



Men's Health

 **Nuffield Health**
FOR THE LOVE OF LIFE

Keeping fit and well

Good health is important because it allows you to get the most out of life. With today's busy lives, managing your professional life, looking after your family and keeping up with friends and hobbies, it's sometimes difficult to take a step back and think about your health.

Many conditions that affect men's health happen gradually and can sometimes go unnoticed. A problem may start as a minor niggles, and before you know it you've learned to live with it, putting any concerns aside as you get on with your life. Also, you may not know that you can be treated.

We can help.





Solving your health problem together

You may have concerns about your health, and may not be sure what to do next. But don't put it off; talking about a problem with someone who can do something about it can be the start of solving it.

If you have a question, access to advice is easily and readily available. We want you to have as much information as you need to be able to make the right decision.

Together we can make a plan that will secure the best result for you and the people who rely on you.

Relax You're in expert hands

We have over 50 years of experience in healthcare, and have over time treated many men for a range of conditions. There isn't much we haven't seen or heard, so you can feel comfortable talking to us about your own health.

We can help you with health screening, investigations and aftercare.

We take infection prevention very seriously and train our people to maintain a clean environment, so you can expect to find our

hospitals spotlessly clean and tidy. And as a not-for-profit organisation, we reinvest money straight back into our hospitals, to improve services and facilities for you. We're dedicated to quality healthcare and making your life better.

Our specialist staff are always on hand to explain any issues in a reliable, professional way. And you'll see the same consultant from start to finish. You'll feel at ease with a familiar team, and treatment that is tailored just to you.



Your health We're here to help

It's important to think about your health and get advice straight away. And it's easier to treat some conditions if they are diagnosed early. Talk to us and we can help solve your health problems with easy to access advice and treatment.

Men of all ages come to us for a range of procedures.

From vasectomies to prostate treatment – whatever your health worries, you can contact us on **08456 194 724** or visit nuffieldhealth.com

About your prostate

The prostate gland is part of the male reproductive system. It surrounds the tube that carries urine from the bladder. The gland is the size of a walnut and also produces some of the fluid that makes up

semen. If something goes wrong with the prostate gland it can affect your sex life, or cause difficulties with passing urine.

There are several health issues that can cause prostate problems.

Two conditions that affect your prostate gland are prostate enlargement and prostate cancer.

Prostate enlargement:

This condition is sometimes called Benign Prostatic Hyperplasia (BPH). It is more common in older men, and is not cancerous.

As men get older, the male hormone, testosterone, can cause an increase in the growth of your prostate cells. This makes the prostate gland enlarge.

- **Frequency** – you may pass urine more often.
- **Urgency** – you need to get to the toilet quickly.
- **Less flow** – you may have a poor stream of urine.
- **Hesitancy** – you have to wait for the urine to start.
- **Dribbling** – sometimes urine may trickle out after you've finished at the toilet.
- **Poor emptying** – you feel you have not quite emptied your bladder.



How we can help if your prostate is enlarged

We begin with tests to help us diagnose the problem. It's important to make an accurate diagnosis to ensure we can offer the best treatment, so there's a wide range of tests that we can use. These include examination of the prostate by rectal examination, blood and urine tests, and ultrasound.

Treatment of this condition varies depending on your symptoms. Some of the treatments available are:

- Drug or alternative medicine treatments, which would be advised by your consultant.
- Surgery to reduce the size of the prostate gland by removing tissue.
- A tube (catheter) in the bladder to drain urine.

Prostate cancer causes 10,000 deaths in the UK each year.¹

Every year nearly 40,000 cases of prostate cancer are diagnosed in the UK.¹

Most men diagnosed with prostate cancer are over 50.¹

Prostate cancer is the most common cancer in men in the UK.² Its causes aren't clear, but we do know that if you have a male family member that has been diagnosed with the disease, there is an increased risk of you developing it. And the risk of getting prostate cancer gets higher as you get older.

See us for a check-up if you:

- Have lower back pain.
- Feel pain in the hips or pelvis.
- Have any of the urine-related symptoms described earlier in this booklet under 'prostate enlargement'.

How we can help if you have prostate cancer

Again, the right diagnosis is vital in enabling us to advise the best possible treatment. Tests that we use to check for prostate cancer include:

- A prostate specific antigen (PSA) blood test to help diagnose and manage prostate problems.
- Magnetic resonance imaging (MRI), ultrasound and computerised tomography (CT), all of which can look at the prostate in detail.
- Ultrasound guided biopsy, where a specimen of tissue is taken from the prostate gland.

