



# Men's Health Issues

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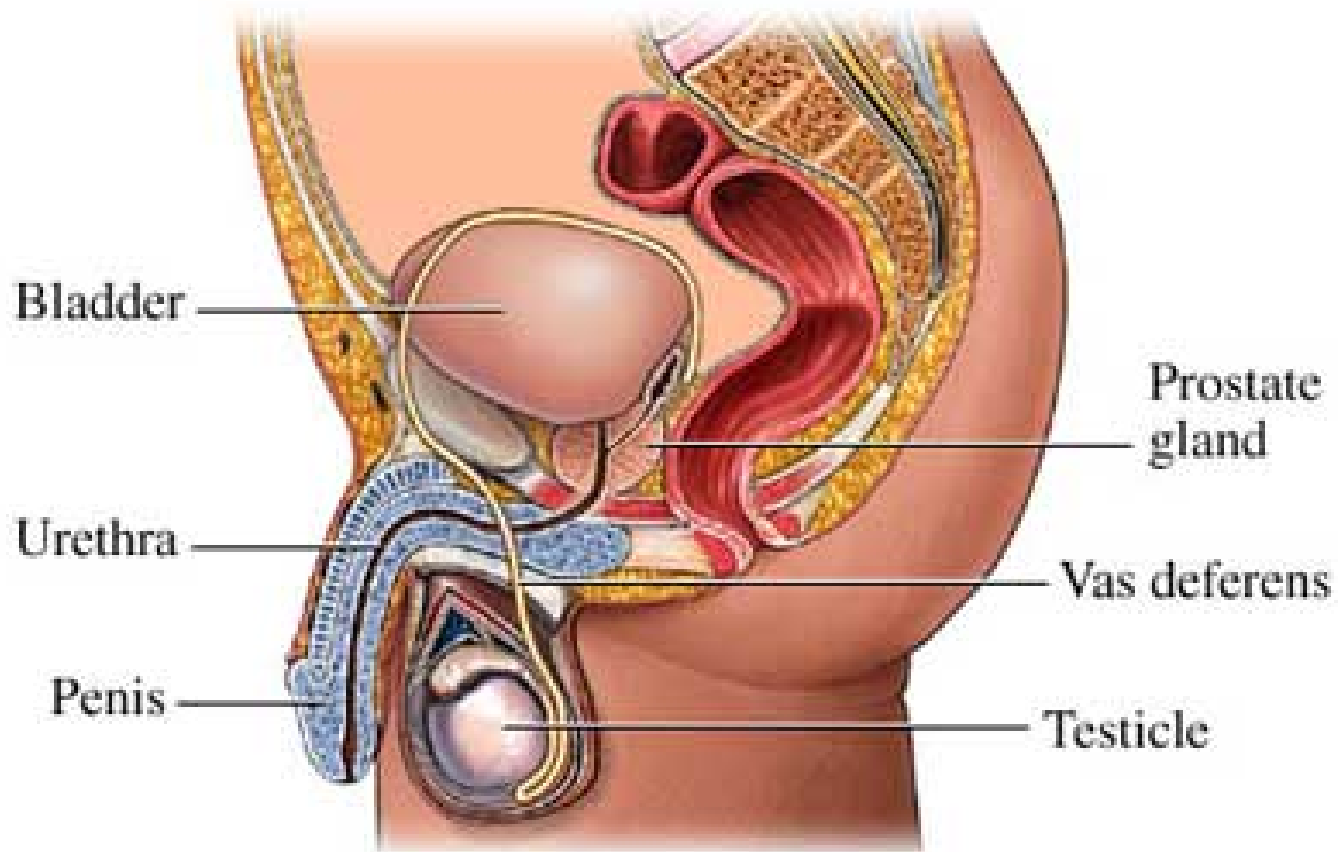
# Men's Health Issues

- Recommendation in Health Screening and Immunization for men
- Prostate Problems
- Prostate Cancer

