate removed before the cancer spread, and is living proof of the importance of consulting your doctor at the first sign something could be wrong.

Prostate cancer can show itself, as it did with Terry, with blood in the

urine, urinary difficulties or general malaise.

These signs don't always mean cancer and can indicate an enlarged prostate gland, common in older men. But symptoms should never be ignored, and medical advice should always be sought.

The good news about a prostate cancer diagnosis is that it can be a very slow developing cancer, and many older men live with it for years or even decades without symptoms or the need for treatment.

But early diagnosis and monitoring are still important because if the disease is allowed to spread to other parts of the body it can be fatal.

A (PSA test), together with a questionnaire and review of symptoms can provide a useful early warning of prostate cancer.

Increased PSA levels in the blood indicate prostate cancer may be present and can help a doctor to

decide if further testing is required.

For some, the test proves a lifesaver. George Bingham, 64, was holidaying in Villamartin when he heard Medicare was offering PSA tests. Although it was rather an unusual tourist activity, he decided to get checked out.

His results showed high levels of PSA and he was quickly referred to a urologist, getting a diagnosis of prostate cancer.

"I am so glad I went for that test," says George. "If I hadn't, I may not have known for a lot longer and the outcome could have been very different."

George now urges all men over 50 to have regular screening – a view shared by Medicare's Dr Hussain, as early diagnosis saves lives.

There are a number of treatments available for prostate cancer, including removing the prostate, hormone therapy and radiotherapy. ■



Men & mental health

Men and women experience mental health problems in roughly equal numbers, but men are less likely to seek help.

Men often view mental health issues such as depression, stress or anxiety as a weakness and are too embarrassed to see their doctor or other health professional. Often, they will even try to keep their problems hidden from loved ones.

The consequences of this can be fatal – 75% of suicides are by men and 73% of people who go missing are men.

Men are also more likely than women to turn to alcohol to deal with mental health issues.

Support is there for men who need it if they can just get over the stigma and find the courage to ask.

If you feel you need support for

mental health issues, or you are concerned about a loved one, your GP is the best person to point you in the right direction.

At Medcare we offer psychotherapy to help people cope with life's problems and mental health issues.

Men are at greater risk of suicide because they don't ask for help

Known as the 'talking therapy', psychotherapy allows men to open up about their feelings and to deal with whatever is bothering them in a positive way.

It can be much easier talking to a professional therapist than to a friend or relative, and gives men a safe environment in which to discuss their problems. Contact our experienced male therapist for help.

Or, to talk to someone anonymously call the Samaritans in Spain on 902 88 35 35. ■

Bowel cancer

While bowel cancer is not specific to men, it is another area of healthcare where men are less likely to seek help or screening.

If caught early, bowel cancer is treatable, and screening for the disease is simple.

We offer stool sample screening. Simply pop into one of our clinics to collect your kit and instructions.

Symptoms of bowel cancer include -

- blood in stools
- anal bleeding
- prolonged diarrhoea
- weight loss
- tiredness
- abdominal pain or lump

If you experience any these symptoms you should always consult a doctor.

Impotence

Many men will experience impotence, or erectile dysfunction, at some point in their lives.

The cause may be physical or emotional. Whatever the cause, when experiencing impotence, most men will become anxious. This anxiety can make the problem worse as worrying about performance can increase the problem.

treat impotence, and he or she will likely talk to you to ascertain the reasons for the dysfunction and perhaps order tests to check for physical conditions.

There are many treatment options available, including tablets, sex therapy, penile injections and surgery.

Maintaining a healthy weight and lifestyle can help to protect against erectile dysfunction.

Erectile dysfunction?



Find your treatment



How Medcare can help

We offer a full range of health screening services and our experienced and sympathetic doctors can assist with all men's health issues.

As well as providing individual, disease specific screening tests, we offer a full men's health check.

The full health check includes a PSA blood test to aid diagnosis of

prostate cancer, a complete review of medical history, a full examination with a doctor and extensive blood tests to screen for a variety of conditions, such as liver and kidney disease, anaemia, infection, high cholesterol, diabetes and thyroid conditions.

Plus you will get an ECG test to check heart health.

Contact us for a full health check or individual tests or appointments.

- Doctor appointment
- Nurse appointment
- Single blood tests
- Glucose test (diabetes)
- Bowel cancer test
- ECG
- PSA test
- STD testing



Medcare
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