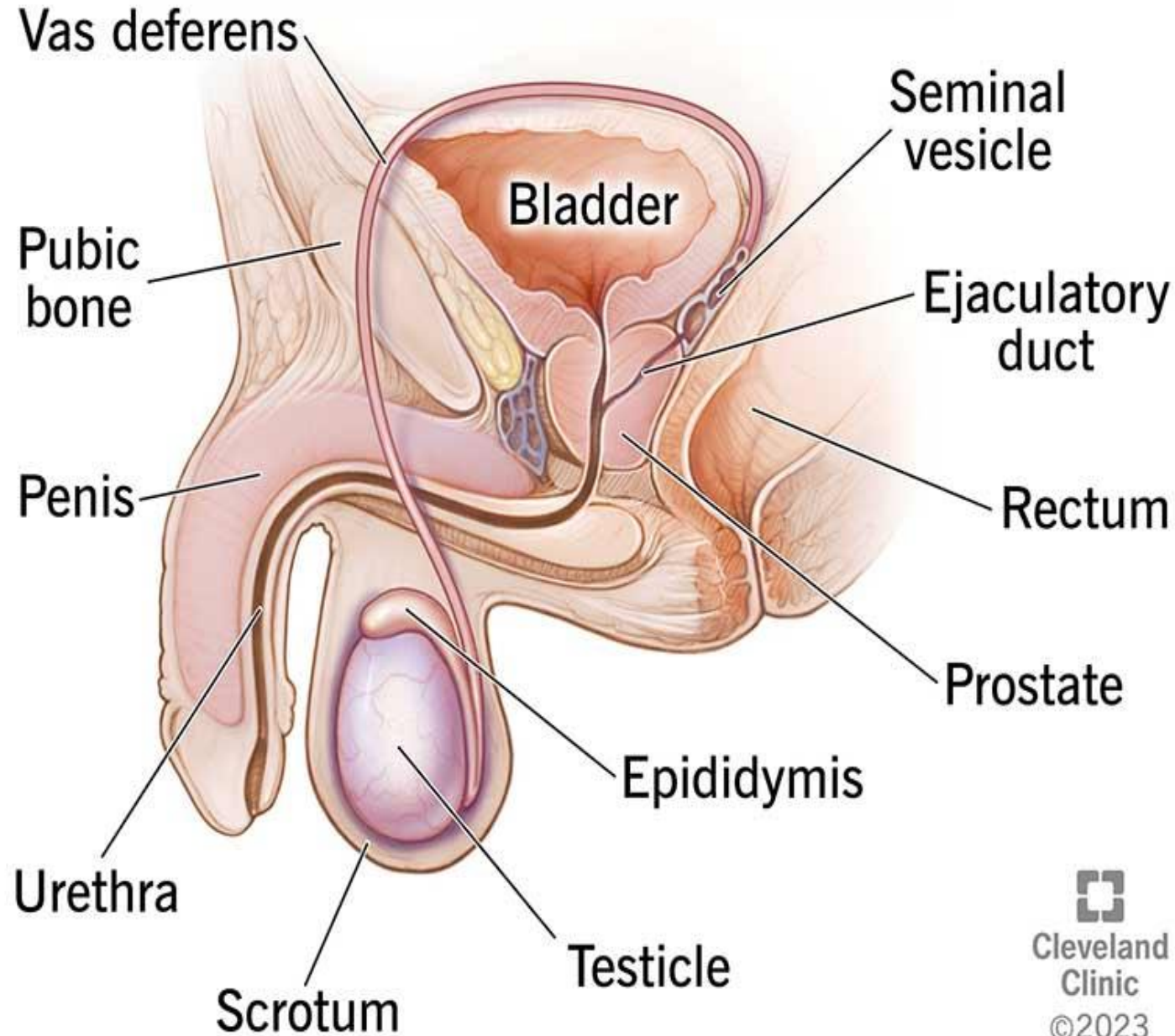


Male Reproductive System



MEN'S HEALTH WEEK

Mon 10th - Sun 16th June 2024

**KNOW
YOUR
NUMBERS**

Find out more at:
www.mhfi.org
#MensHealthWeek



**MEN'S
HEALTH
COUNTS**



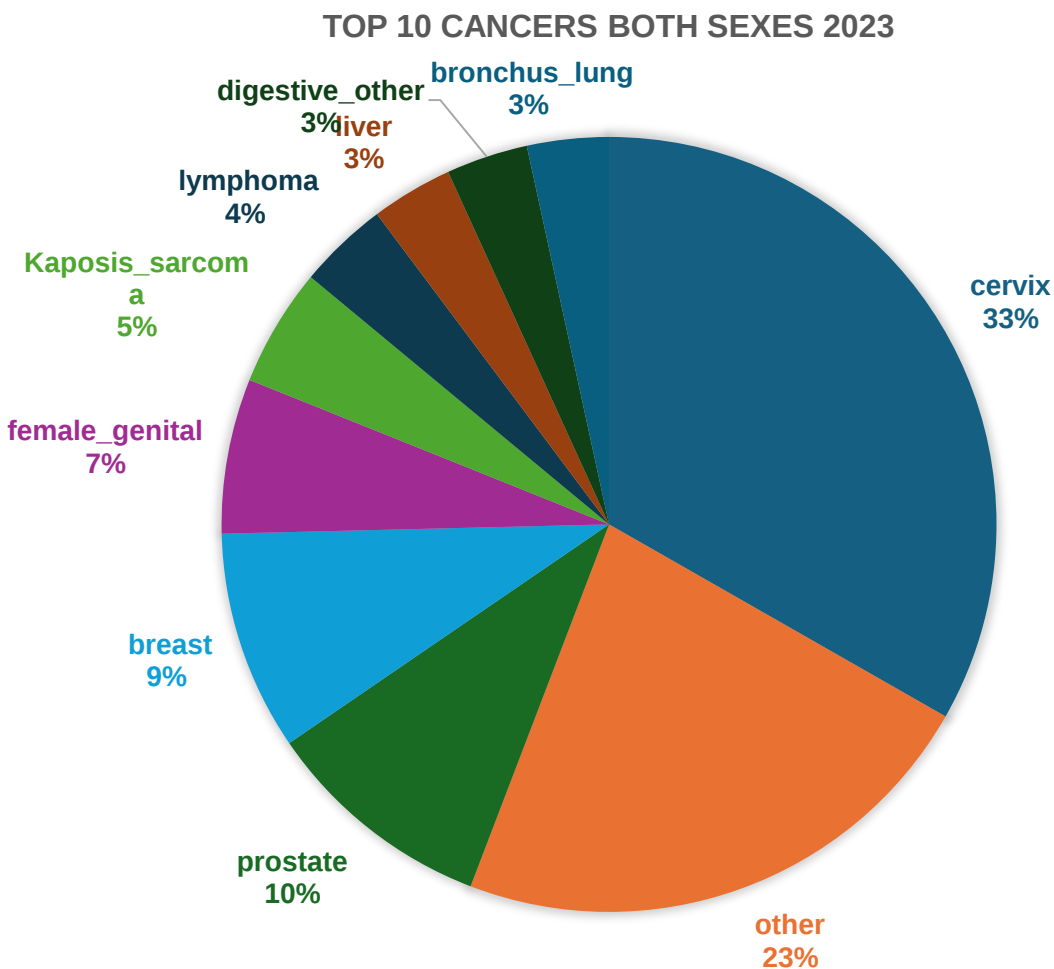


COMMON MALE REPRODUCTIVE DISORDERS and CANCER

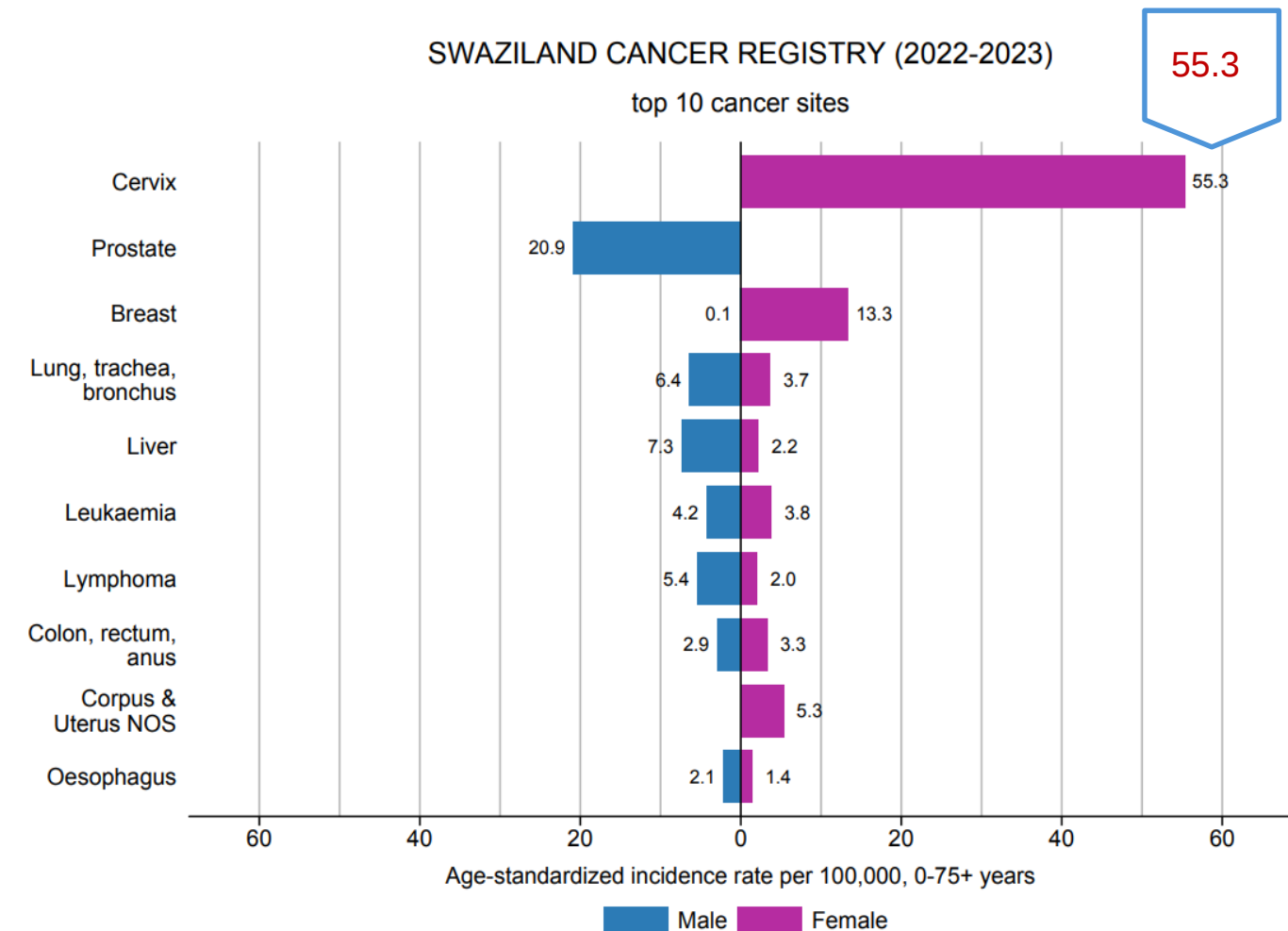
JUNE 2024

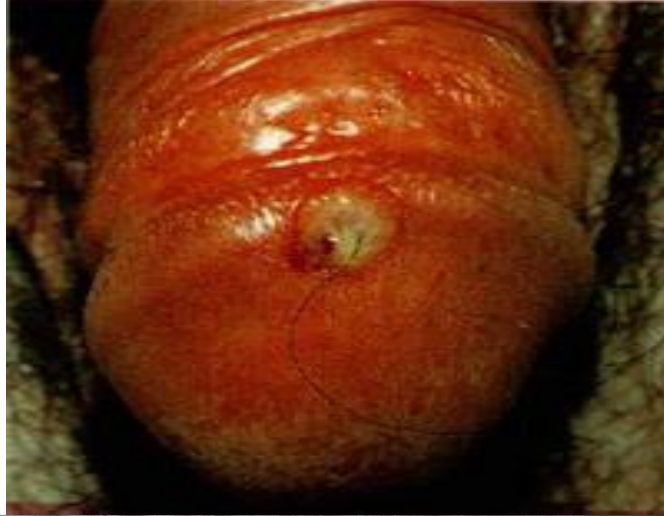
BY : Nurse Busisiwe Gama

TOP 10 SITES, 2023



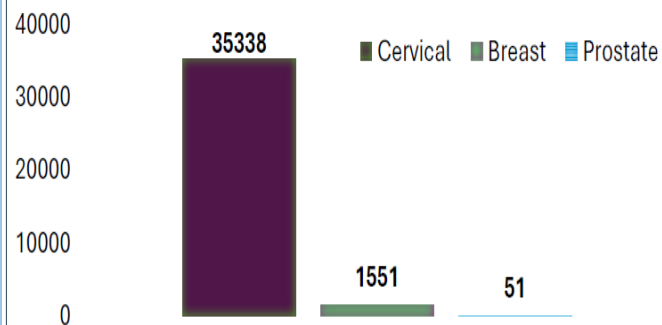
ASR



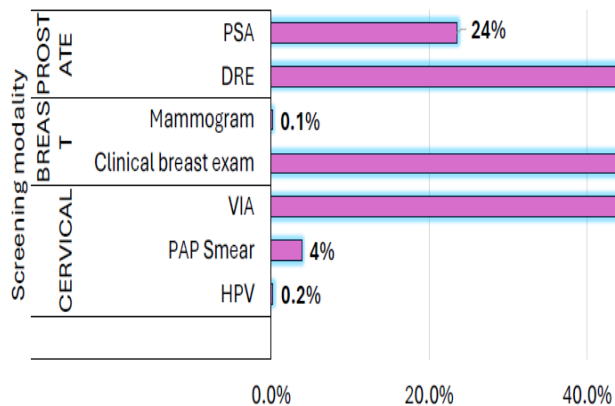




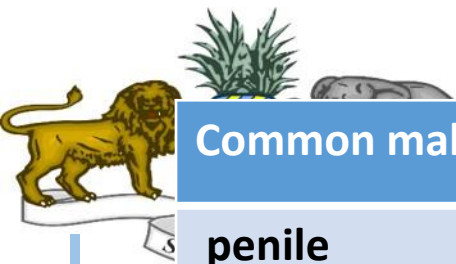
NUMBER OF PEOPLE SCREENED FOR CANCER, 2023



Percentage of people screened for cancer by screening modality



TYPE OF CANCER	# of ADMISSIONS	TYPE OF CANCER	# of DEATHS
