

# A Guide to Men's Health

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# Topics

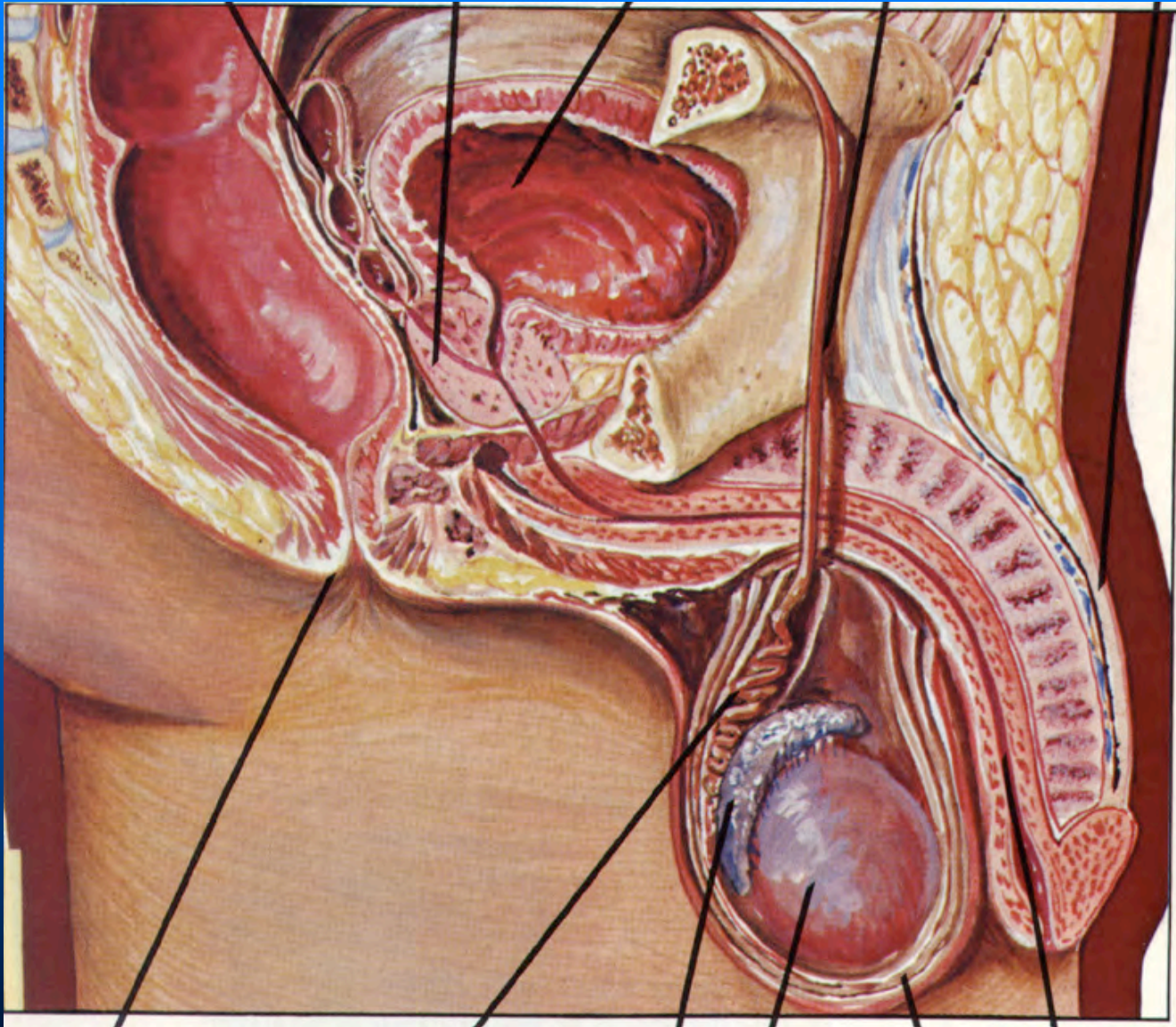
- Testicular Self Exam (a must do monthly exam)
- Fertility (and the causes of Infertility)
- STD's (and you thought health class was the last you'd hear of it!)
- Prostate Health

