



# MEN'S HEALTH WEEK

THIS YEAR MEN'S HEALTH WEEK IS FROM 15TH - 21ST JUNE.

Urologists are the medical specialists who deal with men's health problems related to the urinary tract and genital area including problems related to disorders of the male hormone testosterone.

When most people think about Men's Health they think about problems associated with erectile dysfunction (ability to get an erection) and to father children. They also think about prostate health and checking for prostate cancer.

Recently, the availability of multi-parametric Magnetic Resonance Imaging has become available in Cairns. This scan is entirely painless and involves lying still, flat on the back for half an hour while the scan takes place. There are no probes required for this scan which can identify areas suspicious for prostate cancer.

However, Men's Health constitutes a great deal more than this.

Men have a greater chance of smoking related diseases and in urology that means that they have a greater chance of smoking's effects such as reduced ability to achieve and hold an erection. There are a number of clinical studies which show that problems with erections indicate that there may also be problems with heart disease. Smoking can also cause abnormalities of sperm and impair fertility. Also, there is a significant relationship between smoking and bladder cancer.

Men also have an increased incidence of kidney stones. The reason for this does not seem to be clear but given the old adage that "Prevention is better than Cure" then it is worth considering that increasing the fluid throughput gives significantly greater chance of prevention. Also, a squeeze of

lime or lemon juice in water reduces that chance further.

As men get older their hormone levels tend to decrease and as a result they can become tired and irritable as well as put on weight and have a tendency to develop what is sometimes referred to as the "metabolic syndrome". This can have effects on general well-being and result in problems with urination, erections and non-urological conditions such as high blood pressure, diabetes and sleep apnoea.

The Government has approved the HPV (Human Papilloma Virus) Vaccination for boys. It has previously been only available for girls to reduce the incidence of cervix cancer. This is a very contagious virus which can lead to genital warts and HPV-related cancers. So where a vaccination is available it is important for it to be considered for the benefit of the community as a whole.

Just like a car, it is important to have regular health check-ups to keep the body running smoothly and efficiently and men should be encouraged to do that.



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## Men's Health

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- Men also have an increased incidence of kidney stones
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