Your consultant will help to put together a treatment programme that's right for your individual case, and may include:

- Surgery to remove your prostate gland.
- Radiotherapy.
- Hormone therapy.

Don't delay

If you are worried about any of these conditions, book a check-up with one of our specialists.

Early diagnosis can help with many health issues. We can give you advice and discuss the right treatment for you.

If you have any concerns or questions about your prostate, get in touch. It's easy to make an appointment, just give us a call on 08456 194 724.

Vasectomy

A vasectomy is a surgical procedure to stop the transfer of sperm during ejaculation. It is a simple, reliable method of contraception. In some cases it is reversible, but you should really think of it as a permanent option.

Is a vasectomy right for you?

You should only consider a vasectomy if you are certain that you do not want any or further children.

If you have a partner, it is important to discuss your thoughts with them.

If you do have any doubts, it's best to wait until you have made a definite decision.

How does a vasectomy work?

The operation works by stopping the sperm made in the testes reaching the semen. Your body can still produce sperm, but your testicles will reabsorb it naturally.

A vasectomy is performed using local anaesthetic (an injection which leads to localised numbing) and takes about 30 minutes. You may have some pain and swelling but you should be able to return to work in two to three days.

After surgery, we will check your semen to make sure no sperm is present. You should use alternative contraception until these tests are complete. This can take up to twelve weeks.

Will my sex life be affected?

A vasectomy will not affect your sex drive or your ability to enjoy sex. Semen is still produced – there is simply no sperm in the semen. However, you should use another form of contraception until we have confirmed that the operation is a success through a semen test.

You should also remember that a vasectomy protects against causing pregnancy, but it does not protect against any sexually transmitted diseases.



Vasectomy reversal

You may have had a change of circumstances and decided that you would like to reverse your vasectomy (a vasovasostomy). If you are certain you want this procedure, the sooner you do it the better, as delaying it can affect its success. Results are variable, but age is not a barrier to treatment.

How does it work?

This procedure aims to rejoin the tubes which the sperm pass through (vas deferens) to allow sperm to travel again. These tubes will have been cut during the vasectomy. In a vasectomy reversal, the aim is to rejoin the tubes with very fine stitches, using specialised microsurgery.

A vasectomy reversal takes one to three hours and is performed under general anaesthetic. It can take up to twelve months to confirm if your vasectomy reversal is successful.

If you have any concerns or questions about a vasectomy or a reversal, get in touch. It's easy to make an appointment, just give us a call on 08456 194 724.

Circumcision

A circumcision is a surgical operation to remove all, or part of your foreskin. The foreskin is the flap of skin that covers the head of your penis. This skin flap is usually loose enough to be pulled back over the top of the penis (the glans). The foreskin protects the head of your penis from damage.

Why should the skin be removed?

The foreskin sometimes has to be removed for medical reasons. For example, the foreskin may be damaged because of an infection. Circumcision can also help

to prevent infections, as bacteria can lie between the foreskin and the tip of the penis.

What does a circumcision involve?

The operation takes 30 to 60 minutes and dissolvable stitches are used. It can be quite a painful procedure and the healing process can take up to three weeks. It's best to book at least 10 days off work, and avoid sports and sexual intercourse for one month until you are healed or until your consultant advises.

Why you might need a circumcision

- Repeated infections may have damaged your foreskin.
- You may find sexual intercourse painful because the foreskin is too tight.
- Phimosis – a condition where the foreskin is very tight and cannot be pulled back over the head of the penis. Forcing it back may cause damage and form a ring round the penis, cutting off some blood supply.
- Balanitis – an infection with swelling and redness of the head of the penis and the foreskin.

If you have any concerns or questions about circumcision, get in touch. It's easy to make an appointment, just give us a call on 08456 194 724.



Enlarged male breasts

Male breast tissue enlargement (gynaecomastia) is quite a common condition, but is rarely talked about. If you have noticed changes in this area, you may feel self-conscious and it could be affecting many aspects of your life. You may feel embarrassed physically and psychologically distressed. You shouldn't underestimate the effect this condition could have on your confidence.

We have treatments that can help you. You can discuss anything about your condition with us. We are here to listen.

Why does it happen?

Breast tissue can enlarge if you are overweight, as fat tends to settle in this area. So we may encourage you to lose weight first rather than have a surgical procedure.

Your breasts can also enlarge if actual breast tissue is overdeveloped (this condition won't respond to weight loss).

