



FOR  
YOUR OWN  
**GOOD**

THE MANUAL FOR  
BETTER MEN'S HEALTH

BY  
EL CAMINO HOSPITAL



## ACKNOWLEDGMENTS

We are proud of *The MANual for Better Men's Health* and how it will contribute to improving the health and wellbeing of men. We express our gratitude to the following physicians who helped make it a reality.

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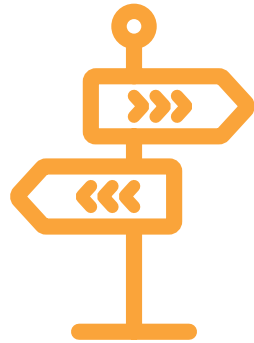
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# TAKE THE HIGH ROAD TO HEALTH

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When it comes to staying healthy, a little vigilance goes a long way. That's especially true as we get older and medical issues become more common. For men, an enlarged prostate is as much a part of getting older as graying hair. Osteoporosis is also more likely in older men, and so is arthritis.

While these and many other men's health problems are common, that doesn't mean they're trivial. For example, men who have low testosterone may also have weak bones or sleep apnea. Erectile dysfunction can result from cardiovascular disease, and blood in the urine can be a symptom of both bladder stones and bladder cancer.



Ignoring symptoms can seem like the easiest path — in fact, it's a common strategy among men with busy lives. Between your job, your family and other responsibilities, it's hard to find time to see a doctor.

However, staying active depends on you staying healthy. This unique men's health manual can help you do just that with advice from experts in seven specialty areas important to men's health. You'll find information for specific risks, recommendations for screening tests, guidance for when to see a doctor and what to expect if you are diagnosed with a specific problem. Think of it as your personal guide to living the healthiest life possible.

Men in the U.S. live longer today than ever before with an average lifespan of just over 76 years. This manual, which was created with the specialists at El Camino Hospital's [Men's Health Program](#), can help you make those years as happy and healthy as possible.

**Edward Karpman, MD Urology**  
*Co-Medical Director  
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# *MEN'S* **HEALTH** *101*

## **LOOKING UNDER THE HOOD**

Oh, man! Your body is far more complicated than the most sophisticated vehicle — even more complicated than a self-driving car. But you share one thing with engines, transmissions and brakes: You last longer and function better with regular maintenance.

That sounds easy, right? You have your car serviced on schedule and have those worrisome leaks and squeaks checked out and fixed. You should be right on top of your own checkups and doctor visits.

But when it comes to maintaining your own health, you have some significant hurdles to overcome. If you're like most men, taking care of your health is one of the last things on your mind.

# GET A JUMP ON HEALTH

As a man, you're statistically less likely to go to the doctor. When you do go, it's often only after a serious condition has already developed.

But men are also problem solvers, and now is the time to put that skill to work. Follow these straightforward strategies to tackle any health issues you have now and also prevent future problems:

## FIND A DOCTOR YOU LIKE AND TRUST

Your primary care doctor is your first line of defense against illness. He or she will see you for routine care, physicals and managing chronic conditions such as high blood pressure.



You need to feel confident and comfortable with your doctor, so look for one who:

- Understands your concerns, speaks your preferred language, and takes the time to answer your questions.
- Personalizes your care, taking into consideration your specific health risks as well as your own cultural preferences for healthcare.
- Gives you clear guidance on how to stay as healthy as possible into the future.

If you don't have a primary care doctor, you can find one near you by visiting the El Camino Hospital website or by calling [800-216-5556](tel:800-216-5556). Our family doctors and internal medicine physicians are committed to excellent care, and if you need a specialist, you'll be referred to one through the extensive network of El Camino Hospital.

## PRIVATE PERSONALIZED CARE

Some health issues are deeply personal and do best with care that is focused and discrete. For example, conditions such as high blood pressure, obesity or diabetes can often lead to erectile dysfunction. If you have such concerns, you may be more comfortable with the private and confidential environment at El Camino Hospital's [Men's Health Program](#) where experts help find the source of a full range of health issues. Call [408-866-3856](tel:408-866-3856) to schedule an appointment with a Men's Health Program doctor.



## KNOW YOUR RISKS

When you're young or if you just feel fine, it's easy to believe that health risks apply to someone else. But most men have factors that put them at risk for specific problems.

That includes things like:

### AGE

Many illnesses are more likely as you get older.

### LIFESTYLE CHOICES

Whether you smoke, what you eat and how often you're physically active all affect your health.

### WEIGHT

If you are overweight, your risks are elevated for diabetes, heart disease and other conditions.

### FAMILY HEALTH HISTORY

Higher risks for some illnesses can run in families.

### ETHNICITY

Some conditions are more common among certain ethnic groups. For example, Asian-Americans are more likely to have hepatitis B, Hispanics are at higher risk for diabetes, and prostate cancer is more common among African-Americans.

You can't change your age or your inherited health risks. But your risks aren't your destiny, and there's a lot you can do to minimize them. The first step is to talk to your doctor — he or she can let you know where you stand now and what you need to do to stay healthy.



## *HAVE REGULAR* **CHECKUPS** & **SCREENINGS**

Screenings play an important role in healthcare, and getting the right tests at the right time can ward off health problems. Along with checkups, they can also put your mind at ease.

That's true for young men as well as older adults. Start with an annual physical with your personal doctor — these regular exams can find problems before they start.

Depending on your age and health risks, you should also have specific screening tests even if you feel fine.

# GET SCREENED

Get a head start on health with these tests and immunizations:

- Discuss with your healthcare provider
- 1 Every year
- 2 Every two years
- 3 Every three years
- 5 Every five years
- 10 Every 10 years
- 1x One time only
- M Monthly self-exam and part of general checkup

DECADE:	20s+	30s+	40s+	50s+	60s+	70s+
<b>GENERAL HEALTH</b>						
Full checkup, including weight and height	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1
Sleep habits — Discuss at annual exam	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1
<b>IMMUNIZATIONS</b>						
Tetanus — diphtheria booster	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10
Influenza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1
Pneumococcal				<input checked="" type="radio"/> 1x	<input checked="" type="radio"/> 1x	<input checked="" type="radio"/> 1x
Herpes zoster					<input checked="" type="radio"/> 1x	<input checked="" type="radio"/> 1x
Thyroid screening		<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5
Diabetes check — Fasting blood glucose	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> 3	<input checked="" type="radio"/> 3	<input checked="" type="radio"/> 3	<input checked="" type="radio"/> 3
<b>CARDIOVASCULAR HEALTH</b>						
Blood pressure	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2
Cholesterol — Total, LDL, HDL, and triglycerides	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>REPRODUCTIVE HEALTH</b>						
Testicular exam	<input checked="" type="radio"/> M	<input checked="" type="radio"/> M	<input checked="" type="radio"/> M	<input checked="" type="radio"/> M	<input checked="" type="radio"/> M	<input checked="" type="radio"/> M
Sexually transmitted diseases	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# GET SCREENED

- Discuss with your healthcare provider
- M+3 Monthly self-exam and every three years by your healthcare provider
- 1 Every year
- 2-4 Every two to four years
- 10 Every 10 years
- 5+ Every five years (if not having a colonoscopy)
- ☉ Get your eyes checked if you have problems or visual changes
- M+1 Monthly self-exam and every year by your healthcare provider
- 6M Every six months
- 1-2 Every one to two years
- 5 Every five years
- 5-10 Every five to 10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
- 5+ Every five years (if not having a colonoscopy or sigmoidoscopy)

