

# Men's Health

Permafold®: What You Need To Know



## Topics

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2. Erectile Dysfunction (ED)
3. Hair Loss
4. Jock Itch
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Reviewed and Approved by the Senior Medical Advisory Board

This Permafold® is not meant to take the place of expert medical care or treatment. Follow your doctor's or health care provider's advice.

## 1. Chest Pain

### Symptoms

The pain can be sharp or dull; mild to severe.

### Heart Attack Warning Signs

- Feelings of pain (may spread to the arm, neck, tooth, jaw, or back), tightness, burning, squeezing, fullness, or heaviness in the chest that last more than a few minutes or go away and come back.
- Chest discomfort with: Fainting; fast or uneven pulse; lightheadedness; shortness of breath; pale, gray, or clammy skin; sweating; or nausea.



Common places heart attack pain is felt.

### Self-Care

#### For a Pulled Muscle or Small Injury to Your Ribs

- Don't strain the muscle or ribs. Rest.
  - Take an over-the-counter pain medicine.
- #### For a Hiatal Hernia
- Lose weight if you need to.
  - Avoid tobacco, alcohol, coffee, spicy foods, peppermint, citrus juices, and carbonated beverages.
  - Eat 5 or 6 small meals a day. Don't eat large meals.
  - Don't wear tight garments.

- Don't bend over or lie down after eating. Don't drink milk or eat for 2 hours before bedtime. Raise the head of your bed 6 inches to sleep.

### Call Doctor For:

- Chest pain that worsens with deep breaths.
- Fever and/or cough with any color sputum.
- Chest pain that comes and goes before, during, or after eating, or that gets worse when you bend over, lie down, or only after you eat.

### Get Medical Care Fast For:

- "Heart Attack Warning Signs." (See previous panel.)
- Chest pain in a person with a heart condition that does not respond to prescribed medicine.
- Chest pain that came from a bad injury.
- Chest pain with a hard time breathing.
- Coughing up true red blood with chest pain.

## 2. Erectile Dysfunction (ED)

Sometimes, ED is called impotence.

### Symptoms

In 25% or more of attempts: Not being able to get an erection at all; having an erection that is too brief, weak, or painful for satisfying sexual intercourse; or having an erection, but it loses its strength upon penetration.

### Prevention / Self-Care

- Don't smoke. Don't use street drugs.
- Don't have more than 2 alcoholic drinks a day.
- Relax. Manage stress. Get plenty of rest.
- Share your fears, needs, etc. with your partner.
- Don't focus just on performance. Find pleasure in hugging, kissing, and caressing your partner.
- Take medication for ED as prescribed.



### Call Doctor For:

- A complete exam to rule out, diagnose, and/or treat medical problems which may cause ED.
- ED that began after taking prescribed medicine (e.g., high blood pressure pills), prostate or other surgery, or trauma to the pelvis.
- Advice on medical ways to treat ED.

## 3. Hair Loss

### Symptoms

- Thinning of hair on the temples and crown.
- Receding hair line.
- Bald spot on the back of the head.
- Areas of patchy hair loss.

### Prevention / Self-Care

- Try the over-the-counter medication, Rogaine. Use it as directed.
- Avoid (or don't use often) hair care practices that can damage hair (e.g., braiding, dyeing, etc.).
- Air dry your hair or dry it with a towel instead of using a hairdryer, especially on a high setting.
- Keep your hair cut short. It will look fuller.
- Use gentle shampoos and conditioners.
- Don't believe claims that vitamin formulas, massage oils, etc. will cure baldness.
- If anxiety causes you to pull out patches of hair, relax with deep breathing, etc.

### Call Doctor For:

- Sudden patches of hair loss or not being able to stop pulling out patches of your hair.
- Signs of infection (redness, tenderness, swelling, and/or pain) at the site of hair loss.
- Hair loss with signs of low thyroid output:
  - Fatigue or weight gain for no reason.
  - Intolerance to cold temperatures.
  - Numbness or tingling in the hands.
  - Constipation.
  - Dry, thick, flaky skin.
  - Deepened or hoarse voice.



## 4. Jock Itch

### Symptoms

The skin of the groin, scrotum, and/or thigh areas are red, itchy, and/or scaly. Jock itch is usually caused by a fungus infection.

### Prevention

- Don't share towels or clothes that have come in contact with the rash.
- Don't wear garments that fit tight. Wear boxers, not briefs.
- Change underwear after tasks that leave you hot and sweaty.
- Shower soon after a workout. Don't use antibacterial (deodorant) soaps. Dry the groin area well. Wash workout clothes after each wearing.
- Apply talc or other powder to the groin area.
- Sleep in the nude or in a nightshirt.