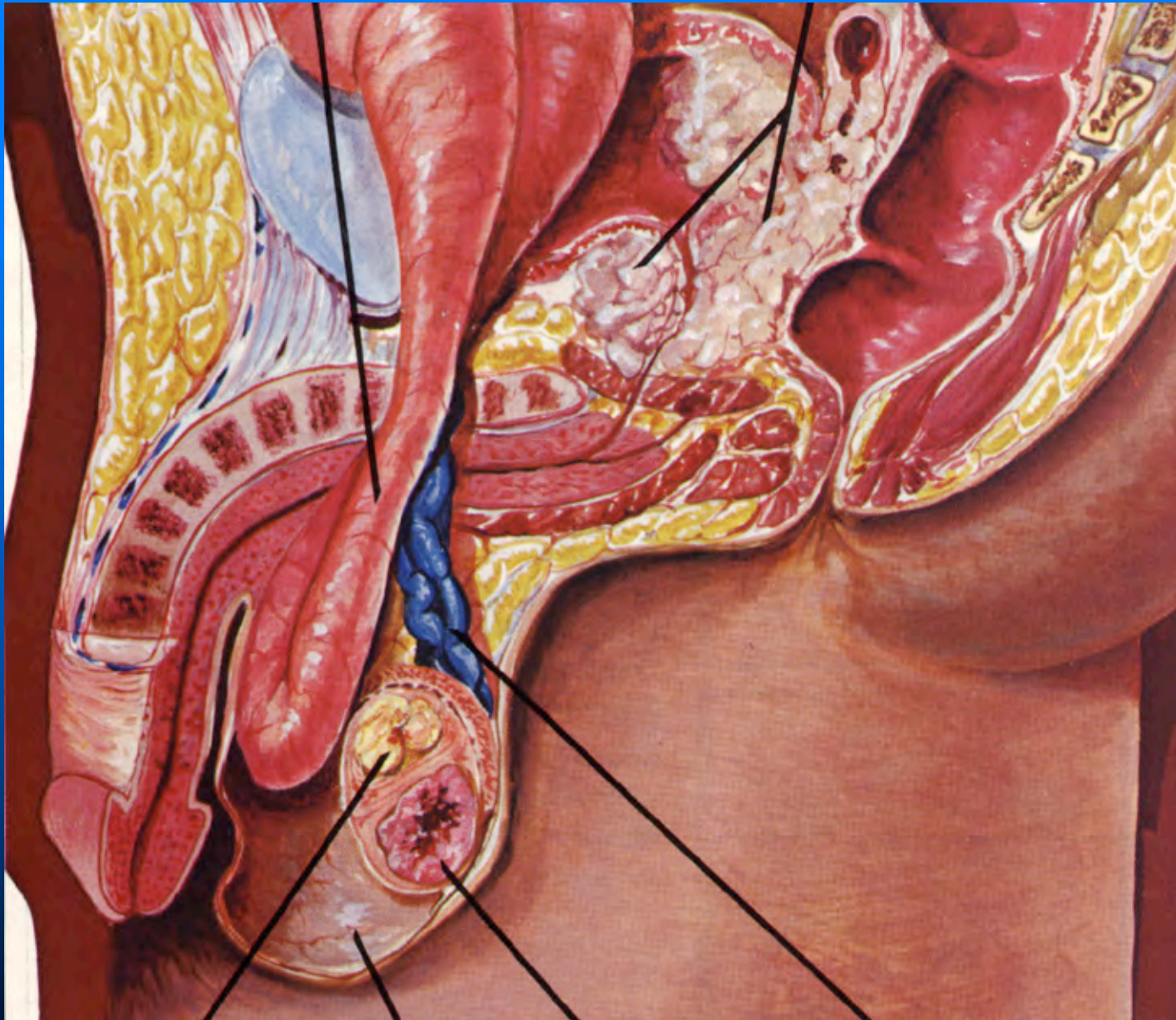
# Facts You Should Know

- Fewer than 5% of young men have been taught testicular self-examination. Most men are unaware that they should examine their testicles regularly.
- Cancer of the testicle is the most common form of cancer among men ages 15 - 35.
- Approximately 6,000 new cases of cancer of the testicle are diagnosed each year in the U.S.
- Annual age-adjusted incidence: 3.7/100,000
- Lifetime probability: 1/500
- If diagnosed early, almost 100% of all cancers of the testicle can be cured.