How we can help

If the breast tissue is overdeveloped, we can investigate the possible causes and plan the best treatment for you. We may decide that surgery is the best option. Surgical treatment for enlarged breast tissue takes just over an hour. It is usually performed under general anaesthetic.

Excess fat or glandular tissue is removed from both your breasts, leaving a flatter, firmer chest appearance. It can take up to three months for you to see the full results. In extreme cases, we may perform a mammogram (X-ray of the breasts) to rule out any possibility of breast cancer.

Male breast tissue enlargement may affect as many as 40 to 60% of men.² Approximately 400 men in the UK get breast cancer each year.³

Breast cancer in men

Breast cancer is not just a condition that affects women. Men can suffer from it too. However, men are often too embarrassed to seek help, or may not even be aware they can get breast cancer too.

Breast cancer in men can be treated as effectively as female breast cancer. If you have noticed changes in your breast tissue, don't wait to get it checked. Early diagnosis can stop the disease developing further.

If you have any concerns or questions about enlarged breasts or breast cancer, get in touch. It's easy to make an appointment, just give us a call on **08456 194 724**.





Testicular cancer

Make regular checks

Frequent self-examination can make you become more aware of what's normal for you, so you will notice if something is different.

It's important to examine your testicles every month to make sure they remain healthy. It's simple to do and probably best after a warm bath or shower.

You should gently roll each testicle between your index finger and thumb to find any irregular areas. When you are checking your testicles, you may feel a rounded tube towards the back of each testicle that may be tender. This is normal and is called the epididymis. It is part of the male reproductive system.

How we can help with testicular cancer

Don't put it off

If you are concerned that you have a lump or pain in your testicles, it's best to get it checked out, as it may reassure you. There are many reasons why lumps could have formed and most are not testicular cancer. But it's always best to have a check-up as early detection of problems can save lives.

If you have any of the symptoms described, please don't delay in coming to see us. Our consultants are knowledgeable and approachable. They can advise you on the most suitable options available. We offer a choice of safe and effective treatments, tailored to you.

Appointments can be made quickly and easily.

If you have any concerns or questions about testicular cancer, get in touch. Just give us a call on **08456 194 724**.

Contact us if you notice:

- Lumps on a testicle (even if small and painless).
- Unusual pains or heaviness in the scrotum.
- Dull aches in the groin or lower abdomen.
- Sudden collections of fluid in the testicle leading to swelling.
- Differences in size between one testicle and the other, if this is something that has changed over time.



While testicular cancer is rare, it's the most common cancer in men aged 15 to 49.¹

Testicular cancer is responsible for 1-2% of all male cancers. Nearly 2,000 new cases are registered each year in the UK.¹

Your veins

Varicose veins

Varicose veins are a very common condition and one that's not exclusive to women. While it's true that women tend to be more affected than men, 15% of men develop varicose veins in their lifetime.²

Varicose veins are mainly seen on your legs. They may not cause pain or any problems, but they can be unsightly, and you may be self-conscious about them. They can make legs feel tired or itchy. In rare cases, large varicose veins can bleed or cause ulcers on the legs, especially as you get older.

Why do they appear?

Varicose veins are caused when the valves carrying blood to your heart allow a little blood to trickle backwards and 'pool' in your veins. The blood that flows back can build up pressure causing the veins to become enlarged, misshapen and twisted. They then appear as bulging, bluish veins on the surface of the skin.

The veins are unlikely to go away and may become worse without treatment. Standing for long periods of time can increase symptoms.

Spider (or thread) veins

Harmless spider or thread veins can appear as small clusters on the skin. They don't bulge underneath the skin surface like varicose veins.



About 1 in 3 people develop varicose veins by the time they reach retirement age.²

How we can treat your veins

We make your vein removal straightforward. Depending on your condition, you can choose from various procedures.

Surgical treatment for veins

Treatment to remove unsightly veins is simple and can improve the appearance of your legs. Surgery usually takes about one hour for each leg and is performed under general anaesthetic, so you may stay in hospital for a few hours or possibly overnight.

After surgery, you'll need to wear a compression bandage on your whole leg. You will need to wear support stockings for another seven to ten days. At four weeks post surgery, you should be back to most activities, as long as your wounds have healed.

Injection of varicose veins (sclerotherapy)

As an alternative to surgery, varicose veins can be injected with a chemical that causes the vein lining to collapse and the vein to fade in a few weeks. You don't need an anaesthetic for this treatment and it doesn't usually hurt. It is very effective for smaller veins but may not be suitable for all veins.

