



Men's health

Common reasons men give for not seeing a doctor or getting health screenings are, "I feel fine" and "I'm afraid of what the doctor will find."

Don't wait until you get sick to find a doctor. It is better to prevent a health problem than to get it. The next best thing is to detect and treat an illness early.



Testicular cancer is very curable, especially when it is found and treated in its early stages. Do a testicular self-exam monthly.

Erectile dysfunction is usually caused by blood vessel diseases, diabetes, and other physical problems.

An enlarged prostate gland is common. Signs of this are the need to pass urine more often, especially at night and delay in onset and/or slow stream of urine flow. If you have these signs, see your doctor. They can also be signs of a prostate infection or prostate cancer.

Discuss prostate cancer screening with your doctor if you are a male aged 50 to 69; starting at 45 if you are an African American male; 40 and older if you have a family history of prostate cancer.

Though rare, men can get breast cancer.