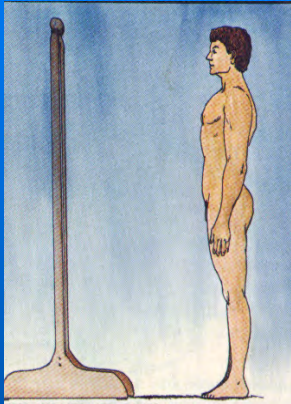
# Facts You Should Know (con't)

- Incidence in American Blacks is 1/3 that of American Whites
- 8 fold higher incidence in native Israelis
- 48 fold higher incidence in men with undescended testis
- Some support for genetic factors in etiology
- Survival in patients with testis tumors is directly related to the stage at presentation
  - Most common reasons for delay is ignorance, denial, fear and misdiagnosis.

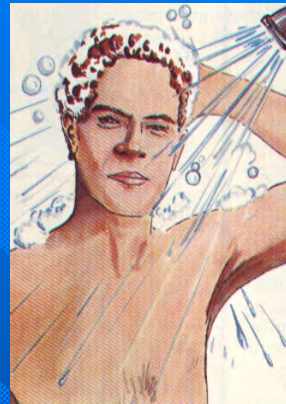




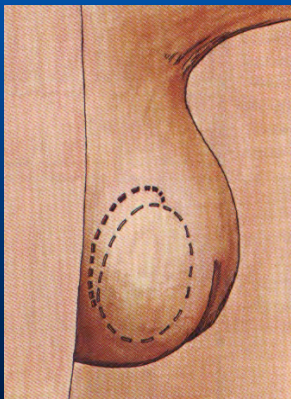
# Testicular Self-Examination



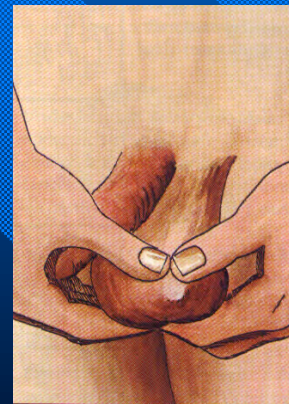
1. Look for swelling or changes



2. Examine yourself in a warm shower



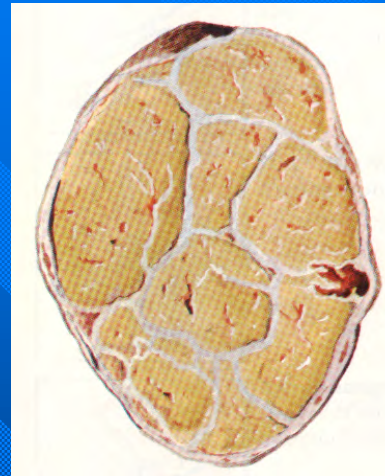
3. Locate the epididymis



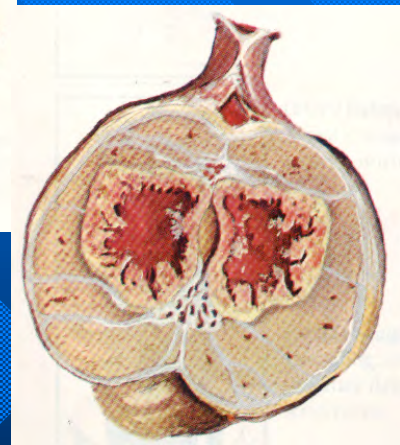
4. Examine each testicle  
Using both hands

# Testicular Tumors

- WHAT ARE THE SYMPTOMS?
- •Lump on the testicle or a “hard” testicle
- •Slight enlargement of one of the testes
- •Heavy sensation in testicles or groin
- •Dull ache in lower abdomen or groin



