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Men's health Matters

A guide to men's wellbeing



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There is evidence that suggests traditionally masculine behaviours, socialisation, lifestyle and beliefs have an impact on men's health in one of two ways: their risk-taking behaviours and their underutilisation of health services.

Men often prioritise work, family, and other responsibilities over their own health. However, taking care of your physical and mental wellbeing is crucial for living a full, active, and healthy life. Our DCA clinicians have provided essential information on key men's health issues to promote awareness and encourage preventive care.

This guide will cover

1. Testicular cancer
2. How to perform a testicular self-examination
3. Prostate Cancer
4. Erectile dysfunction
5. Mental Health
6. How to get support



What is testicular cancer?

Testicular cancer is a type of cancer that occurs in the testicles (testes). It's one of the most common cancers in young men but is highly treatable when detected early.

Symptoms of testicular cancer

- By far the most commonest is a lump or swelling within the testicle.
- Fluid build up in the scrotum.
- Pain or discomfort in the testicle or scrotum.
- Change in how the testicle feels.
- A dull ache in the groin or lower part of your abdomen.

How to perform a testicular self-examination?

1. Perform a self-exam monthly after a warm shower or bath to relax the scrotum.
2. Stand in front of a mirror and gently roll each testicle between your thumbs and fingers.
3. Feel for lumps, swelling, or changes in size or texture.
4. Cancerous lumps are usually painless and found on the sides of the testicle, but can also appear on the front.

Important: If you find any abnormalities, speak to a health professional.

In the UK around 2,300 men are diagnosed with testicular cancer each year. Although testicular cancer is rare, it is more common in men in their early 30s. It then becomes less common as they get older.*



What is prostate cancer?

Prostate cancer is the most common cancer in men in the UK, with 1 in 8 men developing it.*

Prostate cancer occurs in the prostate gland, a small walnut-shaped gland responsible for producing seminal fluid.

It primarily affects men over the age of 50, though younger men can also be at risk.

Symptoms of Prostate cancer

Difficulty
urinating or weak
urine flow

Blood or urine
in the semen

Erectile
dysfunction

Pain in the lower
back, hips or
thighs

Unexplained
weight loss
or fatigue

Tests for prostate cancer

PSA Test (Prostate-Specific Antigen)

This is a simple blood test to measure PSA levels which will indicate any abnormal levels.

All men over the age of 50 are able to request a PSA test.

Digital Rectal Exam (DRE)

A physical exam to feel the size and shape of the prostate. GP's will perform this if you are experiencing symptoms.

1 in 8 men
will develop prostate cancer

What is erectile dysfunction?

Erectile dysfunction (ED) is the inability to get or keep an erection firm enough for sexual intercourse. It's a common condition affecting men of all ages but becomes more frequent with age.

Causes of erectile dysfunction



Physical causes

Heart disease, diabetes, high blood pressure, obesity, high cholesterol



Psychological causes:

Stress, anxiety, depression, or relationship issues



Lifestyle factors

Smoking, excessive alcohol consumption, lack of physical activity

50-55% of British men aged 40-70

currently deal with some degree of erectile dysfunction issues.*

Men's Mental Health

Men often avoid discussing their mental health, but it's vital to recognise that seeking help is a sign of strength. Mental health conditions like depression, anxiety, and stress affect men across all ages and walks of life.

Common mental health issues

- **Depression:** Loss of interest, fatigue, and feelings of hopelessness.
- **Anxiety:** Excessive worry, restlessness, or trouble concentrating.
- **Stress:** Chronic stress from work, relationships, or finances can severely impact mental and physical health.

Signs you may need help:

- Feeling overwhelmed or constantly stressed.
- Irritability or frustration that seems out of control.
- Fatigue, changes in sleep patterns, or inability to concentrate.
- Thoughts of self-harm or harming others.

**Four in five suicides
are by men, with
suicide the biggest
cause of death for
men under 35***



What can Doctor Care Anywhere do for you?



Prescriptions

It's up to you how and where you get your prescription. Delivered straight to your home or work, or pick up your medication from your local pharmacy.



Consultations

Up to 20-minute-long appointments, by video or phone, giving you time to discuss the right outcome for you.



Appointments

With GPs, Mental Health Practitioners, Physiotherapists and ACPs available 24/7, so there's no need to take time off work to attend a consultation.



Referrals & medical records

Download and share your private referrals and fit notes. Access your appointment notes whenever you need to, with seamless access to tests, scans, and mental health services.

We're here if you need us

If you'd like to talk through any womens health concerns, your risk factors, or anything else covered here, our team is on hand to help.