Laser treatment for veins

We use lasers to heat the vein and close it so it no longer carries blood. The laser is inserted into the vein through a thin tube (catheter). Laser treatment is carried out under local anaesthetic and usually takes 30 – 45 minutes for treatment on one leg.



Radiofrequency ablation

This treatment uses radiofrequency energy to collapse the vein and seal it shut. Once the vein is closed off, other healthy veins take over. We insert a thin tube into the vein above or below the knee. This can be done as an outpatient.

If you have any concerns or questions about your veins, get in touch. It's easy to make an appointment, just give us a call on **08456 194 724**.

Hernia

A hernia occurs when an abdominal organ, typically your bowel, pushes through a tear in the muscle wall. This usually creates a visible lump on the skin.

There are different types of hernia depending on where in the body they are. And they can happen for various reasons. Sometimes a hernia becomes noticeable after the strain of lifting a heavy object.

How we can help if you have a hernia

The treatment for a hernia is a surgical operation to repair the weakened muscle. A mesh is inserted over the problem area to reinforce the abdominal wall. This can be done by keyhole or open surgery, usually as a day case under general or local anaesthetic.

If you have any concerns or questions about a hernia, get in touch. It's easy to make an appointment, just give us a call on **08456 194 724**.





120,000 hernia operations are carried out in the UK each year.⁴

Moles and skin damage

Be aware of skin damage

The sun can easily harm your skin without you realising, even while playing sports, working in the garden or out on the bike. It's important to always protect yourself from the sun both at home and on holiday. If you have noticed any changes in your skin or moles, we can help.

What do you need to look for?

Examine your moles regularly and get them looked at if you notice any of the following:

- **Asymmetry** – the two halves of the mole area differ in shape.
- **Border** – the edges of the mole area may be irregular.
- **Colour** – if the mole colour is uneven or different shades of black, brown or pink.
- **Diameter** – a change in the diameter of a mole.



Get any suspicious moles checked out

We are here to answer any questions you have about moles and skin damage. We can examine and check moles or skin changes and we can easily arrange an outpatient appointment to remove unwanted moles under local anaesthetic, if required.

If you have any concerns or questions about moles or skin damage, get in touch. It's easy to make an appointment, just give us a call on **08456 194 724**.

What are your thoughts?

- Is your medical condition affecting your health and lifestyle?
- Are you able to do everything you want to do?
- Have you decided that now is the time to do something about your condition?
- What are your particular concerns?
- Do you have questions that we can answer?
- What do you want to achieve?





Come and see us

We'd be delighted to meet you and look forward to showing you around.

We're very proud of our spotlessly clean hospitals and the people who run them.

So call us to arrange a visit on 08456 194 724, or for more information have a look at nuffieldhealth.com

Other medical services that can help you and your family

- Hip and knee replacements
- Fertility treatments
- Removal of skin lesions
- Cosmetic surgery
- Cataract surgery
- Reconstructive surgery
- Colonoscopy and gastroscopy
- Ear, nose and throat surgery
- Treatment for heart conditions
- Treatment for bowel problems
- Weight loss surgery



**Sources:**

- Macmillan Cancer Relief
- Cancer Research UK
- National Library for Health
- Office for National Statistics
- NICE Guidance
- The Prostate Cancer Charity
- Continence Foundation
- BMJ Best Treatments and BMJ Clinical Evidence
- NHS Direct and NHS Choices
- Department of Health
- Breast Cancer Care

Footnotes:

1. Cancer Research UK
2. NHS Direct
3. Breast Cancer Care
4. BBC

The Nuffield Health Promise

Our prices are totally transparent, inclusive of all costs and guaranteed. That means no hidden surprises.

We promise to meet any comparable price.*

Our relationship with you doesn't end when you walk out of our hospitals – there are no time limits on your aftercare.**

Don't wait. Contact us now.
Nuffield Health Hospitals.



08456 194 724



nuffieldhealth.com

Promise is valid for patients paying for themselves. Excludes assisted conception and IVF treatments. Your initial consultation and any necessary tests are paid for separately.

* Not including private patient units at NHS hospitals. Local area defined as within 15 miles of the Nuffield Health hospital. We will match against written quotes only.

** Where possible, we promise to assist you to receive any follow up advice, treatment or care that is clinically required from your Consultant for as long as you may require it. If a prosthesis is used as part of your treatment this is guaranteed for the manufacturer's official lifetime of that prosthesis. "Clinically required" indicates where further intervention and/or monitoring of a patient's condition is deemed necessary as a direct result of surgical intervention.