
Diabetes

Type 2 diabetes is on the rise. It's caused by too much sugar and runs in families. If you have any of these symptoms, ask a doctor or nurse for a diabetes check:

- Always thirsty
- Blurred vision
- Slow healing wounds
- Tingling hands and feet

Moles

Keep an eye on your moles and spots. If they itch, bleed, change shape, or change size, make an appointment to see a doctor. If your doctor suspects skin cancer, the area can be removed. Melanoma spreads quickly so act immediately.

Drugs & Alcohol

If you think you're overdoing it and want help to cut back, call the Alcohol and Drug Helpline on 0800 787 797 or go to alcoholdrughelp.org.nz.

Prevention

The best thing we can do for our health is eat right and stay active. The next best thing we can do is take notice of our symptoms and get them checked out. It's our responsibility!



#MenStartTalking

How to Find a Doctor




If you don't have a doctor, go to healthpoint.co.nz and select "GPs (General Practitioners)" to find one in your area. Or, ask your friends who they go to.

About Us

Men's Health Trust NZ was established in 2007 as a national charity. Our purpose is to inspire men to make positive and rewarding lifestyle choices. We do this by providing information and education programmes that encourage and promote good health.

Contact Us

Men's Health Trust
PO Box 105020
Auckland 1143
T 09 973 4161
E info@menshealthnz.org.nz

-  www.menshealthnz.org.nz
-  www.facebook.com/menshealthnz.org.nz
-  [@menshealthnz](https://twitter.com/menshealthnz)

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Men's Health Signs & Symptoms

www.menshealthnz.org.nz

How do I know when I need a doctor for men's stuff?

There are certain signs and symptoms we need to watch out for. The key is to spot them early and get them checked out by your doctor.

If you think talking about these things with your doctor might be embarrassing, don't worry, they deal with this stuff every day.

Don't leave it too late

Peeing Problems

Peeing problems can be a sign of a urinary infection, an STI, an enlarged prostate, or an early indicator of prostate, kidney or bladder cancer. See a doctor if you have any of these symptoms:

- Needing to go urgently
- Difficulty starting or stopping
- Dribbling and leaking
- Pain or burning
- Blood in your pee

Blood in Your Poo

Always have a quick look down the loo after you go. Blood in your poo is a sure sign something's wrong. Odds are it will be haemorrhoids, but it can also be an early indicator of colon cancer. If your poo is black, it can mean that you are bleeding internally, possibly as a result of an ulcer or cancer. If you notice these things, see a doctor.



Erection Problems

Erection problems are commonly caused by restricted blood flow to the penis, often a symptom of a treatable health issue such as high blood pressure or diabetes. Other treatable causes include anxiety and side effects from medications. Talk to a doctor about it. The longer you leave it, the more strain it will put on you and your relationships.

Check Your Balls

Look for noticeable changes in size and feel for lumps. These might be as small as a pea or as large as an egg. Watch a video of how to examine your balls at testicular.org.nz. If you find anything unusual, go to a doctor and get it checked out.

Chest Pain

Chest pains, shortness of breath, and light headedness can be early signs we might be heading for a heart attack. Don't wait till you have one, it could be fatal. Go and see a doctor about your symptoms and get it under control.

Lasting Cough

A long-lasting cough, sore chest, and coughing up blood can be symptoms of a chest infection, pneumonia, or lung cancer. Ask a doctor to check it out.