Seminoma



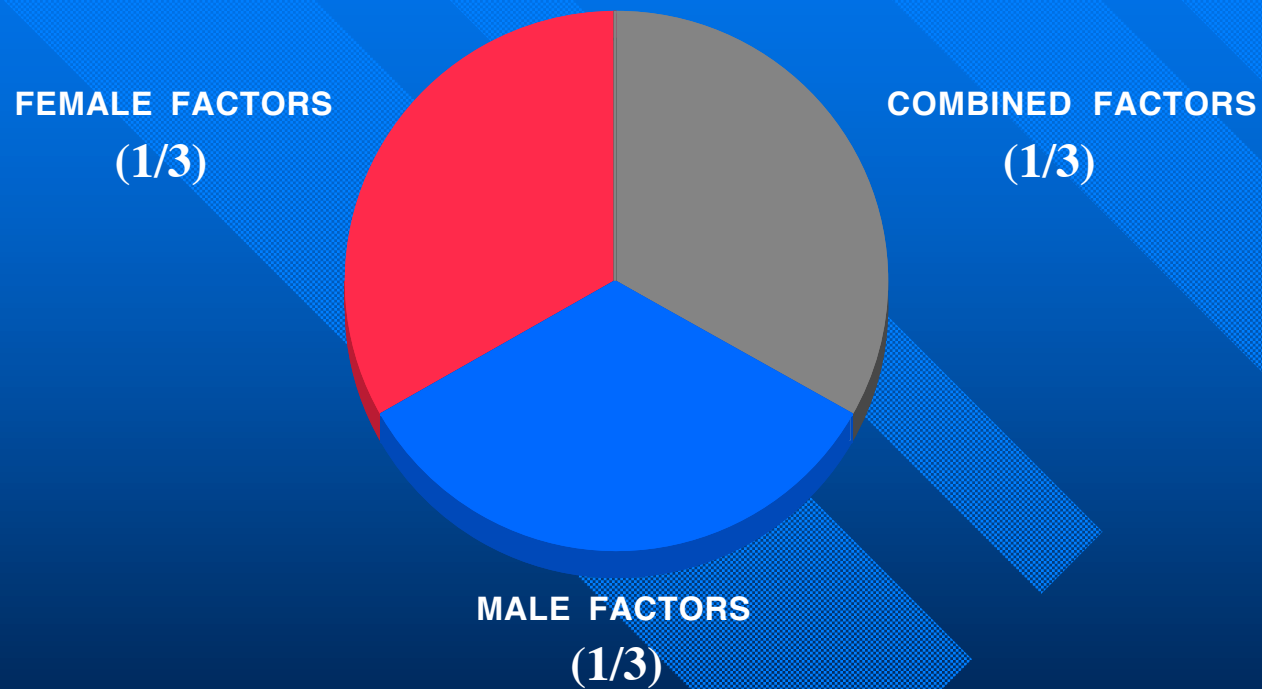
Nonseminomas

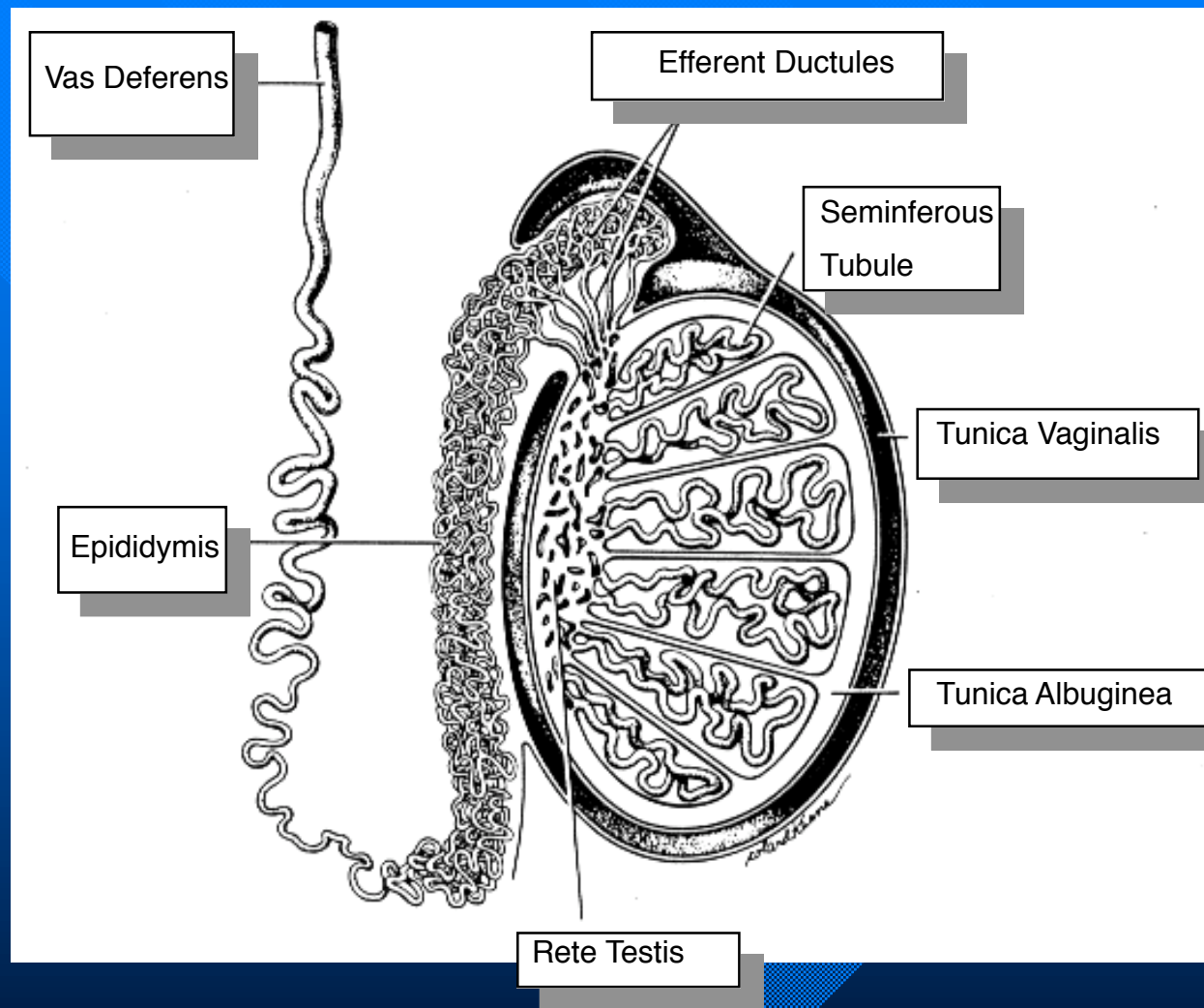


# Fertility (and the causes of Infertility)

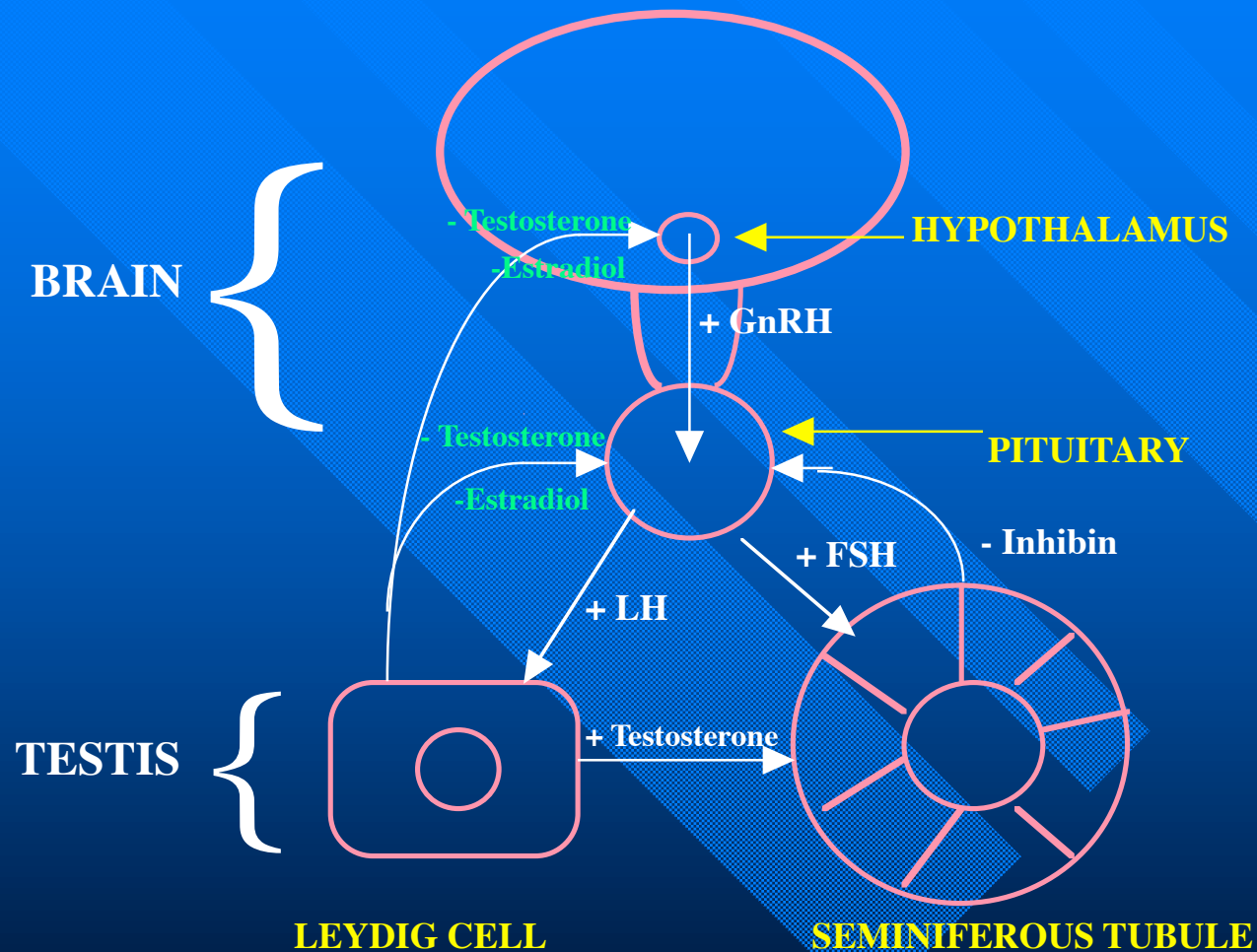
# INFERTILITY

## A Couple's Dilemma





# Hypothalamic-Gonadal Axis



# Steroids and Fertility

Contraceptive efficacy of testosterone-induced azoospermia and oligozoospermia in normal men. WHO task force; Fertil.Steril., 65:821, 1996

## Study Design

Prospective, non-comparative

Multicenter(15 centers, 9 countries),  
399 healthy, fertile men wanting  
contraception

Weekly IM Testosterone (200mg)

## Results

41% (165) Discontinued therapy

22% (36/165) technical  
(non-suppression, injection problems)

42% (69/165) medical (pregnancy 17%)

36% (60/165) other (personal, loss to follow-up)