DECADE:	20s+	30s+	40s+	50s+	60s+	70s+
<b>PROSTATE HEALTH</b>						
Digital rectal exam (DRE)			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prostate-specific antigen (PSA)			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>EYES, EARS AND TEETH</b>						
Eye exam	<input checked="" type="radio"/> ☉	<input checked="" type="radio"/> ☉	<input checked="" type="radio"/> 2-4	<input checked="" type="radio"/> 2-4	<input checked="" type="radio"/> 1-2	<input checked="" type="radio"/> 1-2
Hearing test	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10			
Dental exam	<input checked="" type="radio"/> 6M	<input checked="" type="radio"/> 6M	<input checked="" type="radio"/> 6M	<input checked="" type="radio"/> 6M	<input checked="" type="radio"/> 6M	<input checked="" type="radio"/> 6M
<b>SKIN HEALTH</b>						
Mole exam	<input checked="" type="radio"/> M+3	<input checked="" type="radio"/> M+3	<input checked="" type="radio"/> M+3	<input checked="" type="radio"/> M+1	<input checked="" type="radio"/> M+1	<input checked="" type="radio"/> M+1
<b>COLORECTAL HEALTH</b>						
Rectal exam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> 5-10	<input checked="" type="radio"/> 5-10	<input checked="" type="radio"/> 5-10
Fecal occult blood test				<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1
Flexible sigmoidoscopy				<input checked="" type="radio"/> 5+	<input checked="" type="radio"/> 5+	<input checked="" type="radio"/> 5+
Double contrast barium enema (DCBE)				<input checked="" type="radio"/> 5+	<input checked="" type="radio"/> 5+	<input checked="" type="radio"/> 5+
Colonoscopy				<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5

You can learn more about the screenings and immunizations you need — and much more about your health — with El Camino Hospital's [HealthPerks](#). Sign up for this free program to stay up to date on the latest health information.

## TUNE UP YOUR HEALTH

The checklist for a healthy life is no secret: Don't smoke, get regular exercise, and eat right. We all know these things, but making them happen can seem like a very steep hill to climb.

Try starting small and working up to where you want to be. First, check with your doctor to see if exercise is safe for you, and then use these strategies:

**Start being more active** with a 10-minute walk every day. Keep adding a few minutes and more activities until you're exercising at least 30 minutes a day.

**Move toward a healthy diet** by adding a few veggies to each meal and keeping some fruit slices in the fridge for snacking. Cut back on processed foods (pretty much anything that comes in a box or can), and replace some meats with fish. Your goal is to eat mostly plant-based foods, including ones made with whole grains.

**Get to a healthy weight.** Your added exercise along with eating right can help you shed extra pounds and keep them off. Losing weight can lower your risk for diabetes, heart disease and other problems and also give you more energy and lift your mood.

**Set a date to quit smoking**, and tell your family and friends about your plan. Ask your doctor about behavioral therapy or medications that can help you quit.

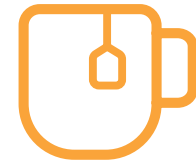
**Take your medicine.** Many health conditions can be treated with medications if you take them correctly. Follow the directions, and call your doctor right away if you have any problems.

**Reduce stress.** Give yourself permission to step away from stressful situations at home and at work. Make time for yourself, and use some of it to be physically active — a proven stress reliever.

**If you drink alcohol, do it in moderation** (not more than two drinks a day). Excessive alcohol use can lead to high blood pressure, liver disease, certain cancers and other health problems.

**Get enough sleep.** Ongoing lack of sleep is linked to an increased risk for heart disease, high blood pressure, diabetes and other serious conditions. It can also interfere with work, school and relationships.

## GIVE YOURSELF A BREAK



If you've been keeping your health on the back burner, you're not alone. But while you're doing other things, you may be missing the opportunity for a simple fix that could ward off a serious problem. Getting started now can free your mind to focus on enjoying life.



Make an appointment with your doctor today to talk about your health. To find a primary care doctor who will give you careful, personalized care, call El Camino Hospital at [800-216-5556](tel:800-216-5556).

# *THE* **HEART** *OF THE* **MATTER**

Nothing is more central to your health than your heart. It beats about 100,000 times in one day and about 35 million times in a year, most of the time without any problems — but not always.

Heart disease is the leading cause of death in men in the U.S., accounting for 1 in 4 deaths. Many men with heart disease don't know they have it.

The lesson here is to find out as much as you can about your own heart, and then take steps to keep it healthy. Luckily, there's a straightforward path to get there.



## **CONSULT THE EXPERTS**

Your first step is to find where you stand now. Make an appointment with your primary care doctor to talk about your risk for heart disease. If you don't have a personal physician, you can find one by calling [800-216-5556](tel:800-216-5556).

You're more likely to develop heart or health problems if you:

- Are overweight or obese.
- Have prediabetes, diabetes, high blood pressure or unhealthy cholesterol levels.
- Have a close relative with heart disease.
- Are a member of an ethnic group, such as South Asian or Chinese, that has high rates of diabetes and hypertension as well as heart disease.
- Have unhealthy habits such as smoking, poor diet or lack of exercise.
- Have a lot of stress in your life.

Many men have at least one of these factors, but the more you have, the higher your risk. Your doctor will consider your specific situation and may recommend diagnostic tests. Depending on the results, you may also see a cardiologist.



## THESE TESTS CAN HELP DIAGNOSE HEART DISEASE

**Blood pressure** testing.

**Blood tests** that measure cholesterol, triglycerides and other substances.

**Calcium scoring**, a heart scan that looks for calcium, which can indicate narrowing of the arteries.

**Cardiac catheterization** to examine blood flow in your heart.

**Computed tomography (CT)** scan that uses X-rays to make detailed images of your heart.

**Echocardiogram** to show detailed, real-time images of your heart's structure.

**Electrocardiogram (EKG)** to look for irregularities in your heart's rhythm.

**Holter monitoring**, in which you wear a portable device that records continuous readings of your heart's electrical activity.

**Magnetic resonance imaging (MRI)** to produce images of your heart without X-rays.

**Stress tests** that use imaging to examine your heart while you exercise to raise your heart rate.

## HOW DOES THE SOUTH ASIAN HEART CENTER HELP?

People from the Indian subcontinent have such high rates of severe heart disease and diabetes that it's considered an epidemic. The [South Asian Heart Center](#) at El Camino Hospital has programs to help reduce your risk of heart attacks and diabetes. Contact us at [650-940-7242](tel:650-940-7242).

## STRATEGIC MAINTENANCE

Heart disease happens when your arteries become hardened and narrowed with a fatty buildup called plaque. But you don't have to sit back and let that happen. You can take charge with these steps:

- **Switch to heart-healthy foods.** The delicious meals in the Mediterranean diet can help keep your heart healthy.
- **Get more exercise.** This reduces the likelihood for plaque buildup and also helps control high blood pressure, high cholesterol and obesity.
- **Manage stress.** Exercise is a great stress reducer. So is meditation. Try unplugging from technology for a few hours a day.
- **Don't smoke.** No matter how long you've smoked, quitting can lower your heart disease risk.
- **Get enough sleep.** Chronic sleep loss is related to high blood pressure, diabetes, obesity and inflammation, all of which put you at risk for heart disease. Adults need seven to eight hours of sleep a night.

## ENJOY THE MEDITERRANEAN DIET

You can reduce your risk of heart disease with this diet, which includes:

- Plant-based meals with just small amounts of lean meat and chicken.
- Plenty of whole grains, fresh fruits and vegetables, nuts, and legumes.
- Foods that naturally contain high amounts of fiber.

- Lots of fish and other seafood.
- Olive oil as the main source of fat for preparing food.
- Limited sauces and gravies.
- Reduced salt intake.

## TROUBLESHOOT YOUR HEART HEALTH

Heart disease often doesn't have symptoms, but that doesn't mean you shouldn't be paying attention. Here are some signs and symptoms that should lead to a visit with your doctor, or in some cases, a 911 call:

- **Chest pain.** This can feel like pressure or just discomfort and can occur between your neck and upper abdomen. Chest pain called angina often happens with activity and goes away with rest. If chest pain begins suddenly, it could signal a heart attack, and you should call 911.
- **Shortness of breath.** This may happen during activity or while you're resting. If it begins suddenly or wakes you up, you should call 911 — you could be having a heart attack.
- **Coughing or wheezing that doesn't go away.** This can mean fluid is building up in your lungs.
- **Swelling in your legs, ankles or feet.** This is called edema, and it can mean your heart isn't pumping as well as it should.
- **Fatigue.** Feeling very tired can be a sign of heart trouble if it starts suddenly or if you can't do your normal activities.
- **Fast or uneven heartbeat.** These palpitations are often harmless, but they can mean you have a heart arrhythmia.