# Recommended Screening

RECOMMENDED SCREENINGS AND IMMUNIZATIONS							
AGE	18+	30	40	50	60	70	80+
<b>Colorectal cancer</b>				Have a fecal immunochemical test (FIT) once a year and/or a flexible sigmoidoscopy every 5 years.			
<b>Diabetes</b>				For adults over 45 years of age, get tested every 5 years.			
<b>HIV and other STDs</b>	Get tested for HIV and other STDs if you have had unprotected sex, are pregnant, or have any other reason to think you may be at risk. Have a yearly chlamydia test if you're sexually active and between ages 14 and 25.						
<b>Hypertension</b>	Have your blood pressure checked every 1 to 2 years. An ideal blood pressure is less than 120/80.						
<b>Immunizations</b>	Get a tetanus diphtheria booster shot every 10 years. Get an annual flu shot starting at age 50. Get a pneumonia shot once after age 65.						
<b>Osteoporosis</b>						Talk to your physician about having a bone mineral density (BMD) test at age 65.	
<b>Overweight and obesity</b>	Have your body mass index (BMI) calculated every 1 to 2 years.						
<b>Prostate cancer (for men)</b>				Discuss the prostate-specific antigen (PSA) test and rectal exam with your physician.			

# The Prostate



# The Prostate

- Walnut size gland surround the Urethra
- Produce part of the semen
- Beside fertility, there is no essential function.
- Not directly related to erectile function.

# Prostate Diseases

Benign Prostatic Hyperplasia (BPH) – Non-cancerous enlargement

Prostatitis – Prostate inflammation / Infection

Prostate Cancer

# “Prostate Problems”

AKA “Prostatism”, “Lower Urinary Tract Symptoms”

Due to both enlargement of prostate tissue and increase tone in smooth muscles at bladder neck.

Symptoms can be obstructive or irritative

# Evaluation of Prostate Problems

- Quantifying of symptoms (AUA symptom score)
- Evaluation of urine flow and bladder emptying
- Rule out prostate cancer (blood test and digital examination of prostate)



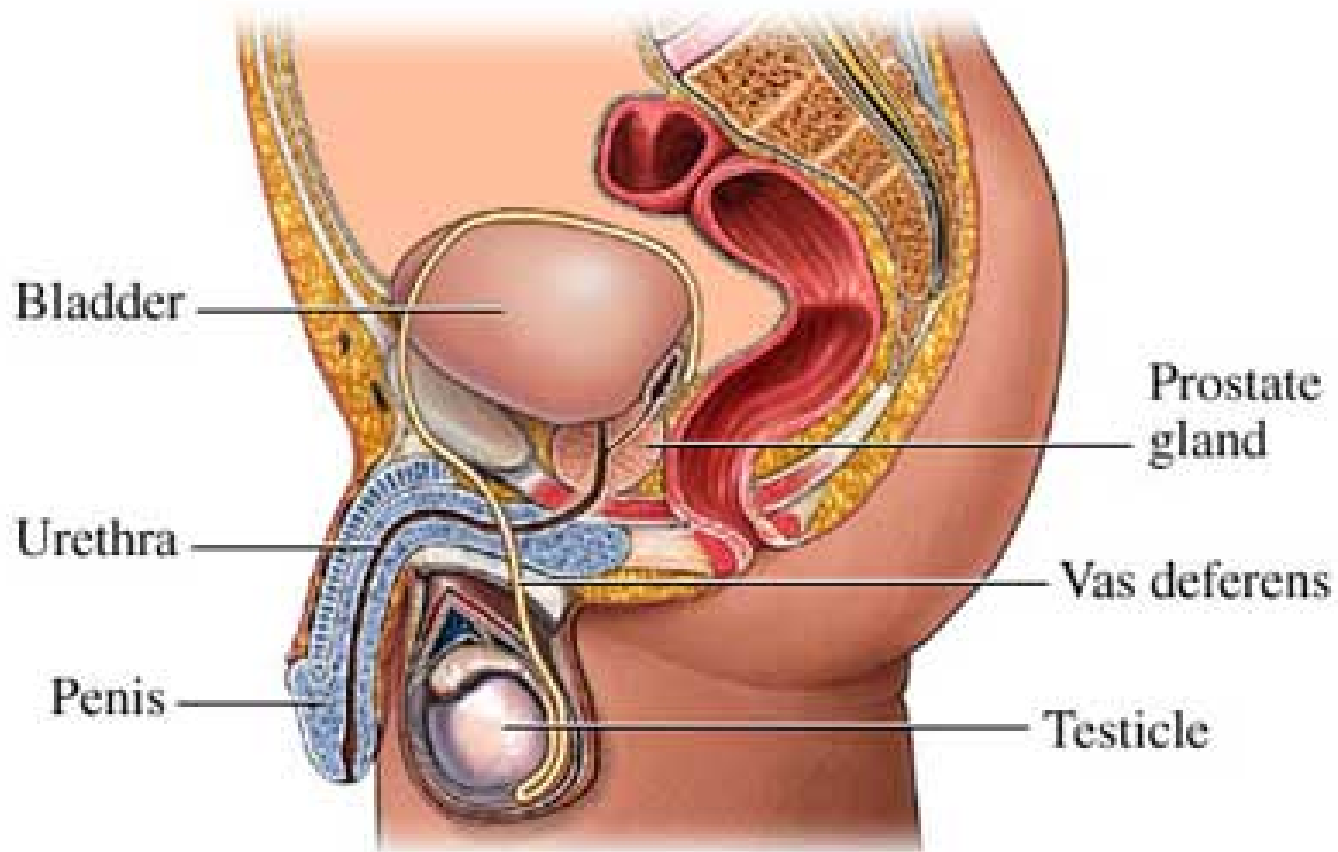
# “Prostate Problem” cont.

