

While some risk factors for prostate cancer cannot be changed (e.g., your family/ genetic history or your age), there are other risk factors that you can minimize through lifestyle changes.

If you have any of the risk factors listed above, you are encouraged to ask your doctor about either a Prostate Specific Antigen (PSA) test or a Digital Rectal Examination test, both of which can show any abnormalities in your prostate.

Prostate cancer can be treated in a few different ways, depending on many factors (e.g., your age, the extent of the cancer, other health conditions). Some methods of treating prostate cancer include radiation, chemotherapy, hormone therapy and surgery.

Colon cancer

In Canada, as many as one in 14 men will be diagnosed with colon cancer in their lifetime.

Colon cancer is generally a tumour that grows on the large intestine or in the rectum.

Some known risk factors for developing colon cancer include:

Age: the majority of colon cancer diagnoses will occur between the ages of 50 and 75.

Genetics: your risk is increased if you have a relative who also was diagnosed with colon cancer.

Diet: you may be at a higher risk if your diet is high in red meats and low in fruits and vegetables. According to *Eating Well with Canada's Food Guide*, adults should eat between 7-10 servings of fruits and vegetables each day. A serving of fruit is equivalent to one fresh fruit or 125 ml of 100% fruit juice.

Lifestyle considerations: smoking and drinking alcohol may increase your risk.

If you notice any of the following symptoms, it is important that you see a health care provider as soon as possible to be screened:

Fatigue and/or weakness.

A change in your bowel habits.

Blood in your stool.

Abdominal pain (e.g., cramping, excessive gas).

Unexplained weight loss.

If you have risk factors, it is recommended that you receive a colonoscopy beginning at age 40, or age 50 if you are not at a higher risk. Your doctor can also arrange to have you screened for any problems using either a Digital Rectal Exam (where your physician manually examines your rectum for any abnormalities) or a fecal occult blood test (which looks for blood in your stool and can detect pre-cancerous growths).

Colon cancer can be managed successfully, especially if it is detected early, using a number of different treatments, such as radiation, chemotherapy or surgery.

For more information

For more information about health conditions that are specific to men, you are encouraged to speak to your health care provider and the pharmacist affiliated with Accès pharma chez Walmart. There are a number of information sources that may be helpful:

Canadian Cancer Society

www.cancer.ca

The Prostate centre

www.prostatecentre.ca

Pfizer canada

www.pfizer.ca

This information should not be used as a substitute for the medical care and advice of your doctor. There may be variations in treatment that your physician may recommend based on individual facts and circumstances. If you have questions about your symptoms, ask the pharmacist affiliated with Accès pharma chez Walmart for more information, and/or contact your doctor.

Only pharmacists are responsible for pharmacy practice. They only provide related services acting under a pharmacist owner's name and use different tools including Health Access tools.

HEALTH ACCESS

MAN



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Men are interested in their health too! There are several health conditions specific to men. Understanding these conditions and how to prevent and manage them will benefit you and your health.

Specific health concerns for men

BENIGN PROSTATIC HYPERPLASIA (BPH) (ENLARGED PROSTATE)

As men age (generally over age 40), sometimes the tissue of the prostate gland can become enlarged. Although it is not certain what exactly causes the enlargement in some men, there may be a connection to family history or eating a high-fat diet. If you have been diagnosed with BPH, remember that it is NOT the same thing as cancer.

Some common symptoms of BPH include:

Urinating more frequently than is usual for you.

Not fully emptying your bladder when you urinate.

Difficulty controlling the urge to urinate or incontinence (inability to hold urine back).

Having a hard time stopping and starting when you urinate.

Pain or noticing blood when you urinate.

If you have noticed any of the above-listed symptoms, it is worthwhile to discuss this with your doctor, who can recommend screening and/or treatment, if necessary.

A majority of men of advancing age (i.e., over age 60) will experience some symptoms of an enlarged prostate. It is not known if this condition can be “prevented,” although eating a healthy diet high in fruits and vegetables and low in unhealthy fats might be a helpful strategy. Tomatoes and leafy green vegetables, such as broccoli and cauliflower, are thought to be particularly helpful in reducing health risks to your prostate.

Depending on the severity of your symptoms, BPH can be treated with medications, minimally invasive procedures, or through surgery.

Erectile dysfunction

Erectile dysfunction (“ED”) used to be called “impotence” and refers to the inability to achieve or maintain an erection. It is important to establish that a problem actually exists, because an inability to achieve an erection from time-to-time is not necessarily a cause for concern. However, if this occurs more than 50 % of the time that you are engaged in sexual relations, it may be worth discussing with your health care provider.

The symptoms of ED are straightforward: if you are engaged in sexual relations, your penis will not become or stay erect. ED can be caused by many different factors.

Some common causes of ED include:

Circulation problems related to your arteries that restrict the flow of blood to the penis (this is sometimes associated with being overweight).

A diagnosis of diabetes (this can affect nerves and circulation).

Taking certain medications that can have an impact on some hormones.

Smoking.

Using recreational drugs.

Other health conditions, such as a spinal cord injury, multiple sclerosis, Parkinson’s disease, liver disease and kidney disease.

It may be possible to reduce your risk of being affected by ED through lifestyle improvements; quitting smoking, moderating your alcohol intake, and regular physical activity can help prevent some of the health conditions that are associated with ED.

The good news for men with ED is that there are a variety of effective treatments available, such as psychotherapy, medication(s) and surgery.

Prostate cancer

Prostate cancer is the most common form of cancer for men. Approximately one in seven Canadian men will develop prostate cancer in his lifetime. Prostate cancer occurs when the cells in the prostate gland grow out of control. However, this type of cancer generally grows slowly and is treatable, especially if diagnosis and treatment come at an early stage.

The following are risk factors for prostate cancer:

Family/genetic history (e.g., if your father or brother was diagnosed with prostate cancer).

High-fat diet – to reduce risk, eat a diet that is low in saturated fats and high in fruits and vegetables.

Over age 50.