## GET EXPERT REPAIRS

If your primary care doctor feels that you need treatment for heart disease, you want the most advanced care possible. Look for a heart specialist who is a good listener and puts you at ease. You should also ask your specialist if he or she is board certified.

If you need surgery or other procedures, think about these questions when you choose your hospital:

- What is the hospital's reputation? Does it have high ratings, awards or certifications?
- How do the outcomes for their heart patients compare to other similar hospitals? Ask about infection rates, complication rates and other measures.
- Can you have surgery, follow-up care and cardiac rehabilitation delivered and coordinated by the same organization?
- Will you have the opportunity to participate in a clinical trial?

Your team at El Camino Hospital welcomes these questions. Doctors at the [Norma Melchor Heart & Vascular Institute](#) perform hundreds of advanced cardiac procedures each year, and the institute is consistently ranked among the top hospitals nationwide for its care.

## MINIMALLY INVASIVE PROCEDURES

Experienced heart specialists at El Camino Hospital perform these minimally invasive procedures:

- Angioplasty, atherectomy and stenting.
- Carotid artery stenting.
- Peripheral vascular procedures.
- Valve repair and replacement.
- Placement of implantable cardiac devices to treat arrhythmias. El Camino Hospital was the first in the Bay Area to implant the next-generation cardiac defibrillator called CRT-D.
- Advanced care for atrial fibrillation, such as the WATCHMAN implanted device, the LARIAT implanted device and ablation with the Maze procedure.



If your doctor recommends that you see a cardiologist, you can find one at El Camino Hospital by calling 408-866-3856. You can receive a referral to physicians who speak Mandarin and Hindi by contacting the [South Asian Heart Center 650-940-7242](tel:650-940-7242) or [Chinese Health Initiative 650-988-3234](tel:650-988-3234).

# GOING WITH YOUR GUT

## DIGESTIVE CONDITIONS

Eating a good meal. It's one of the distinct pleasures of life. It's also the beginning of one of the most complicated processes in your body.

Digestion involves multiple organs and tissues, and it's great when they all perform smoothly. But when they don't, the symptoms can range from mild to debilitating.

Most digestive — or gastrointestinal (GI) — problems go away with time or simple treatments. But sometimes they can disrupt your life and require ongoing care.

## THE SQUEAKY WHEEL — WHEN TO SUSPECT A PROBLEM

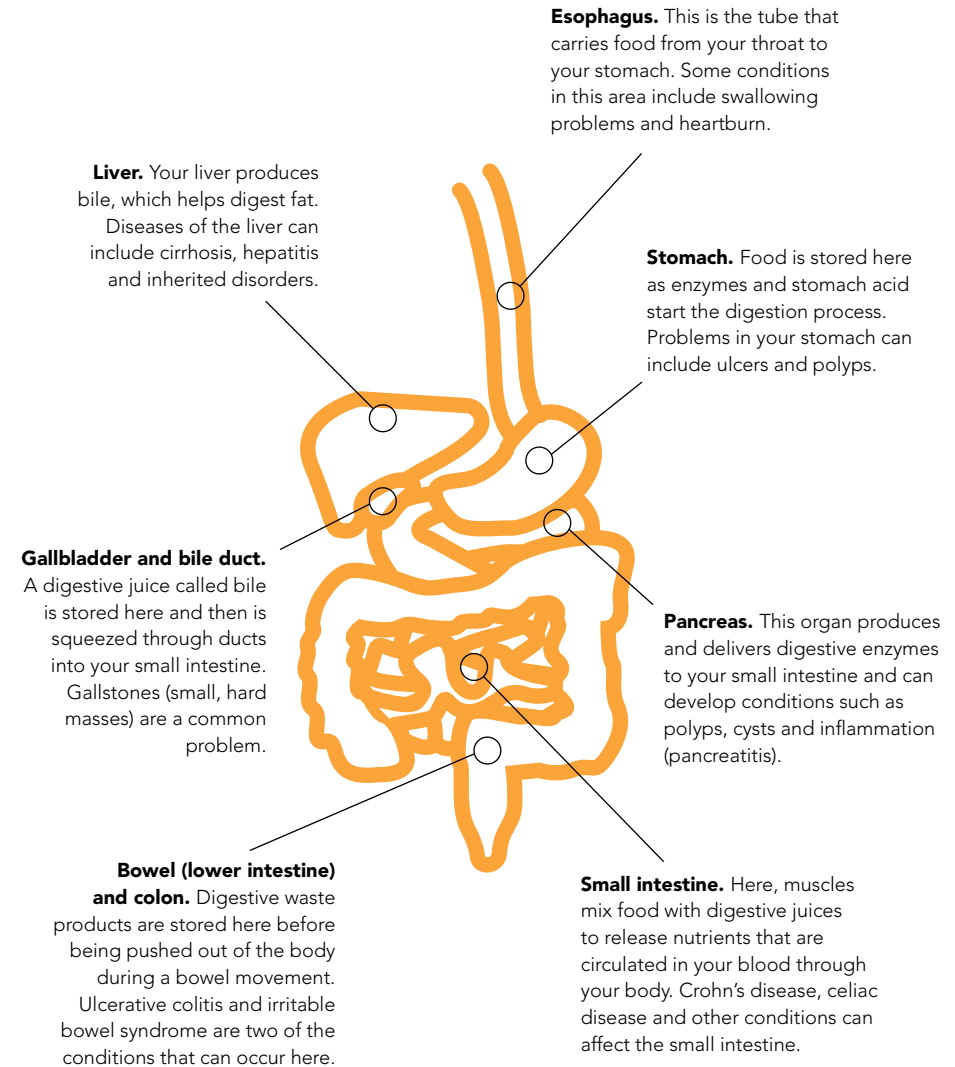
The symptoms of a digestive condition are often temporary, and if you are otherwise healthy, they can be easy to ignore. In some cases though, your symptoms may mean you have a condition that needs treatment.

Make an appointment to see your doctor if you have any of these:

- **Abdominal pain.** If it's severe or your abdomen is swollen or tender to the touch, go to the hospital right away.
- **Blood from your digestive tract**, such as in vomit or stool.
- **Constipation** if it's a substantial change from your normal bowel habits or if you also have vomiting, weight loss or a distended abdomen.
- **Diarrhea** if it lasts more than five days or contains blood.
- **Difficulty swallowing**, especially if swallowing is painful or has led to weight loss.
- **Nausea and vomiting** if you also have abdominal pain.
- **Regurgitation.** This is the spitting up of food when you don't feel nauseated and aren't vomiting.

## PINPOINTING YOUR PROBLEM

Problems in your digestive tract (also called your GI tract) can happen at any point along the way. The most common disorders are related to your:



## GET SCREENED FOR COLORECTAL CANCER

Colorectal cancer is one of the most common types of cancers, but the good news is that it's preventable. Screening can find precancerous polyps, which your doctor can remove before cancer starts.

Most men should start screening at age 50. If you have risk factors such as a family history of colorectal cancer, your doctor may recommend that you start earlier. Ask which combination of these screening tests would be best for you:

- A digital rectal exam (DRE) every five to 10 years.
- A fecal occult blood test every year.
- Flexible sigmoidoscopy every five years.
- Double-contrast barium enema every five years.
- Colonoscopy every 10 years.

## YOUR LIFESTYLE CAN AFFECT YOUR DIGESTIVE HEALTH

You can avoid some digestive problems or improve your symptoms with changes to your diet and lifestyle. For example:

- **Smoking** contributes to disorders such as acid reflux and peptic ulcers, and it's also associated with cancers in the esophagus, stomach and other areas.
- **Adding fiber** to your diet and getting regular exercise can relieve constipation or help you avoid it.
- **Avoiding stress** may help improve symptoms of irritable bowel syndrome.
- **Maintaining a healthy weight** and eating smaller meals can relieve symptoms of acid reflux.

## GET GUT HELP AND GET BETTER

If you think you may have a digestive condition, your next move should be to see your doctor. He or she may recommend treatments or lifestyle changes that can relieve your symptoms or even resolve minor problems.