Treatment depends on how bothersome the symptoms are

Extreme cases which require treatment include urine retention, recurrent infections and kidney failure

Treatments include medications and surgical procedures to relieve the obstruction

# The Prostate



# Medication for prostate symptoms (LUTS)

Alpha Blockers – e.g. terazosin, tamsulosin  
(Flomax)

for relaxation of prostate

5 Alpha Reductase Inhibitors – e.g.  
finasteride, dutasteride (Avodart)

for reduction in size of prostate

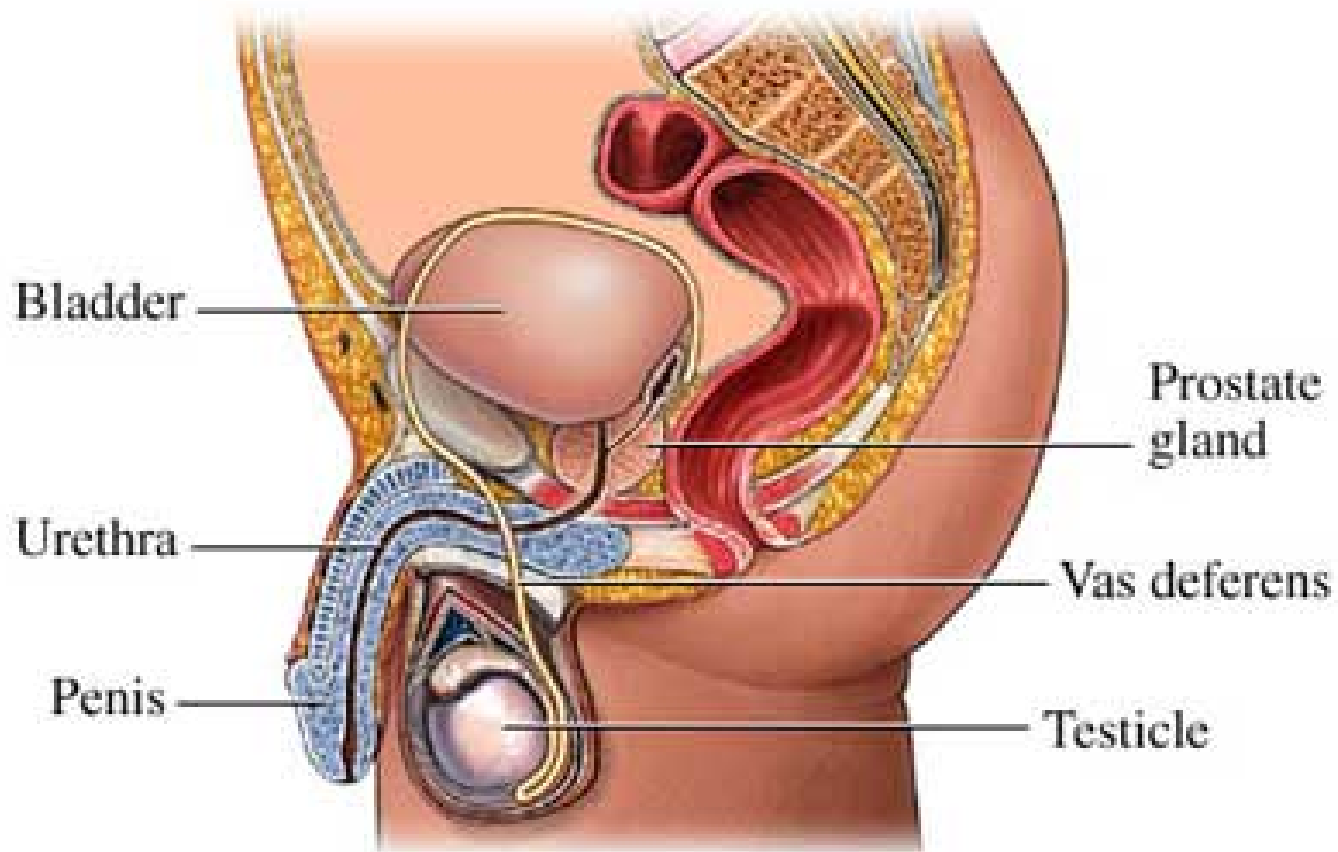
Herbal Supplements – e.g. saw palmetto

# Medication for prostate symptoms (LUTS)

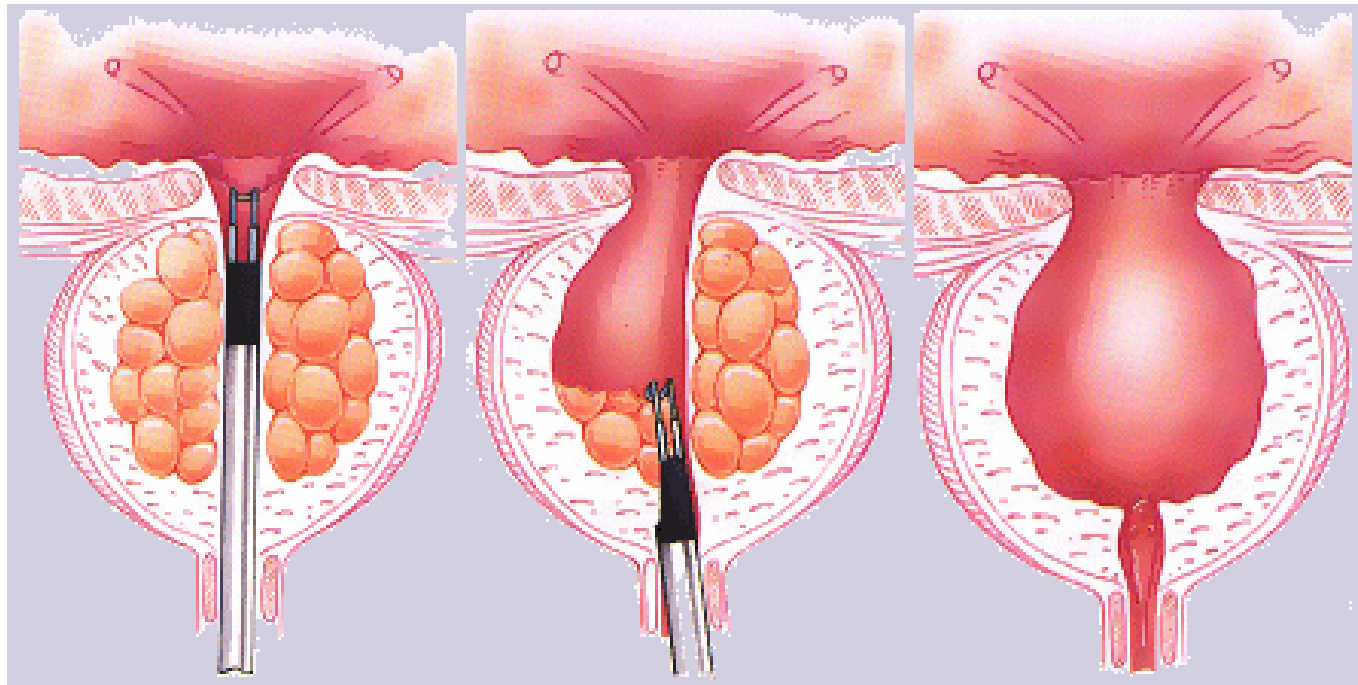
Any medication for relieving lower urinary tract symptoms needs to be taken continuously to be effective

Patients who are not helped by medications or cannot tolerate side effects of medications are candidates for surgery