## REVERSIBILITY?

> 20 million/ml 112 days

32% baseline level (103/321)  
203 days

## mean sperm density

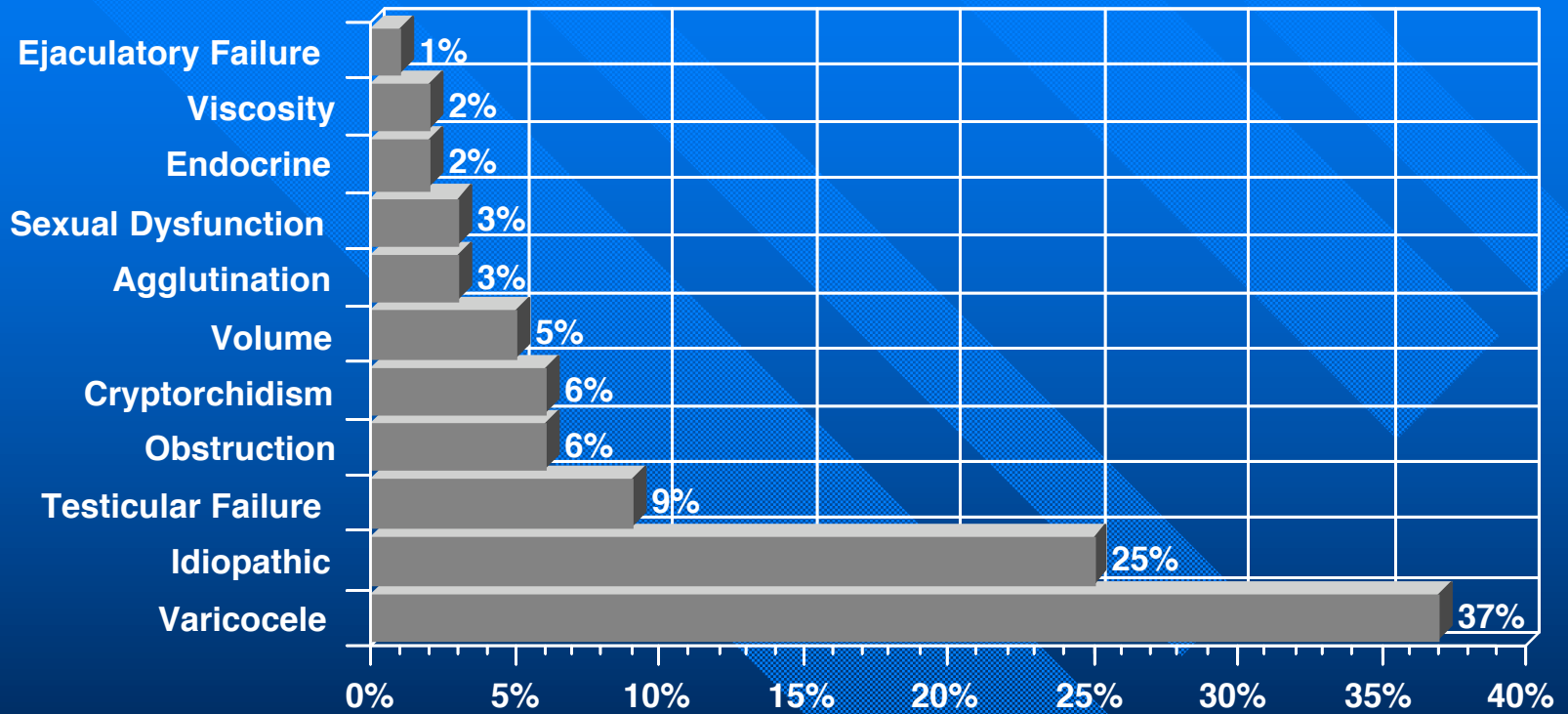