## TAKE A CLOSER LOOK

If your doctor suspects that you have a more serious problem, he or she may refer you to a specialist such as a gastroenterologist. If you are over 50 or have a family history of digestive problems, your gastroenterologist may suggest a schedule of screening tests designed for your specific risks.



It's a good idea to see a specialist who is associated with a hospital program that focuses on digestive conditions such as [Digestive Health services](#) at El Camino Hospital. That way you'll be assured of getting the latest in diagnostic care and advanced treatments such as:

- **Diagnostic tests and screenings.** These depend on your symptoms and risks. They often include endoscopy, liver biopsy and tests for motility disorders.
- **Medicines.** Prescription medications can help with many digestive conditions. Depending on your condition, your doctor may recommend antibiotics, medications to reduce stomach acid, anti-inflammatory drugs, pain relievers or other medications.
- **Interventional endoscopy.** The same endoscopy procedures used to screen for problems can often be used to treat them in the same visit. This can result in a faster recovery with very low complication rates.
- **Gastrointestinal motility services.** Motility disorder treatments include biofeedback therapy, Botox injections, gastric electrical stimulation, pneumatic dilation, sacral nerve stimulation and the Secca® procedure.
- **Surgery.** Some digestive disorders, such as cancer, require surgery. Sometimes people with Crohn's disease or ulcerative colitis may also need surgery.



Digestive conditions can cause deeply uncomfortable symptoms. Make an appointment today to start feeling better. You can find a doctor who specializes in treating these conditions by calling [408-866-3856](tel:408-866-3856).

# GET OUT IN FRONT OF JOINT PAIN

How's your back?

Most men have heard that question at least once. Or maybe it was about your trick knee, your sore shoulder or the pain in your neck.

Problems with bones or joints — also known as orthopedic conditions — are among the most common reasons men go to the doctor. Pain and disability from these conditions can sideline you from sports, recreation and family fun. And when you try to tough it out, your other joints can suffer as they work harder to compensate.

You're not likely to escape every orthopedic injury or illness, especially as you get older. But with a few smart strategies, you can prevent many problems or minimize their effects.

## WHAT CAN GO WRONG?

With more than 200 bones and at least that many joints in your body, there's no shortage of opportunities for trouble. Here's a look at some typical orthopedic problems:

- **Arthritis** is a group of conditions that cause pain and swelling in your joints. Arthritis is the No. 1 cause of pain in men.
- **Bursitis** is inflammation of a bursa, which is a small, fluid-filled sac that acts as a cushion in joints. Bursitis often occurs in shoulders, knees and elbows.
- **Fractures** can range from simple breaks that heal quickly to serious ones that require surgery. They happen most often in falls, in car accidents, or from sports injuries.
- **Herniated disc**, also called slipped disc, causes back pain that can extend to your legs. It happens when one of your spinal discs — the soft cushions between your vertebrae — presses on the nerves around your spine. Injuries such as sprains and strains cause pain, swelling and difficulty moving the joint. A torn anterior cruciate ligament (ACL) is a serious sprain, and you can strain your back by lifting a heavy item incorrectly.
- **Osteoporosis** is a condition that makes your bones thin and weak, so they break easily. You're more likely to have osteoporosis if you are Asian or over age 65.
- **Repetitive motion injuries**, which can damage muscles, nerves ligaments or tendons, happen from doing the same motion over and over.
- **Spinal stenosis** happens when your spine becomes narrowed, putting pressure on your nerves, spinal cord and other nerves. It usually occurs in people over age 50 and can cause pain in your neck or back as well as numbness or pain in your arms or legs.
- **Tendinitis** often affects the shoulders and elbows. It happens when tendons, which connect muscles to bones, become painful and swollen from overuse.



## PREVENTIVE MAINTENANCE

Once you know all the painful conditions that can happen, it can seem like your best move is to just stay home. But in fact, being active is one of the prime ways to prevent these problems.

Here are some strategies for keeping your bones and joints healthy:

- **Get regular exercise.** This is especially important here in the Silicon Valley where many people can have weakened muscles from sitting at a desk all day. You can benefit from low-impact activities like swimming, biking, walking or Pilates, which can keep you in shape without stressing your joints.
- **Tone up.** Keeping muscles around the joints strong and toned gives them more support and also makes injury less likely.
- **Control your weight.** Extra pounds put pressure on your joints and can damage them.
- **Pay attention to pain.** If a joint or body part hurts, give that part a rest and exercise another muscle group. You can still be active if you don't stress your injury.

## WHEN TO SEE A DOCTOR

Get help right away at an ER or urgent care center for a joint injury that:

- Causes intense pain.
- Swells quickly.
- Deforms the joint.
- Limits your use of the joint.

If you have pain, stiffness or swelling in a joint without an injury, you should make an appointment to see your doctor.

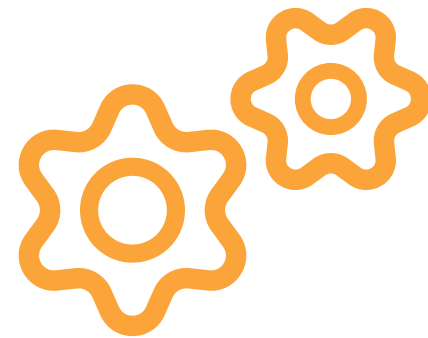
## EXPERT REPAIRS

Most joint pain goes away on its own in a few weeks. If you have pain that has not cleared up in about six weeks with rest, ice, compression and elevation (the RICE treatment), it's time to talk to your doctor! He or she may refer you to an orthopedic specialist for further care. Depending on your insurance (for example, preferred provider organizations and Medicare), you may be able to contact one of our orthopedic specialists directly.

Today's treatments for bone and joint conditions can help keep you moving, working and having fun. The orthopedic and neurologic spine experts at El Camino Hospital provide that care, including specialized treatment for every major joint — they are recognized by national healthcare and orthopedic leaders for patient care.

Depending on your condition, your doctor may recommend:

- **Rehabilitation.** After an injury or surgery, a rehab plan that includes physical therapy, occupational therapy and other treatments can be vital to your recovery.
- **Medicines.** Oral medications and injections can relieve pain and inflammation. Some arthritis drugs can change the course of the disease.
- **Minimally invasive procedures.** Many orthopedic surgeries such as arthroscopy can be done with minimally invasive techniques, which are performed using special instruments through tiny incisions. These procedures can have shorter recovery times. Even some joint replacements can be done this way.
- **Open surgery.** Traditional open surgery can correct problems with your spine, knees, wrists and other joints after an injury. Joint replacement can relieve pain and restore function in hips, knees, shoulders and ankles.





Recovery is an essential part of the surgery process, and the El Camino Hospital [Orthopedic](#) Pavilion at the Los Gatos campus provides an ideal setting for healing. Our Mountain View campus and the Los Gatos Orthopedic Pavilion offer care and services that meet the needs of orthopedic patients.

## WHAT MAKES A GREAT JOINT REPLACEMENT CENTER?

The best centers:

- Have a dedicated floor or unit for these patients.
- Perform many joint replacements.
- Use the latest implant materials and surgical techniques.
- Provide minimally invasive surgical options.
- Are associated with a rehab center that offers a full range of services.
- Are nationally recognized for excellent care.

This information should be easily available, such as on the center's website.



**The road to recovery.** It might be tempting to ignore aches and pains, but many orthopedic problems only get better with treatment. Make an appointment with your doctor today to talk about your bone and joint pain. If you don't have a personal doctor, you can find one by calling [408-866-3856](tel:408-866-3856).

# TAKE YOUR SEX LIFE OUT OF IDLE

Few health issues carry the unique burden that sexual dysfunction does. It can interfere with your relationships, affect your self-image, and lower your quality of life.

The fact is, sexual dysfunction in men often results from a separate, underlying medical condition. Even if it doesn't, your symptoms are likely to improve with treatment. The sooner you talk to your doctor, the sooner you can start getting better.

## FOR YOUR ERECTILE DYSFUNCTION RISK, LOOK TO YOUR AGE

Mild and moderate erectile dysfunction is more likely as you get older. This problem affects:

- 60 percent of men over age 60.
- 70 percent of men over age 70.
- 80 percent of men over age 80.