### Self-Care

Use an over-the-counter antifungal cream, powder, or lotion (e.g., ones with clotrimazole, miconazole, and tolnaftate). Follow package directions.

### Call Doctor For:

Symptoms of jock itch that last longer than 2 weeks despite using self-care or if any liquid oozes from the rash.



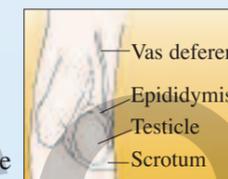
Hang this card on a doorknob, mirror, or in the shower. (This card is waterproof.)

Do a Testicular Self-Exam (TSE) as advised by your doctor.

## 5. Testicular Self-Exam (TSE)

Do a TSE during or after a warm shower. This relaxes the scrotum and allows the testicles to drop down.

- Stand in front of a mirror. Look for any swelling on the skin of the scrotum.
- Examine each testicle with both hands. Place the index and middle fingers underneath the testicle and the thumbs on top. Gently roll one then the other testicle between the thumbs and fingers. One testicle may be larger. This is normal.
- Examine each testicle for any lumps. These are usually painless and about the size of a pea.
- Check for any lumps on the epididymis. This is the comma-shaped cord behind each testicle.
- Check for any lumps on the vas deferens. This is the tubelike structure at the back of each testicle.



## 6. Testicular Cancer

### Call Doctor For:

- A lump on a testicle, epididymis, or vas deferens.
- An enlarged testicle.
- A heavy feeling, pain, or discomfort in the testicle or scrotum or a change in the way the testicle feels.
- A dull ache in the lower abdomen or the groin.
- Sudden pooling of fluid in the scrotum.
- Enlarged or tender breasts.

The advice given is not meant to take the place of expert medical care.

Contact your health plan to find out if and when tests and exams are covered benefits.

## 7. Tests & Exams Chart\*

Test or Exam	Ages 18–40	Ages 40–50	Ages 50+
Dental Checkup	Every 6 to 12 months		
Physical Exam	Every 2 to 4 years (every 5 years up to age 29)	Every 1 to 2 years	
Blood Pressure	Every office visit; at least every 2 years		
Vision	Every 2 to 4 years (every 5 years up to age 29)	Every 1 to 2 years	
Cholesterol Test	Starting at age 45 every 5 years or as advised by doctor		
Testicular Self-Exam	Discuss with doctor. (See panel 6.)		
Prostate Cancer Screening <sup>1</sup>			Discuss with doctor
Colorectal Screening <sup>2</sup>			Discuss with doctor

\* Adults should also be screened for alcohol misuse, depression, obesity, and tobacco use. If you are at an increased risk for an illness, tests may need to be done sooner or more often. Extra tests, such as screenings for diabetes and glaucoma, may also be needed. Follow your doctor's advice for tests and exams.

1. African American men and men with a family history of prostate cancer should discuss screening for prostate cancer starting at age 45.
2. Screening test options include stool blood test, sigmoidoscopy, double contrast barium enema, and colonoscopy. How often testing is needed depends on the test(s) given.

## 8. Low Back Pain

### Symptoms

Back pain can be sharp, dull, acute, or chronic. Swelling in the back area may also occur.

### Prevention

- Use proper lifting. Bend at the knees, not at the waist. Hold the object close to your body. Lift slowly. Let your legs carry the weight.
- Practice good posture. Sleep on a firm mattress.
- Lose weight if you need to.
- Walk, swim, etc. Do exercises that stretch and strengthen muscles in the back and abdomen.

### Self-Care

- Take an over-the-counter medicine for pain and swelling, if needed.
- For the first 48 hours, apply a cold pack, 5 to 10 minutes at a time, several times a day. After 48 hours, apply heat (hot water bottle, etc.), 5 to 10 minutes, several times a day.
- Do your regular activities as much as you can. Stop an activity if it makes the pain worse.

### Call Doctor For:

- Pain that goes down the legs.
- Pain with numbness, tingling, weakness, or incontinence (of urine or bowel).
- Pain that is very bad or lasts 5 or more days.
- Increased pain when you move, cough, lift, etc.
- Pain, burning, or itching when you pass urine, or bloody or cloudy urine.
- Burning pain and skin rash on one side of your back.

### Get Medical Care Fast For:

A neck, spine, back, or other serious injury or fall, or if the pain was sudden with a “cracking” sound.



