

## Men's health

November is Men's Health Awareness month, also known as Movember. The Movember Foundation aims to raise awareness on key health issues for men, specifically prostate cancer, testicular cancer, mental health and suicide prevention.

Early detection is essential - understanding these conditions and what to look for will greatly increase your chance of early detection, and in turn has the potential to save many lives.



### What you need to know

#### 1. PROSTATE CANCER

In Australia, one in eight men will be diagnosed with prostate cancer before the age of 75. It occurs when some of the cells in the prostate reproduce far more rapidly than normal, resulting in a tumour. These prostate cancer cells, if left untreated, may spread from the prostate and invade other parts of the body, particularly the lymph nodes and bones, producing secondary tumours in a process known as metastasis.

Only men have a prostate gland. The prostate gland is usually the size and shape of a walnut and grows bigger as you get older.

The Prostate Specific Antigen (PSA) test measures the level of PSA in the blood. It is a simple blood test which can determine the presence of cancer. Men over the age of 45 should talk to their GP about their risk, and the benefits of having this screening test.

##### Common warning signs

- ▶ A need to urinate frequently, especially at night
- ▶ Difficulty starting urination or holding back urine
- ▶ Weak or interrupted flow of urine
- ▶ Painful or burning urination
- ▶ Difficulty in having an erection
- ▶ Painful ejaculation
- ▶ Blood in urine or semen
- ▶ Frequent pain or stiffness in the lower back, hips, or upper thighs

If you are concerned about any of these symptoms, speak to your GP.

#### PROSTATE CANCER

*If detected early*



chance of survival beyond 5 years

*If detected late*



chance of survival beyond 5 years

#### 2. TESTICULAR CANCER

In Australia, testicular cancer is the most common cancer in men aged 20 – 34 years. In most cases, the outcome for men with testicular cancer is positive, with a 95% chance of survival if detected early.

Testicular cancer starts as an abnormal growth or tumour that develops in one or both testicles. Other, less common symptoms include:

- ▶ Feeling of heaviness in the scrotum
- ▶ Change in the size or shape of the testicle
- ▶ Pain or ache in the lower abdomen, the testicle or scrotum
- ▶ Back pain
- ▶ Enlargement or tenderness of the breast tissue (due to hormones created by cancer cells)

##### Are you at an increased risk?

Some men need to be especially watchful. This includes men and boys with a family history (father or brother) of testicular cancer, and men and boys whose testes did not descend normally when young.

##### Self-examination

- ▶ Become familiar with your body, so you know what is normal and detect any changes as early as possible
- ▶ When you are in the shower, roll one testicle between your thumb and fingers to get to know what is normal or abnormal
- ▶ Repeat with your other testicle

If you notice a change in size or shape, a lump that is new, or if you feel sore with touch, see your GP to get checked out.



**In Australia, testicular cancer is the most common cancer in men aged 20 – 34 years.**

# Men's health *cont...*

## 3. MENTAL HEALTH

### Did you know?

- ▶ The number of men who die by suicide in Australia every year is nearly double the national road toll
- ▶ 50% of Australian men will experience depression or anxiety at some point in their lives

### What can you do?

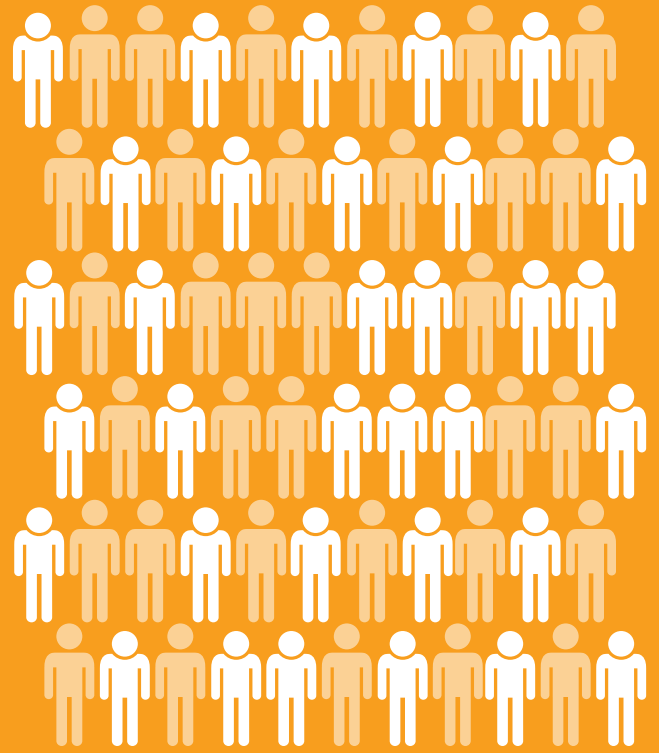
Effectively managing your mental health can give you significant improvements in your quality of life, increase your capacity to support your family and mates, and let you perform at your best.

If you are feeling down, or can't shift feeling overwhelmed about life, take action!

1. Talk to someone you trust, especially when things are tough
2. Get moving - exercise does great things to your body and mind
3. Take a break – you don't need to solve every challenge today, so give yourself some downtime
4. Get out and do something you enjoy with a friend
5. If you have tried some of these things and still feel bad then talk to a professional for advice and support

To speak with someone immediately, contact Lifeline on 13 11 14.

*\*Statistics from the Movember website – au.movember.com. Visit the site for more resources and to see how you can help raise awareness about men's health.*



**50% of Australian men will experience depression or anxiety at some point in their lives**

## Roasted red pepper pasta with pan toasted beans

**Everyone loves a hearty pasta dish, and this recipe will not disappoint. It is quick, easy and healthy. Add some vegetables to increase your greens or double the recipe for dinner with mates.**

### Serves 2

#### Ingredients:

- ▶ 100g pasta
- ▶ 1 handful of rocket
- ▶ 1 tbsp olive oil
- ▶ 1 can of black eye beans, or kidney beans (drained)
- ▶ Chilli flakes, to taste

#### Roasted red pepper pesto

- ▶ 2 roasted red peppers, in jar
- ▶ 50g toasted hazelnuts
- ▶ 50g sundried tomatoes
- ▶ 2 tbsp olive oil
- ▶ Salt and pepper, to taste

#### Method:

1. Blend the roasted red pepper pesto ingredients together with some seasoning.
2. Cook the pasta as per instruction.
3. Heat a pan to a medium heat; add a drizzle of olive oil, the beans and a pinch of salt. Fry for 5-7 minutes until they are crispy.
4. Stir through the pasta and pesto and serve with some rocket and freshly cracked pepper.



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