## WHEN THINGS DON'T GO RIGHT

If you have symptoms of sexual dysfunction, you're not alone. It's a common problem in men of all ages, and you're more likely to have problems as you get older. Here are the main types of sexual dysfunction in men:

- **Erectile dysfunction, or ED.** This happens when you can't get an erection or can't keep one long enough to have sex. Many things can cause ED, including high blood pressure, diabetes and heart disease. Drinking alcohol excessively or smoking raises your risk for ED, and some prescription medications can cause it.
- **Delayed or inhibited ejaculation.** This occurs when you take a very long time to ejaculate, or it doesn't happen at all. It can result from health problems such as a urinary tract infection, low thyroid hormone, low testosterone or injury to certain nerves. Prostate surgery can cause this condition and so can stroke. Your risk is higher if you are depressed or anxious about your sexual performance.

- **Low sex drive (low libido).** Decreased interest in sex can happen with illnesses such as cancer, chronic lung conditions or heart disease. It can also be a side effect of some medications or result from excess use of alcohol. Low levels of testosterone can also decrease your sex drive.
- **Peyronie's disease.** This is a disorder that affects the connective tissue in the penis. It often starts with an injury or inflammation that can lead to a hard lump or plaque on the tissue that fills with blood during an erection. This can cause the penis to curve, decrease its elasticity, and cause erections to be painful.
- **Premature ejaculation.** This is ejaculation that occurs too soon, either before penetration or soon after. It can happen if you're anxious about how well you will perform during sex or if you are stressed in general. Some antidepressants can cause this condition.

## JUMP START YOUR SEXUAL HEALTH

If you have one of these problems, it's likely you've been worrying about it on your own. That's understandable — sexual dysfunction is a very personal matter. But now's the time to take action.

You can get started right away by making an appointment with an expert at El Camino Hospital's [Men's Health Program](#). This program is unique in the Bay Area and gives you the privacy and support you need to talk freely about these personal issues. Call them at [408-866-3856](tel:408-866-3856).

Some men prefer to see their own doctor first. If you don't have a primary care doctor, you can find one by calling [800-216-5556](tel:800-216-5556).

## TACKLE UNDERLYING CONDITIONS

Your doctor will start with a thorough assessment of your overall health.

If you have an underlying condition that is causing your sexual dysfunction, the priority is to treat that problem.

Lifestyle changes can also help with ED and other problems with sexual function. For example, your doctor may recommend that you get regular exercise, maintain a healthy weight, quit smoking, reduce stress and avoid excessive use of alcohol.



## BEWARE OF “CURBSIDE” ALTERNATIVES FOR TREATING ED

If you believe the ads, you can turn your ED around overnight by visiting a non-medical clinic. To be safe and get real results, always see an experienced physician. You should also be cautious about products labeled as dietary supplements for ED — they might contain hidden ingredients that endanger your health. The Food and Drug Administration (FDA) warns men to stay away from products that:

- Promise quick results.
- Are described as alternatives to prescription drugs.
- Are sold in single doses.
- Are advertised via unsolicited emails.
- Have labels in a foreign language.
- Have directions and warnings that mimic FDA language.

**Premature ejaculation and delayed or absent ejaculation** often respond to counseling for anxiety, stress or other issues. If you’re taking a medicine that causes problems with ejaculation, your doctor may prescribe an alternative drug.

**Low sex drive** may improve with testosterone replacement therapy. It’s available as a cream or gel, a skin patch, or in an oral or injectable form. This therapy can also help if you are having trouble getting or maintaining an erection.

**Erectile dysfunction** can be treated in many ways, such as:

- **Oral medications.** Prescription drugs can increase blood flow to your penis so it can become erect. These include Viagra, Cialis and Levitra.
- **Vacuum devices.** These work by drawing blood into your penis to create an erection. You place a plastic cylinder over your penis and use a manual or battery-operated pump to create the vacuum. To maintain the erection, you place an elastic band over the base of your penis.
- **Intraurethral suppositories.** A similar medication can be administered via a suppository. You insert a slim applicator into your urethra (the tube that carries urine) to deliver the small suppository with the medication.
- **Injections.** You or your partner inject medicine directly into your penis to relax the blood vessels and allow increased blood flow, creating an erection.
- **Penile implants.** If other methods haven’t worked for you, your doctor may suggest this treatment. A surgeon places several tubes in the erection chambers of your penis. They are attached to a fluid-filled pump bulb that is placed in your scrotum. Squeezing the pump bulb inflates the implant and creates an erection, and you press a release button afterward to drain the fluid back into a reservoir in your lower abdomen. All these parts are completely concealed, and most men find them easy to use.

**If you have mild Peyronie's disease**, your doctor may take a wait-and-see approach. More severe symptoms may improve with:

- **Medication** to help reduce pain, reduce plaque formation and minimize curvature of the penis.
- **Surgery** to help straighten the penis. One surgical option to insert penile implants can also help by replacing the spongy tissue that fills with blood during an erection. Surgery is usually recommended only for severe, long-term deformities.

## GET HELP FROM THE EXPERTS

If you have symptoms of sexual dysfunction, you need the best possible care from specialists who treat you with respect and compassion. That's what you'll get at El Camino Hospital's Men's Health Program. The experts there understand the impact these problems can have on your life, and they provide:

- A private setting where you can talk freely.
- Expertise to correctly diagnose your problem.
- Advanced treatments for a full range of conditions.
- Follow-up with your personal doctor to make sure you are doing well.



Make an appointment today to start improving your sex life, your relationships and your overall health. For more information or to make an appointment at the El Camino Hospital [Men's Health Program](#), call [408-866-3856](tel:408-866-3856).

# SLEEP

## YOUR HEALTH IS RESTING ON IT

Sleep can seem like the least of your health concerns — until you don't get enough. The fallout from chronic sleep loss can affect not only your health but your work, your relationships and even your sex life.

Millions of people in the U.S. have trouble sleeping, and the reasons are often obvious — do you really need that caffeinated drink in the evening? In some cases, though, sleep loss results from issues that are tougher to uncover.

Either way, it's important to find out what's keeping you up so you can start getting the rest you need.

## HOW MUCH SLEEP DO WE NEED EACH DAY?

- Infants: 14 to 17 hours.
- Toddlers: 11 to 14 hours.
- School-age kids: Nine to 12 hours.
- Teenagers: Eight to 10 hours.
- Adults: Seven to nine hours.



## ROADBLOCKS TO GOOD SLEEP

Everyone has trouble sleeping once in a while. You may be able to track the problem down by examining your lifestyle. Temporary sleep loss can result from:

- Working at night.
- Lack of exercise.
- Smoking
- Drinking alcohol or caffeine.
- Stress

An underlying health issue, such as being overweight or pain from an injury or arthritis, can also disturb your sleep. So can gastroesophageal reflux (GERD), which can cause heartburn when you lie down.

If you consistently have trouble falling asleep or staying asleep, you may have one of these chronic sleep disorders:

- **Narcolepsy.** With this disorder, you may have difficulty staying asleep and feel extremely sleepy during the day.
- **Obstructive sleep apnea, or OSA.** People with OSA temporarily stop breathing during sleep — sometimes hundreds of times a night. It's more common among men and can cause loud snoring and gasping.
- **Parasomnias.** These include abnormal behaviors such as sleepwalking, sleep-related eating disorder (getting up and eating without waking) and REM sleep disorder. They're most common in middle-aged or older men.
- **Insomnia.** This includes temporary or long-term problems with falling asleep, staying asleep or both.
- **Restless legs syndrome, or RLS.** This uncomfortable disorder involves tingling, burning or cramping sensations in your legs and an irresistible urge to move them. RLS is more common as you get older.

People with sleep disorders usually get better with treatment. Look for a comprehensive sleep disorders program with an accredited sleep lab.

## WHAT MISSING SLEEP CAN DO

If you're not getting enough sleep, your friends and family may notice the results before you do. Chronic sleep loss can make you anxious, sad and quick to get angry. You may also be forgetful and more likely to make mistakes at work or school. Some studies have linked sleep apnea to erectile dysfunction and heart problems.