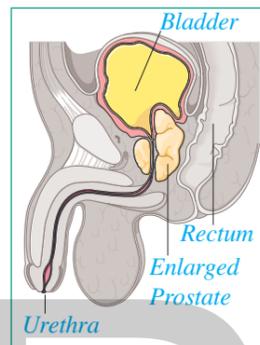
## 9. Prostate Problems

The prostate gland is below the bladder and in front of the rectum. It surrounds the upper part of the urethra, the tube that empties urine from the bladder. Prostate problems are common in men age 50 and older.

### Symptoms

#### For Prostatitis (Prostate Infection or Inflammation)

- Fever and/or chills.
- May have blood in the urine or semen.
- Pain in the lower back and/or between the scrotum and anus or between the legs.
- Pain and burning when you pass urine.
- Passing urine often (or strong urge to), even at night.
- A hard time starting to pass urine or to empty your bladder all the way.
- Pain with an erection or ejaculation.



#### For an Enlarged Prostate

- Increased urge to pass urine and/or passing urine often, especially during the night.
- Delay in onset or decreased or slow stream of urine flow. Dribbling urine after voiding.
- Not emptying the bladder all the way.

#### For Prostate Cancer

Prostate cancer may have no symptoms until it is advanced. When symptoms occur, they include:

- Symptoms of an enlarged prostate. (See above.)
- Blood in the urine.
- Swollen lymph nodes in the groin area.
- Erectile dysfunction. (See topic 2.)
- Pain in the hips, pelvis, ribs, or spine.

### Self-Care

#### For Prostatitis

- Take antibiotics as prescribed and an over-the-counter medicine for pain and swelling, if needed.
- Rest until the fever and pain are gone.

#### For an Enlarged Prostate

- Stay sexually active.
- Don't take over-the-counter medicines with antihistamines unless this is okay with your doctor.

#### For Both an Enlarged Prostate and Prostatitis

- Take warm baths.
- Don't let the bladder get too full. Pass urine as soon as you get the urge. Relax when you do.
- When on long car trips, stop often to pass urine.
- Limit caffeine and alcohol.
- Drink 8 or more glasses of water every day. Don't drink liquids before going to bed.
- Reduce stress.
- Don't smoke. If you smoke, quit.

### Call Doctor For:

- Not being able to pass urine at all.
- Symptoms of prostate cancer, an enlarged prostate, and/or prostatitis.
- Symptoms of prostatitis that: Don't improve after 3 days of treatment; get worse during treatment; or come back after treatment.
- Having a diagnosis of an enlarged prostate and your symptoms get worse.
- Screening tests as advised by your doctor.



## 10. Sprains & Strains

A sprain is when you overstretch or tear a ligament (fibrous tissue that connects bones). A strain is an injury to muscles or tendons (tissues that connect muscles to bones).

### Symptoms

Pain and/or swelling occurs at the injured site.

### Prevention

- Ease into any exercise program. Start off with things that are easy for you. Build up gradually.
- Wear the proper gear for the exercises you do. Before you exercise, warm up your muscles with slow easy stretches or do the activity at a lower pace. Don't bounce.
- Don't overdo it. Ease up if you feel pain.
- Cool down after hard exercise. Do the activity at a slower pace for 5 minutes.
- Follow safety measures to prevent slips and falls:
  - When you use a ladder, make sure it is steady. Don't stand on the top 3 steps.
  - Wear shoes and boots with nonskid soles.
  - Put handrails on both sides of stairways.
  - Keep halls, stairways, and entrances well lit.
  - Clear stairs, walks, and porches of clutter and ice.
  - Use rugs with nonskid backs and rubber mats or adhesive-backed strips in tubs and showers.
- Follow “Prevention” in topic 8.

### Self-Care

- If you sprain your finger or hand, remove rings right away. (If you don't and your fingers swell up, the rings may have to be cut off.)



■ If the injury does not appear serious, use **RICE**:

- **R**est the injured area or **R**efrain from putting weight or stress on it for 24 to 48 hours.
- **I**ce the area for 10 to 20 minutes every 2 hours for the first 48 hours.
- **C**ompress the area. Wrap with an elastic bandage. Do not cut off circulation. Remove the bandage every 3 to 4 hours, for 15 to 20 minutes.
- **E**levate the area above heart level.

■ Take an over-the-counter medicine for pain and/or swelling.

■ Use crutches if prescribed.

### Call Doctor For:

- Skin around the injury that turns blue and/or feels cold and numb.
- Bad pain and swelling or if the pain gets worse.
- Pain when you press along the bone near the injury.

### Get Medical Care Fast For:

- A strain or sprain that occurred with great force from a vehicle accident or a fall from a high place.
- A bone that sticks out; an injured body part that looks crooked; or if bones in the injured part make a grating sound.
- A loss of feeling in the injured body part or you can't put weight on or move the injured part.



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