# The Prostate



# Surgical Treatment for enlarged prostate



# Prostate Cancer

Most common cancer among American men,  
excluding skin cancer

192,280 new cases of prostate cancer will  
be diagnosed in the United States in 2009

27,360 men in the United States will die of  
prostate cancer during 2009

# Prostate Cancer

One in six life-time risk of developing prostate cancer

One in thirty five life-time risk of dying from prostate cancer

5 and 10 years life expectancy for patient with prostate cancer similar to those without



# Prostate Cancer Screening

Starting at age 50

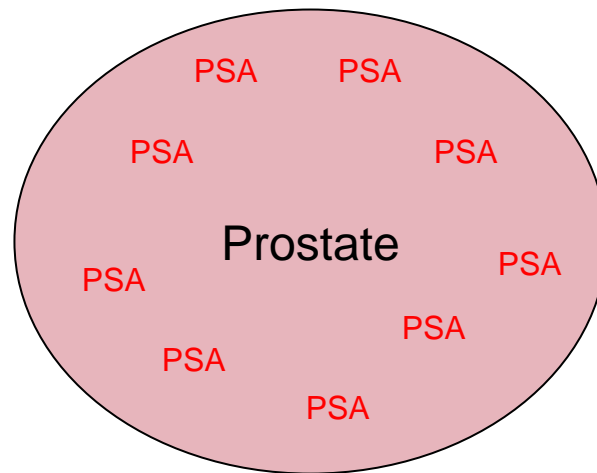
Starting at age 40 for patient with family history of prostate cancer or African American