Lack of sleep can also lead to:

- Higher risks for obesity, diabetes and high blood pressure.
- Increased vulnerability to infections such as colds and the flu.
- Cardiovascular problems such as heart arrhythmia, stroke and heart disease.
- Seizures in people with some types of epilepsy.
- Traffic and other accidents.



## TAKE CHARGE OF YOUR SLEEP

Lack of sleep can fog your brain, and it's easy to feel overwhelmed. Don't give in! Now's the time to make changes that can improve your sleep.

Take a good look at your everyday habits, and determine which of these can help:

- **Avoid large meals late in the day**, and stay away from spicy foods.
- **Don't have anything with caffeine after lunch.** Caffeine can keep you awake up to 12 hours after you eat or drink it.
- **Skip the nightcap.** Alcohol causes restless sleep with frequent awakenings.
- **Don't smoke.** Nicotine cravings can wake you up.
- **Ask your doctor** if any of your medications or supplements could be disturbing your sleep.
- **Get regular exercise**, but not late in the day.
- **Establish a regular sleep routine.** That means going to bed at the same time every day.
- **Get to a healthy weight.** Being overweight can contribute to sleep apnea or make it worse.
- **Make your bedroom quiet**, dark and cool.
- **Keep electronics out of your bedroom.** This includes computers, tablets, cell phones and TV.
- **If you find yourself sleepless, don't stay in bed.** You're likely to get anxious about losing sleep, which can make it worse. Instead, get up and go to another room.
- **Try meditation.** A practice called mindfulness meditation can help you let go of everyday concerns and relax.

## HOW TO CHOOSE A SLEEP CENTER

Look for a center that:

- Is accredited by the American Academy of Sleep Medicine.
- Has a comprehensive staff of sleep medicine doctors and other sleep experts.
- Has a sleep lab that is comfortable and provides hotel-like conveniences.
- Can schedule your sleep study to fit your schedule.

The results can uncover your sleep disorder and point to treatments that can improve your sleep. Treatments may include:

- Short-term use of sleep-aid medicines. Some sleep disorders require longer-term medication.
- Cognitive behavioral therapy to stop racing thoughts and settle your mind for sleep.
- Continuous positive airway pressure (CPAP) therapy for sleep apnea. This delivers mild air pressure through a mask to keep airways open during sleep.
- Oral appliances to help with sleep apnea by keeping airways open.
- Surgery to reshape or reposition the jaws, tongue and other upper-airway structures. This is used when other treatments for sleep apnea haven't worked.

## GETTING HELP FROM THE PROS

If you've done what you can and you're still not sleeping well, it's time to turn to the experts. Sleep disorder programs can diagnose and treat the full range of sleep disorders and get you started toward healthy sleep.

Treatment at a sleep center usually starts with an evaluation by a sleep medicine doctor and other specialists. If your doctor suspects that you have a sleep disorder, he or she may recommend a sleep study, or polysomnography. This overnight test monitors things like your eye movements, oxygen saturation (the amount of oxygen your red blood cells are carrying), brain waves, muscle movements and the electrical activity of your heart as you sleep.



**Get the sleep you need.** Don't buy into the myth that you can get everything done if you just sleep less. In fact, you'll get more done — and feel better while you're doing it — when you get enough sleep. The [sleep experts at El Camino Hospital](#) can help. Call [408-866-4070](tel:408-866-4070) to make an appointment.

# BUMPER TO BUMPER CARE FOR YOUR DRAINAGE SYSTEM

Think of your urinary tract as a complex drainage system — one that not only removes urine but filters out waste, regulates certain body chemicals, helps control blood pressure, and contributes to strong bones and healthy blood cells.

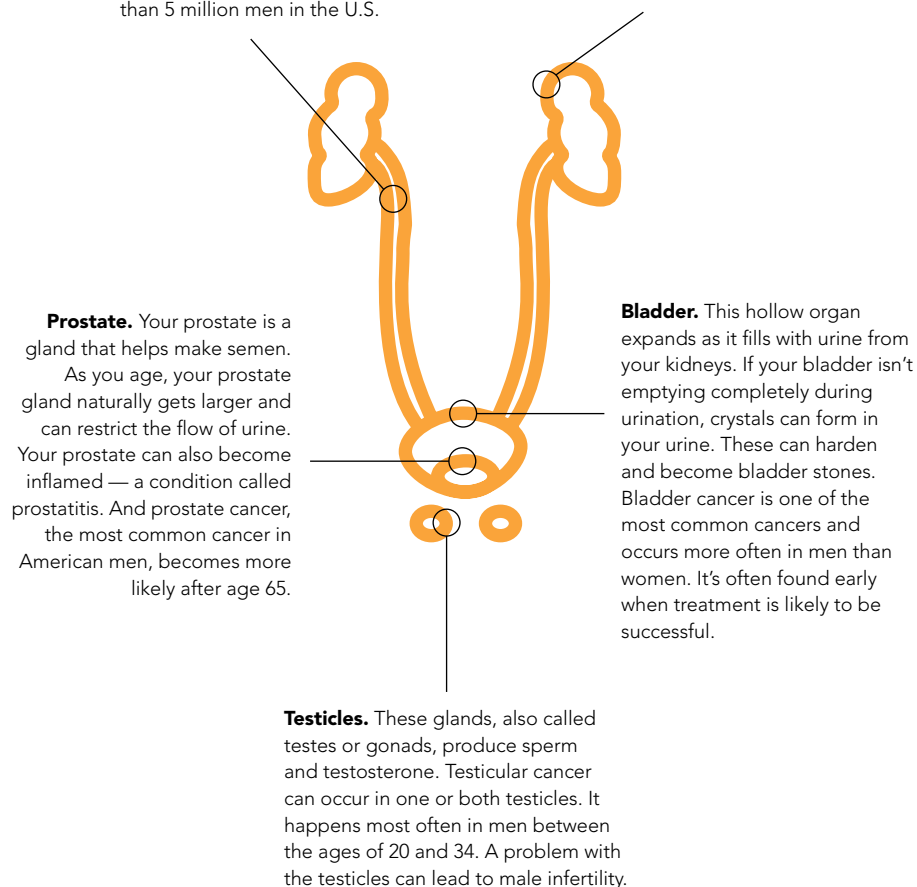
All these functions work efficiently most of the time, but when problems occur, they can cause pain, embarrassment, loss of function and even serious illness.

## LEAKS AND OTHER CONCERNS

As a man, you have some unique urologic risks. Problems can occur in these organs:

**Urinary tract.** This body system carries urine from your kidneys to your bladder, where it is stored, and then out of your body via your urethra. Urinary incontinence is a common, treatable problem that affects more than 5 million men in the U.S.

**Kidneys.** These two bean-shaped organs filter blood and produce urine. Crystals in your kidneys can turn into kidney stones — a condition that is nearly twice as common in men. Kidney cancer can also occur — it's among the 10 most common cancers and is more common among men.

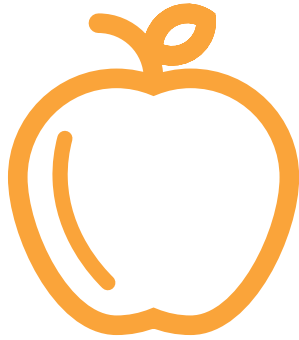


**Prostate.** Your prostate is a gland that helps make semen. As you age, your prostate gland naturally gets larger and can restrict the flow of urine. Your prostate can also become inflamed — a condition called prostatitis. And prostate cancer, the most common cancer in American men, becomes more likely after age 65.

**Bladder.** This hollow organ expands as it fills with urine from your kidneys. If your bladder isn't emptying completely during urination, crystals can form in your urine. These can harden and become bladder stones. Bladder cancer is one of the most common cancers and occurs more often in men than women. It's often found early when treatment is likely to be successful.

**Testicles.** These glands, also called testes or gonads, produce sperm and testosterone. Testicular cancer can occur in one or both testicles. It happens most often in men between the ages of 20 and 34. A problem with the testicles can lead to male infertility.





