

Blood Vessel Disease

As we grow older, our arteries become narrower. For people who smoke, have high blood pressure, are under stress, or have raised cholesterol levels, the likelihood of excessive narrowing is increased. Some people have two or three of these risk factors and they are much more likely to have their arteries completely blocked.

Diabetes sufferers are at greater risk of blood vessel disease, with this risk being increased even further if they smoke.

A blockage of a coronary artery can result in a heart attack while a stroke may occur if the blockage is in an artery going to the brain.

To reduce the risk of early death it is recommended that you stop smoking, high blood pressure is controlled and that cholesterol levels are monitored.

Please consult your doctor for advice or assistance.



Normal Blood Flow

Partial blockage can restrict blood flow

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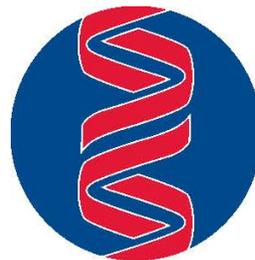


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Men's Health Issues



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Kidney Disease

Serious kidney disease and kidney failure can often be prevented provided that you visit your doctor if you notice:

- blood in urine
- swelling in legs or feet

However, often there are no obvious symptoms. Ingestion of large amounts of analgesics, high blood pressure or diabetes may be associated with kidney damage.

If you suspect that you may have a kidney problem, you should see your doctor to arrange a general examination, blood pressure test, urine tests and blood tests if necessary.

After studying the results of these tests, your doctor may decide to refer you to a kidney specialist.

Sexual Dysfunction

Most men occasionally have difficulty in attaining or maintaining an erection. This condition is termed impotence.

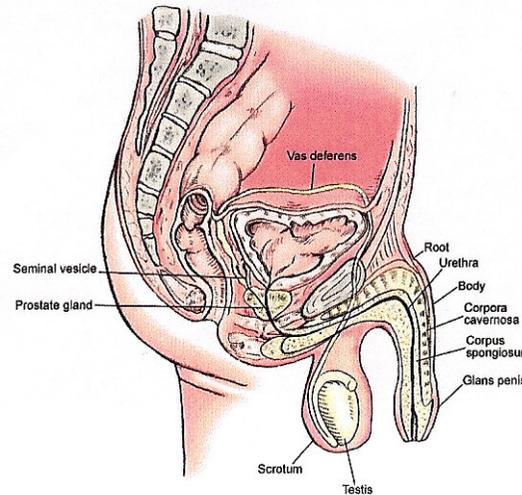
Impotence affects about 10% of adult males. There are several causes of impotence including:

- diabetes
- stress
- atherosclerosis
- performance anxiety
- medication
- relationship problems
- hormone problems
- kidney disease

To determine the cause of impotence it is necessary to consult your doctor who may refer you to a urologist for investigation and appropriate treatment.

Infertility

Infertility is relatively common, occurring in about 15% of couples. Male factors are responsible in about 40% of these cases. There are a variety of causes including duct blockages, testicular problems, chromosome abnormalities and hormone excess or deficiency. In some cases no obvious cause can be found. However you may benefit from consulting your doctor to have the cause investigated, as it may be possible to correct the problem.



Prostrate & Bladder Problems

The prostate gland is found only in males where its function is to produce a fluid that nourishes sperm. The normal adult prostate is about the size of a walnut. As men grow older the prostate often enlarges. Although the cause is usually benign, this Prostrate enlargement can interfere with urination.

Symptoms include:

- frequency of urination
- slowing of urinary flow
- problems in starting or stopping the urine flow
- urgency

If you have the following symptoms you should seek early medical help:

- blood in urine. This may indicate a serious problem and should not be ignored.
- pain associated with passing urine

Testicular Cancer

Any man can develop testicular cancer, however, it is most common in men between the ages of 15 and 45 years.

From puberty through to about 45 years of age, all men should examine their testicles once a month. Whilst you may not have any pain or discomfort, you should note:

- change in testicular size or shape
- hard lumps on the testicles
- dragging feeling in the groin
- swelling of the testicles or groin

It is not uncommon for conditions such as infections or cysts to cause symptoms like those listed above, although these may be associated with pain.

Please see your doctor if you notice any of these symptoms.