Prostatic Specific Antigen (PSA) and Digital Examination of prostate

# Prostatic Specific Antigen (PSA)

A protein specific to the prostate function to  
liquefy semen

Does not cause prostate cancer

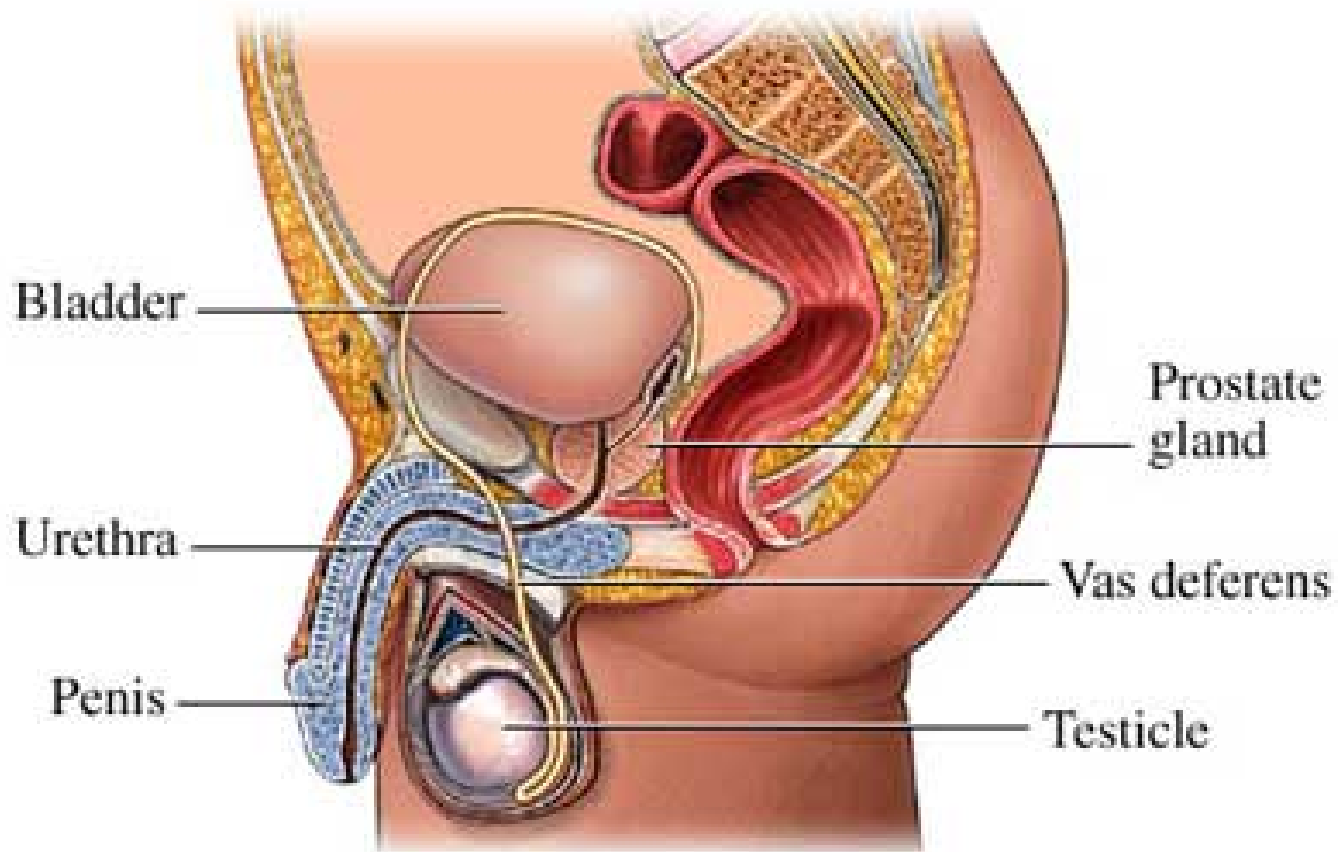


# Diagnoses of prostate cancer

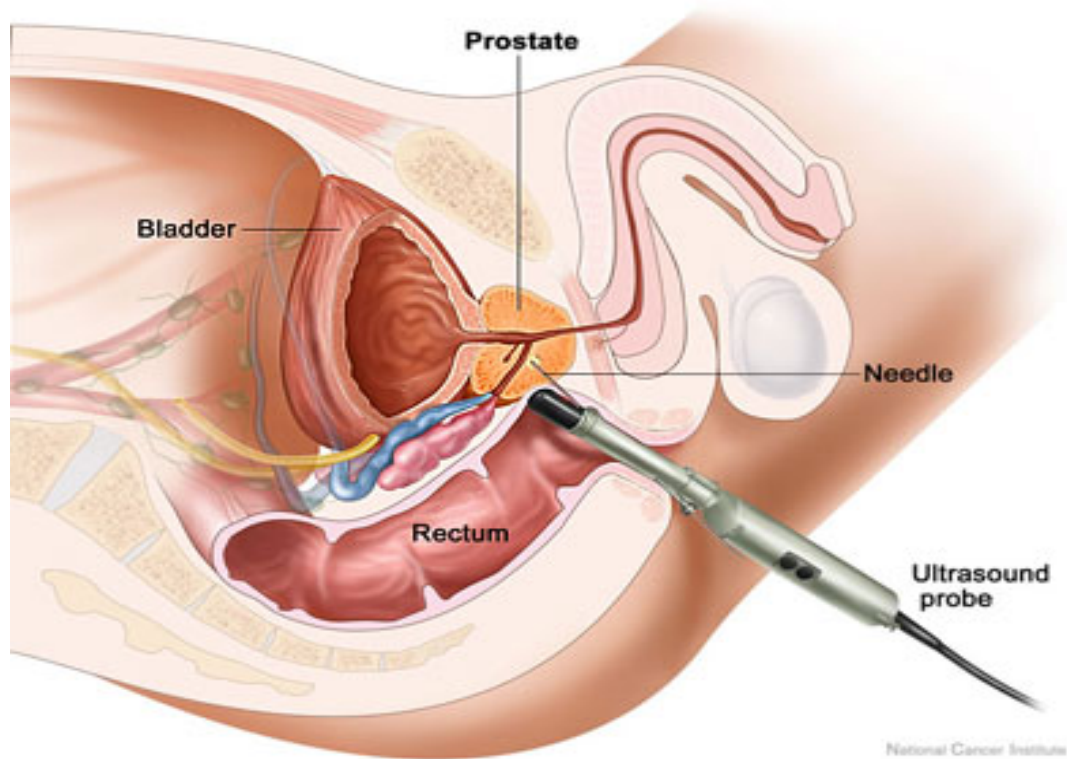
Diagnosis of prostate cancer requires a biopsy of the prostate

Patients with abnormal PSA has a 20 – 25% chance of having diagnosis of prostate cancer

