



June 2018

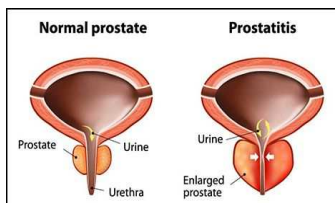
### Men's Health Month

In honor of *Men's Health Month*, this edition will focus on topics of particular interest to men.

#### What is Prostatitis?

The prostate is a walnut-sized gland that all men have. It's found below your bladder and in front of your rectum. The job of the prostate is to make fluid that contains sperm (semen).

If your prostate becomes swollen, tender, and inflamed, you have a condition called "prostatitis". This isn't cancer, and it's different from having an "enlarged prostate."



There are two main categories of prostatitis, acute, with 1 type and chronic, which has 3 types. Each has its own set of symptoms and causes.

**Acute bacterial prostatitis.** Your urinary tract is made up of your kidneys, bladder, and the tubes that pass between them. If bacteria from these areas finds its way into your prostate, you can get an infection.

This type of prostatitis comes on quickly. You might suddenly have:

- High fever, chills, muscle aches, joint pain.
- Pain at the base of your penis or behind your scrotum.
- Lower back pain.
- Feeling like you need to have a bowel movement.
- Trouble peeing. Weak urine stream.

**Acute bacterial prostatitis is a severe condition. If you notice these symptoms, seek medical care right away.**

**Chronic bacterial prostatitis.** More common in older men. A milder bacterial infection that can linger for several months. Some men get it after they've had a urinary tract infection (UTI) or acute bacterial prostatitis.

The symptoms of chronic bacterial prostatitis often come and go. This makes them easy to miss.

**Chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS).** The most common type of prostatitis, it shares many of the same signs as bacterial prostatitis. The difference is, when tested no bacteria are found.

The main sign of CP/CPPS is pain that lasts more than 3 months in at least one of the body parts listed below.

Chronic bacterial prostatitis and CP/CPPS share many of the same signs. If you experience any of the following symptoms, see your doctor for an evaluation.

- **Pain** in the penis (often at the tip), lower back, scrotum, between your scrotum and rectum, lower abdomen or rectum. Pain after you ejaculate or when you pee.
- **Urination problems.** An urgent need to pee, often in the middle of the night, not able to hold your urine, or having to pee more than 8 times a day. A weak urine stream or urinary blockage (no urine comes out), getting a UTI.
- **Other symptoms.** A "heavy" feeling behind your scrotum, blood in your semen.

**Asymptomatic prostatitis.** Having an inflamed prostate but no symptoms. You may only learn you have it if you have a blood test that checks your prostate health. Asymptomatic prostatitis doesn't need any treatment, but it can lead to infertility.

#### Prostatitis Risk Factors

You're more likely to have problems with your prostate if:

- You're between the ages of 36 and 50.
- You've had a UTI, groin injury or prostate biopsy.
- You use a urinary catheter.
- You have HIV/AIDS.
- You've had prostatitis before.

An inflamed or infected prostate gland is common in men of all ages.

If you have prostatitis, your doctor can help you find ways to manage your symptoms and control your pain.



### June 9th National Get Outdoors Day

Research shows that spending time in nature can boost your mood and help you sleep more soundly. Find out more: [nationalgetoutdoorsday.org](http://nationalgetoutdoorsday.org)

## Jock Itch - It's the itch you shouldn't scratch -- especially in public.

**Tinea**  
(Ringworm, Jock Itch, Athlete's Foot)

Jock itch is an infection with a type of fungus called tinea (a form of ringworm). It likes to live in warm, moist places on your body. People who sweat a lot, are overweight, or have a skin condition called eczema, tend to get it.

**What Are the Symptoms of Jock Itch?** It's typically found in your groin, inner thighs, or anus. Symptoms include:

- ◆ Itching and burning
- ◆ A red, scaly, circular rash with raised edges
- ◆ Cracking, flaking, or peeling skin

**How Did I Get This?** It may have happened if you:

- Wear clothes that are tight and irritate your skin.
- Have moisture in the groin area from sweating.
- Leave on a wet bathing suit for a long time.
- Share damp towels or sweaty clothing.
- Are in close contact with someone with jock itch.

**How Is It Diagnosed?** Your doctor may be able to tell it's jock itch just by looking at the rash and hearing about your symptoms. In some cases, he'll take a sample of the skin rash to look at it under the microscope.

**How Do I Get Rid of It?** Untreated, it can last for months. But over-the-counter medicines called antifungals probably can clear it up in a few weeks. These are available in creams, powders, and sprays. If it's not better in a couple of weeks see your doctor because you may need a stronger medicine.

You'll also need to keep the area clean and dry. Take these steps for faster healing:

- Wash the area, then dry using a clean towel.
- Use another towel on the rest of your body.
- Read the medicine label and apply it as directed. Use it for as long as recommended; the infection may come back if you stop sooner.



**How Do I Prevent It?** Use good hygiene:

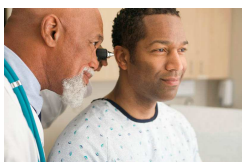
- **Bathe:** Shower or take a bath daily and again after playing sports or working out.
- **Stay dry:** Pat your groin area dry with a clean towel. Ask your doctor about using an antifungal powder.
- **Don't share:** Don't let others use your towels or other personal items.
- **Wear clean clothes:** Wash workout clothes or sports uniforms after each use. Change your underwear every day or more often if you sweat a lot. Make sure athletic supporters (cups) are clean.
- **Loosen up:** Avoid tight-fitting clothes and underwear. They can rub and chafe your skin and make you more prone to getting jock itch. Consider switching to boxers if you wear briefs.

If you have a fungal infection like athlete's foot (*tinea pedis*), it could spread to your groin and cause jock itch.

## 7 Muscle Foods for Men

Muscle growth requires drinking plenty of fluids and eating the right energy-rich foods along with lifting weights. The right formula will fuel workouts, repair muscle tissue, and help you sculpt your physique.

1. **Fruit and vegetables** are the foundation of all healthy diets, providing fiber, vitamins, minerals, fluids, and small amounts of protein.
2. **Low-fat dairy** provides high-quality protein, carbs, and essential vitamins such as vitamin D, potassium, and calcium.
3. **Lean meat** is a great source of protein, iron for oxygen transport to muscles, and amino acids including leucine, a trigger for muscle growth.
4. **Dark-meat chicken** provides 25% more iron and three times the zinc for a healthy immune system compared to white meat.
5. **Eggs** contain all of the essential amino acids. One a day is fine, but don't throw out the yolk. Half the protein is in the yolk along with other important nutrients like lutein for eye health.
6. **Nuts** are a good source of protein and contain vitamins, antioxidants, fiber, and healthy fats.
7. **Beans and whole grains** are quality carbs that contain small amounts of protein for energy and muscle repair along with fiber, vitamins, and antioxidants.



## Hey Guys! Remember to Get Your Annual Checkup

55 Percent of men don't get an annual checkup. Showing up once a year for a thorough physical exam and appropriate screening tests can help avoid multiple visits down the road.