



# Men's Health



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## Student Wellness Centre

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In today's health crazed culture, it seems perfectly normal to hear routinely of cancer, obesity, and STIs. Perhaps what you are not used to hearing about is how they affect males in particular.

## **Testicular Cancer**

- It is most common in ages 15 to 35, but can develop at any time during your life.
- It has a 95% cure rate if detected early enough but life threatening if left untreated.
- You can have a perfectly normal sex life after it is cured.

### **Possible Symptoms of Testicular Cancer**

- A lump in or hardening of the testes,
- Decrease in sexual interest,
- Numbness and/or pain,
- Lower back pain,
- Feeling of weakness or fatigue, and
- No symptoms.

## **Self-Examinations**

**Make testicular examinations part of their regular health routine. It takes**

**less than a minute and is completely painless.**

## **How to Perform a Testicular Self-Examination**

1. The best time for a self-examination is right after a warm shower or bath. The scrotal skin will be relaxed, making for the most accurate self-test period.
2. Place the testicle between your index and middle fingers (on the bottom) and your thumb (on the top). Gently roll the testicle back and forth to determine its consistency, shape, and texture. It should feel slightly soft but firm, smooth, and egg-shaped.
3. Repeat with your other testicle.

Any abnormality, such as a lump or thickening, should be reported to your physician. It is normal for one testicle to hang slightly lower than the other or for one testicle to be a little larger.

## **To Make Yourself Check More Comprehensive**

1. **Attempt to locate the epididymis:** it is the tube which is connected to the testes and stores sperm. It

should be located along the back and top of each testicle and should have a soft, rope-like texture. Any abnormalities, such as pain, swelling, or lumps, should be reported to a health care provider.

- 2. Check the skin in your pubic area, including on the penis.** Sores and little rough bumps could be signs of an STI. If uncircumcised, check under the foreskin when performing routine personal hygiene.
- 3. Check your groin area on both sides.** Any lumps could be a sign of infection and need to be followed up with a health care provider.

## **What to check and when** (Men's Health Foundation, 2020):

### **Guys Aged 20-39:**

- Blood pressure: **Yearly**
- Blood test & urinalysis: **3-5 years**
- Dental health: **Yearly**
- Eye Health: **5 years**
- Flu shot: **Yearly**

- Mental health: **As appropriate**
- Periodic health exam: **3-5 years**
- Sexual health: **As appropriate**
- STIs: **As appropriate**
- Skin self-exam: **Yearly**
- Testicle self-exam: **Yearly**
- HPV vaccine: **Ask doctor**
- Measles, Mumps, Rubella vaccine booster: **Once – Ask doctor**
- Tetanus & Diphtheria vaccine booster: **10 years**
- Whooping Cough vaccine booster: **Once – Ask doctor**

## Sexually Transmitted Infections

**Get tested. Testing can be as simple as peeing in a cup! Get tested when:**

- **You've had unprotected sex**
- **A condom breaks**
- **When you're visiting a health professional about something else**
- **You have a new sex partner, or you've had more than one**
- **You and your partner inject street drugs**

## **Facts about STIs**

- Most men and women do not develop symptoms with STIs.
- Some STIs are easily treatable with antibiotics, while others can't be cured but can be managed with treatment.
- STIs, like Chlamydia, can spread quickly and easily since an infected person can unknowingly pass the infection onto their partner.
- The most effective way to avoid contracting an STI. So use a condom or practice monogamy or abstinence.

## **Possible Signs of an STI**

- There are often no symptoms or signs of an STI,
- Repetitive urination,
- Burning sensation during urination,
- Drip/discharge from the penis, and
- Sores, bumps, or blisters near or on the penis, genitalia, rectum, groin, or mouth.

**Student Wellness Centre will test you at any time. You do not need an appointment to be tested.**

# Leading causes of death in men (CDC, 2021)

## 1. Heart Disease

- Prevention (CDC, 2021): Eat a balanced diet with fruits and vegetables, stay active, quit smoking, and reduce stress.

## 2. Cancer

- Prevention (CDC, 2021): Healthy lifestyle (such as limiting processed meat, protecting yourself against the sun, getting Hep. B and HPV vaccine, and regular self-exams and screenings).

## 3. Unintentional injuries

- Prevention (CDC, 2021): Wear protective gear when necessary, increase awareness, don't operate vehicles while under the influence of drugs or alcohol.

## 4. Chronic lower respiratory diseases (COPD)

- Prevention (CDC, 2021): Quit smoking and stay away from secondhand smoke.

## 5. Stroke

- Prevention (CDC, 2021): Maintain a normal blood pressure (120/80), stay

away from tobacco, eat healthy and exercise.

## **6. Diabetes**

- Prevention (Healthline, 2022): Eat healthy (reduce total carb intake), exercise, and quit smoking.

## **7. Alzheimer's disease**

- Prevention (Mayo Clinic, 2021): No prevention methods found however a healthy lifestyle may reduce dementia and cognitive decline.

## **8. Suicide**

- Prevention (Crisis Service Canada, 2022): Call 1(833)-456-4566 for 24/7 help service.

## **9. Chronic liver disease**

- Prevention (Mayo Clinic, 2020): Moderate alcohol consumption, get vaccinated against Hep A and B, protect skin against toxic aerosol sprays, and maintain a healthy weight.

## **10. Kidney disease**

- Prevention (Mayo Clinic, 2021): Follow dosage instructions for over-the-counter medications, maintain a healthy weight, and don't smoke.



# Top 10 Health Tips for Men

Take charge of your health, men. The sooner you do it, the better.

**1. Find a health care provider: family doctor or nurse practitioner.**

Choose one you are comfortable with. Student Wellness Centre has male and female family physicians, some who speak a second language.

**2. See that health provider.** Just because you are feeling well does not mean you are well. Have a tendency toward denial? Do not ignore things like black stools, vision loss, or chest pain. Unfortunately, men have a tendency to do just that.

**3. Get informed.** You do want to be knowledgeable and understand that you should not ignore symptoms or complaints, but you do not want to self-diagnose. Good, credible websites to use for reliable health information include Health Canada and WebMD.

**4. Use condoms.** It is respectful to your partner, but more importantly, using them will help to prevent STIs – some of which can be fatal if untreated.

- 5. Prioritize sleep.** Get at least seven hours. That is not something you should compromise. Men think they can overcome sleep deprivation by exercising but that is a bad idea.
- 6. Eat to thrive.** Getting enough nutrition is crucial. Focus on nutrients rather than calories, eat a variety of healthy foods, and drink lots of water.
- 7. Check your head.** Mental health is really important. Think about several things such as “Am I drinking too much?” “Am I paying attention to signs of depression or bipolar disorder, which often get missed?” Contact Student Wellness Centre on campus if you would like to speak to one of the counsellors.
- 8. Take testicular cancer seriously.** Check your testicles every month. Early detection is key to successful treatment.
- 9. Care for your prostate.** The prostate grows as you get older. You will almost certainly have symptoms like urinary problems. A really healthy, low-fat diet will reduce the likelihood of prostate growth and may reduce the risk of prostate cancer.
- 10. Enjoy yourself.** Look forward every day to doing something for yourself,

whether it is a run, reading a book, or practicing meditation or yoga. Do not save up all of your fun for vacation.

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## **Additional Resources**

[wellness.usask.ca](https://wellness.usask.ca)

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