# The Prostate



# Prostate Ultrasound and Biopsy

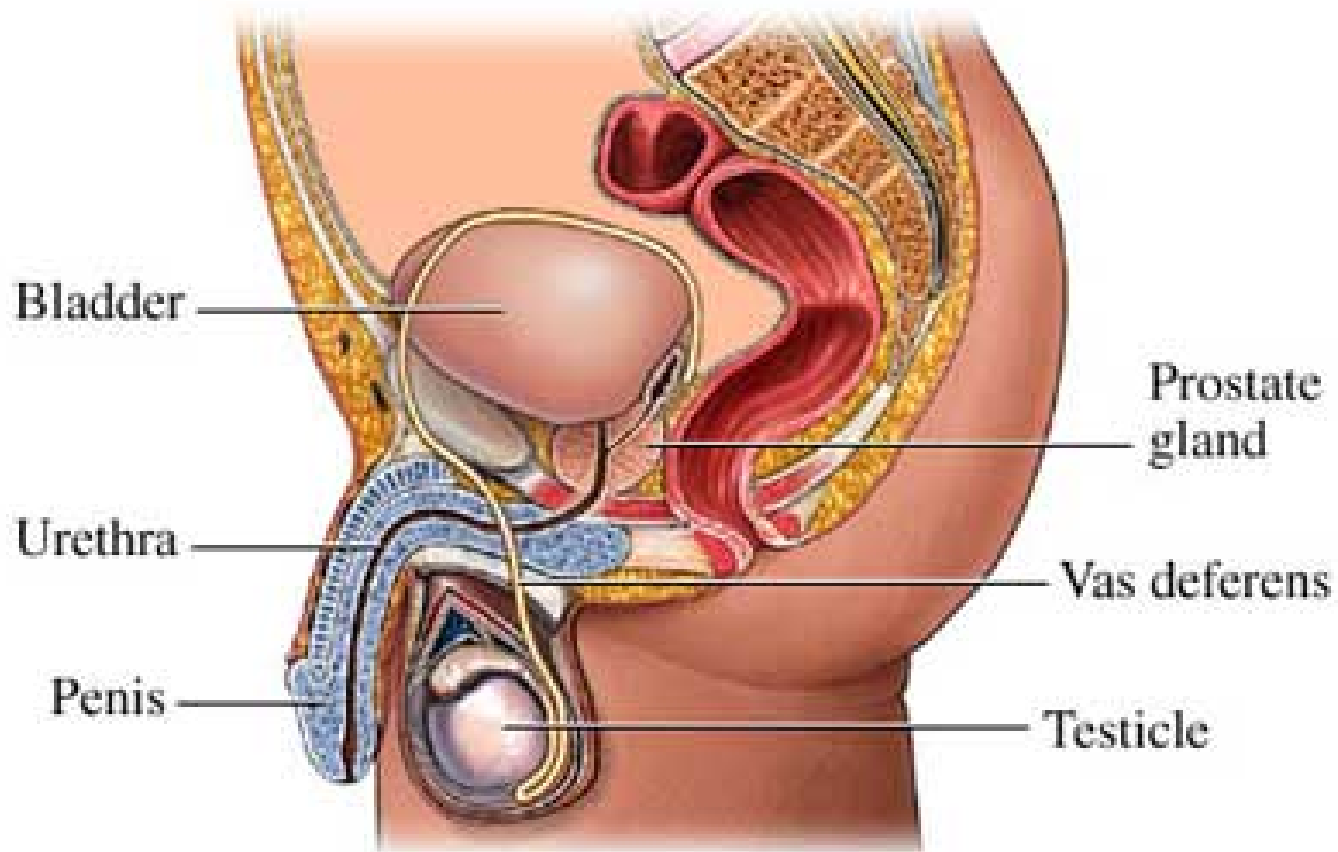


SOURCE: NATIONAL CANCER INSTITUTE

# Treatment of Prostate Cancer

- Active Surveillance
- Radiation Therapy
  - Brachytherapy (radiation seed)
  - External Beam Radiation
- Surgical Removal
  - Radical Prostatectomy
  - Robotic Prostatectomy

# The Prostate



# Healthy Diet for the Prostate

Low fat

Less in red meat

More in vegetables

Processed Tomato products

Vitamin E and Selenium



# Take Home Message

Get routine recommended Health Maintenance Screening

If you have urinary symptoms, get it checked out with your physician. Medication and surgery can improve your quality of life.

Discuss with your physician about prostate cancer screening.

Eat healthy and thrive!!

# Questions?