initial 72.1 million/ml

Recovered ( $\geq$  20 million/ml)  
193/302 (64%)

Didn't Recover ( $<$  20 million/ml)

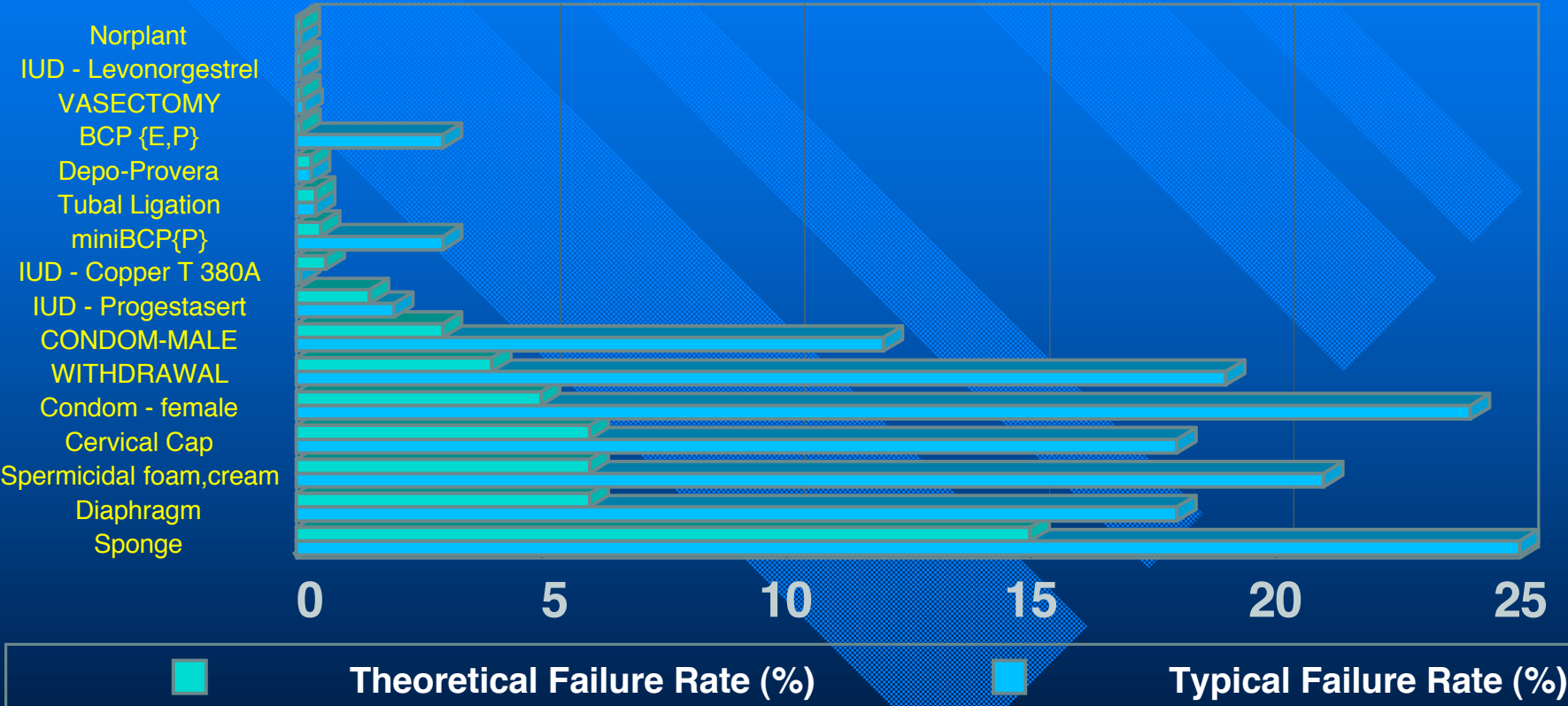
109/302 (36%)