## GO WITH THE FLOW — KEEP YOUR URINARY SYSTEM HEALTHY

Take these steps to lower your risk for urologic problems:

- Don't smoke.
- Drink plenty of liquids to flush any cancer-causing substances from your body.
- Exercise and maintain a healthy weight.
- Eat fish and lots of fruits and vegetables, and reduce animal fats in your diet.
- Avoid occupational exposure to chemicals that increase the risk of cancer.
- Know your family health history, and share it with your doctor.
- Keep up with your schedule of health screenings.

## DON'T IGNORE YOUR SYMPTOMS

Urologic problems in men can be annoying. They can also be serious and even life-threatening. That makes it important to see your doctor if you have them.

Watch for symptoms in your:

- **Bladder** symptoms include stomach pain or pressure, frequent or painful urination, cloudy or dark urine, blood in your urine, or loss of urine control.
- **Kidney.** Small kidney stones may pass out in your urine unnoticed, but larger ones can cause sudden and severe pain in your back or lower abdomen. With chronic kidney disease (CKD) or kidney cancer, you may feel tired or weak, lose your appetite, or have trouble sleeping. Your feet and ankles may swell.
- **Prostate.** If you have a burning sensation during urination, blood in your urine and frequent urination, it could be a sign of benign prostatic hyperplasia, or BPH. Prostate cancer can be slow-growing or progress quickly. It may not have any symptoms, or it can lead to problems with urinating, blood in your urine or semen, pain, or erectile dysfunction.
- **Urinary tract.** A urinary tract infection, or UTI, can cause burning or pain when you urinate; urine that is cloudy, dark or contains blood; or frequent urination. With urinary incontinence, you may leak urine when you cough or sneeze or have a strong, uncontrollable urge to urinate.
- **Testicles.** The most common symptom of testicular cancer is a painless lump. This condition can also cause pain or swelling in your scrotum, a dull ache in your groin, or sudden accumulation of fluid in your scrotum.

The Men's Health Program at El Camino Hospital is focused on diagnosing and treating urological conditions in a private and supportive setting. You can find out more or make an appointment by calling [408-866-3856](tel:408-866-3856).

# GET THE RIGHT TEST



Today's advanced tests and screenings can pinpoint what is causing your urological disorder symptoms and get you started toward getting better. These may be one of the tests your doctor prescribes:

- **Angiography** is an X-ray test that examines blood vessels using a contrast dye that is injected into an artery.
- **Artemis™ Imaging and Navigation** is an advanced technology used to diagnose and perform biopsies of the prostate. El Camino Hospital is one of the few centers in the area to offer this advanced diagnostic test.
- **Biopsy** is a small sample of tissue taken from the problem area that is sent to a lab for analysis.
- **Blood tests** can detect substances in the blood that might indicate a specific condition.
- **Computerized tomography (CT)** uses a combination of X-rays and computer technology to make images of your internal organs and other structures. Cystoscopy uses a thin, tube-like instrument called a cystoscope to examine the bladder and urethra.
- **Intravenous pyelogram** is a special X-ray of the bladder, ureters and kidneys.

- **Magnetic resonance imaging (MRI)** uses radio waves and strong magnets to scan body areas.
- **Positron emission tomography (PET)** uses a substance called a tracer that collects in specific body tissues. It then makes images that provide information about how the tissue is functioning.
- **Ultrasound** uses high-frequency sound waves to create pictures of internal organs and tissues.
- **Urinalysis** is laboratory analysis of urine that looks at various cells, chemicals and other substances.
- **X-ray** uses high-energy radiation to produce images of internal and other structures.

## GET SCREENED FOR PROSTATE CANCER

The prostate-specific antigen (PSA) test measures the level of this substance in your blood. Elevated PSA levels can indicate prostate cancer or a noncancerous condition of the prostate such as prostatitis or an enlarged prostate. Depending on your risks, your doctor will recommend how often to have this test and when to start. For most men, PSA testing starts at age 50 and continues once or twice yearly at least until age 70.

## MOVE FORWARD WITH TREATMENT

Once you know what's causing your symptoms or issues, you can get started with treating your condition.

Depending on your condition, you may have:

- **Medication.** Prescription medicines can treat many urologic conditions.
- **Lithotripsy.** This uses shock waves to break kidney or bladder stones into sand-like particles that wash out of the body in urine. El Camino Hospital is the only hospital in the Bay Area with 24/7 onsite personnel and lithotripsy laser equipment to evaluate and handle kidney stones immediately.
- **Minimally invasive procedures.** They can be used to treat bladder and kidney stones and other conditions.
- **Implanted devices.** Doctors use implants, which can relieve symptoms of BPH without sexual side effects.
- **Surgery.** Some urologic conditions require traditional, open surgery that uses larger incisions to remove or repair problems.
- **Cancer therapies.** Treatments such as radiation therapy and chemotherapy are often used as part of treatment for cancers of the kidney, bladder and other areas.



**Get help from the best.** You'll get advanced treatments and comprehensive care for [urologic conditions](#) at El Camino Hospital's Men's Health Program. Call [408-866-3856](tel:408-866-3856) for an appointment to get started with expert, confidential care.

# DON'T SUFFER IN *SILENCE* MENTAL HEALTH *IN MEN*

Men have a lot to live up to. They're supposed to be strong, flexible, on top of every situation and emotionally available — all at the same time.

With demands like those, it's not surprising that many men feel stressed out — at home, at work and even with friends. Combine that with difficult life events like relationship breakups, job loss and illness, and the outcome can manifest itself in symptoms of anxiety, depression and other mental health conditions.

For many men, talking about these feelings can be difficult. Consider this option: Look to a professional to help you find a path to wellness.

# CHECK YOUR WARNING LIGHTS



Symptoms of a mental health condition often begin gradually and may be hard to recognize. That makes it important to pay attention to these warning signs:

- Changes in appetite.
- Changes in normal sleep patterns.
- Trouble concentrating or making decisions.
- Feeling sad or hopeless.
- Excessive worry.
- Abuse of substances including alcohol, prescription medication or illegal drugs.
- Unexplained physical symptoms such as regular headaches, or back or stomach pain.
- Withdrawal from regular activities such as work or social events.
- Thoughts of suicide or self-harm.

Left untreated, prolonged stress and anxiety can raise your risk for other chronic health conditions, such as Type 2 diabetes, high blood pressure, heart disease or heart attack.

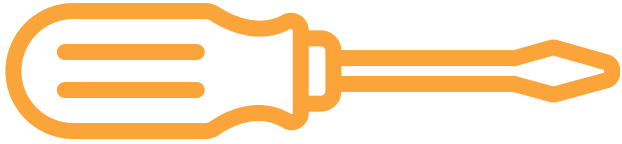
## MENTAL HEALTH STATISTICS

Men with depression usually get better with treatment, but most of them don't get the help they need. Consider these statistics:

- Men die by suicide more than three times as often as women.
- The rate of suicide is highest in middle age, Caucasian men in particular.

(Source: American Foundation for Suicide Prevention)

Prolonged stress and anxiety that is left untreated can raise your risk for other chronic health conditions. These conditions include type 2 diabetes, high blood pressure, heart disease or heart attack.



# DO YOUR OWN MAINTENANCE

Too much stress can throw a monkey wrench into anyone's life. But you can use some do-it-yourself strategies to keep it at a minimum. For starters, take some time to figure out what your stressors are. [El Camino Hospital's Stress Trigger Assessment](#) can help with that.

You can't eliminate all the stress in your life. In fact, small doses of stress can keep you alert and help you accomplish tasks. To keep your stress at a manageable level, try these stress-busting tips:

- **Get regular exercise.** Being active can boost your mood and reduce your risks for physical and mental health conditions. Try to get at least 30 minutes of walking or other exercise every day.
- **Step into nature.** Walking or spending time in a natural setting can minimize stress and negative thinking.
- **Prioritize your day.** Decide what you need to accomplish and what can wait, then set goals to get the important tasks done. Practice saying "no" to prevent being overworked.
- **Take time for yourself.** Schedule time in your day for something that relaxes you, such as listening to music. Keep an open mind about activities like prayer, meditation and yoga, which can be important coping strategies against stress.