# Causes of Male Factor Subfertility



Greenburg, Lipshultz, Wein: J.Urol, 119:1978

# Relative Efficacy of Various Contraceptive Measures



1990-1992, 15th revised edition of Contraceptive Technology

STD's  
(and you thought health class was  
the last you'd hear of it!)



# Some Facts

- Incidence of STD's decline with age...most common among young, sexually active individuals
  - Biologic factors implicated (e.g., columnar epithelium in uterus)
- Some of the most serious consequences of STD's (infertility, ectopic pregnancies, cervical cancer, cardiovascular and neurologic complications) occurs years after exposure
- Rates of STD's higher in men than women
- >60% of individuals have more than one STD at diagnosis

# AIDS

## Acquired Immune Deficiency Syndrome



# Chancroid

A bacterium: *Haemophilus ducreyi*



# Chlamydia

A bacterium: *Chlamydia trachomatis*



**Prevalence of chlamydia observed amongst female adolescents (24.1%-27%),**

# Gonorrhea

A bacterium: *Neisseria gonorrhoea*

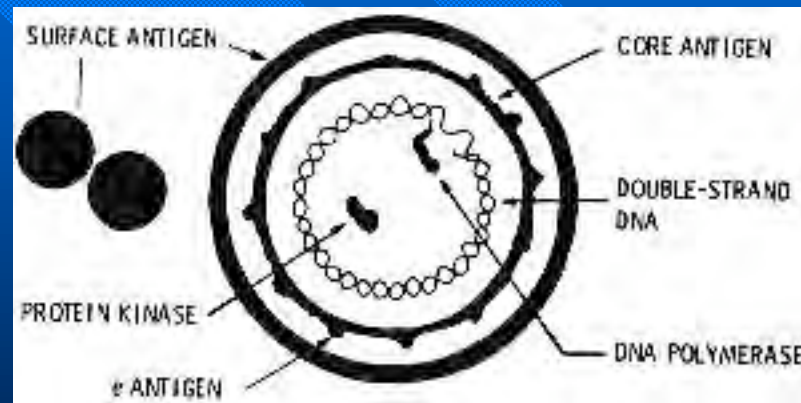


# Hepatitis

Hepatitis A Virus (HAV)

Hepatitis B Virus (HBV)

Hepatitis C Virus (HCV)



Prevalance Rate: approx 1 in 4 or 24.63% or 67 million people in USA

# Herpes



- **Type I generally is found on the the lips, and type II is found more often on the genitalia, but the two viruses can easily infect any mucous membranes**
- **In college students, 10x more common than gonorrhoea or syphilis**

# Scabies and Lice



**Tiny insects: A mite, *Sarcoptes scabiei* causes louse, *Phthirus pubis* causes scabies. A louse, *Phthirus pubis* causes “crabs” (pubic lice)**



# Syphilis

*Treponema pallidum* (a kind of bacteria)



# Trichomona



**A tiny animal (protozoan) called Trichomonas Vaginalis (trich for short)**

# Venereal Warts



**A family of viruses called the Human Papilloma Viruses (HPV)**

# Prostate Health