- **Get enough sleep.** Adults need seven to nine hours of sleep a day. Prioritizing sleep will help your work, relationships and even your sex life — all important factors in mental well-being.
- **Eat well.** Studies are increasingly showing that diet is as important for mental health as for physical health.
- **Stay connected.** Keep in touch with friends, family and other folks you feel comfortable with. Emotional support and friendship are important for good mental health.
- **Check in with your doctor.** Getting troublesome physical symptoms checked can ease your mind — so can having regular screening tests.



## MAKE A LIFESAVING CALL

If you or a loved one is having thoughts of suicide, call the toll-free [National Suicide Prevention Lifeline](#) at [1-800-273-TALK](#) (8255), 24 hours a day, seven days a week. All calls are confidential.



## HOW THE PROS CAN HELP

For many men, taking the steps to find someone you trust can be overwhelming and can often fall to the bottom of the priority list. But would you keep driving a car if its temperature gauge were climbing into the red?

The fact is, getting counseling can be the smartest step you can take. Many mental health conditions can be treated effectively with talk therapy, medications or a combination of both.

Men who get counseling learn to:

- Change behaviors that are causing problems.
- Learn new skills to face challenges and move forward.
- Set healthy goals.
- Develop problem-solving skills.
- Heal relationships.
- Increase confidence.
- Deal with anger, grief, fear and other strong emotions.

When you make the move to see a counselor, commit to being an active partner in your therapy. Think about what you want to achieve, and let your counselor or therapist know your goals. Be open and honest about your symptoms and behaviors, and be willing to consider making changes.

## PERSONALIZED CARE AT EL CAMINO HOSPITAL

Your path to wellness can start with a free mental health assessment at El Camino Hospital Mental Health and Addiction Services — call [866-789-6089](tel:866-789-6089) to make an appointment. Intensive outpatient programs at El Camino Hospital are a resource for individuals who are experiencing significant symptoms of a mental health condition. You'll be treated with respect and compassion, and you'll get the [specialized services](#) you need for your specific concerns. Mental health experts at El Camino Hospital work as a team to treat those who are in crisis or need intensive outpatient care for conditions including:

- [Anxiety disorders](#), such as obsessive-compulsive disorder, post-traumatic stress disorder, phobias and panic disorder.
- [Mood disorders](#), including depression and bipolar disorder.
- [Thought disorders](#).
- [Substance-use disorder](#).



**Get help from the best.** You'll get advanced treatments and comprehensive care for [mental health](#) at El Camino Hospital's Mental Health and Addiction Services. Call [866-789-6089](tel:866-789-6089) for an appointment to get started with expert, confidential care.

# ONLINE RESOURCES *FOR* MEN'S HEALTH

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USE THESE RESOURCES  
TO LEARN MORE ABOUT  
STAYING HEALTHY

## DIGESTIVE HEALTH

[Digestive Health](#). Learn how specialists at El Camino Hospital treat the full range of conditions that affect the digestive system.

[Digestive Health Specialty Programs](#). Read about interventional endoscopy and other specialty programs at El Camino Hospital.

[Foods for a Healthier Gut](#). Find out how your diet affects your digestive health.

## GENERAL MEN'S WELLNESS

[Medical Checkups Men Need to Stay Healthy](#). Check this list of recommended health and wellness tests and screenings.

[Men and Stress](#). Find out how stress affects men and women differently.

[Six Top Threats to Men's Health](#). Learn about these threats and how to avoid them.

[Are Bad Habits Killing You?](#) Take a look at some common habits that can affect your health.

## HEART HEALTH

[Men and Heart Health](#). Read about factors that can raise your risk of heart disease.

[Navigating Your Cardiovascular Care](#). Get tips to help you choose the right doctor, hospital and program for heart or vascular care.

[Erectile Dysfunction and Heart Disease](#). Learn how these two conditions are connected.

[Dietary Choices That Affect Your Heart](#). Read about foods that can raise your heart disease risk.

## ORTHOPEDICS

**[Injuries and Prevention.](#)** Learn about common injuries and how to prevent them.

**[Keep Your Knees and Hips Healthy.](#)** Discover how to reduce wear and tear on your joints.

**[Orthopedic Care at El Camino Hospital.](#)** Find out how the specialists at El Camino Hospital treat bone and joint conditions.

**[Understanding Back Pain.](#)** Read about the causes of back pain and how it's treated.

## SEXUAL DYSFUNCTION

**[Erectile Dysfunction.](#)** Learn how treatments at El Camino Hospital can restore sexual function to virtually every man.

**[Men's Health Program.](#)** Discover how the men's health team at El Camino Hospital provides a personal and confidential environment for discussing your sexual health.

**[Peyronie's Disease.](#)** Read about this connective tissue disorder of the penis.

**[Male Factor Infertility.](#)** Find out what causes male infertility.

## SLEEP HEALTH

**[Sleep Apnea.](#)** Find out how this disorder raises the risk for a number of serious conditions.

**[Sleep FAQ.](#)** Get answers to common questions about sleep.

**[Sleep Health.](#)** Learn how sleep experts at El Camino Hospital diagnose and treat sleep disorders.

**[Snoring and Health Risks: A Wake-Up Call.](#)** Find out how snoring is linked to a number of serious conditions.

## UROLOGY

**[Prostate Health.](#)** Learn about conditions of the prostate and how they are treated.

**[Urinary Incontinence in Men.](#)** Discover how this common problem is treated.

**[Urology Care at El Camino Hospital.](#)** Find out how the experts at El Camino Hospital treat urinary tract and reproductive system conditions in men.

**[Benign Prostatic Hyperplasia \(BPH\).](#)** Learn about this condition and how it's treated.

## MENTAL HEALTH

**[Men and Stress.](#)** Does stress affect men and women differently? Absolutely — and in ways that may surprise you.

**[Men: Are You Ignoring Your Stress?](#)** Stress impacts everybody at one time or another. Find out what symptoms are most common in men.

**[Men: Could You Be Depressed?](#)** Learn about depression and how it's treated.



## **FIND A DOCTOR**

Need to find a doctor? We can help. Use our Find a Doctor tool to find someone near you. Or, if you'd like personal assistance, call the El Camino Health Line at 800-216-5556.

## **SOUTH ASIAN HEART CENTER**

For more information about how we help improve the health of members of the South Asian community, visit the South Asian Heart Center or call 650-940-7242.

## **CHINESE HEALTH INITIATIVE**

Our network of primary care physicians and specialists is committed to treating, educating and working with the Chinese community. To find a Chinese-speaking physician call 650-988-3234.

## **HEALTH LIBRARY & RESOURCE CENTER (HLRC)**

Both El Camino Hospital campuses have on-site libraries that provide access to a world of high-quality health and medical information. You can visit HLRC in person or call to speak to a librarian who can assist you in a custom search for topics of interest.

### **HLRC Hours and Contact Information**

#### **Mountain View Campus**

Monday-Friday, 8 a.m.-5 p.m.

[650-940-7210](tel:650-940-7210)

#### **Los Gatos Campus**

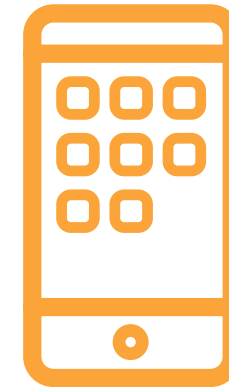
Monday-Thursday, 9 a.m.-3:30 p.m.

[408-866-4044](tel:408-866-4044)

## **Family Health Mobile App for Managing Your Health and Wellness**

El Camino Hospital is offering the Family Health Mobile app for your smartphone, an exclusive FREE tool that provides a simple, secure way to track your health data and get relevant, valuable information for every member of the family all at your fingertips!

**To download the app, text "Grow" to 650-203-2493.**





**El Camino Hospital**<sup>®</sup>  
THE HOSPITAL OF SILICON VALLEY

**800-216-5556**

**[www.elcaminohospital.org](http://www.elcaminohospital.org)**



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