Cervix Oteri	234	Prostate	13
Prostate	86	Cervix Oteri	13
Esophagus	47	Trachea, Bronchus and Lung	5
Rectum, Rectosigmoid Junction and Anus	40	Brain	5
Trachea, Bronchus and Lung	38	Esophagus	5
Female Breast	26	Liver and Intrahepatic Bile Ducts	4
Brain	22	Gallbladder and Extrahepatic Bile Duct	3
Penis and Other Male Genital Organs	22	Rectum, Rectosigmoid Junction and Anus	3
Liver and Intrahepatic Bile Ducts	18	Female Breast	3
Colon	17	Ovary and Other Uterine Adnexa	3



Common male reproductive cancers	Common male reproductive disorders/symptoms
penile	Penile Disorders Peyronie's Disease: Phimosis. Paraphimosis
Testicular	Erectile Dysfunction (ED)
prostate	Prostitis
	Testicular Disorders(torsion,varicocele)
	Sexually Transmitted Infections (STIs)
	Benign Prostatic Hyperplasia (BPH)
	Infertility
	Hypogonadism



Erectile Dysfunction (ED)



- **Description:** Inability to achieve or maintain an erection sufficient for sexual intercourse.
- **Causes:** Cardiovascular disease, diabetes, hormonal imbalances, psychological factors, medications.
- **Symptoms:** Difficulty getting or keeping an erection; reduced sexual desire



Sexually Transmitted Infections (STIs)

- **Examples:** Chlamydia, gonorrhea, syphilis, human papillomavirus (HPV), herpes.
- **Symptoms:** Can vary widely but may include sores, discharge, itching, pain during urination, and flu-like symptoms.



Infertility



- **Description:** Inability to conceive after one year of unprotected intercourse.
- **Causes:** Low sperm count or quality, hormonal imbalances, genetic factors, varicocele, infections.
- **Symptoms:** Often asymptomatic aside from difficulty conceiving.



Hypogonadism

- **Description:** Reduced function of the gonads (testes), leading to low testosterone levels.
- **Causes:** Genetic conditions, injury, autoimmune disorders, infections, aging.
- **Symptoms:** Reduced libido, erectile dysfunction, infertility, fatigue, decreased muscle mass, osteoporosis.



Benign Prostatic Hyperplasia (BPH)



- **Description:** Non-cancerous enlargement of the prostate gland, common in older men.
- **Causes:** Aging, hormonal changes.
- **Symptoms:** Frequent urination, especially at night; weak urine stream; difficulty starting urination; feeling of incomplete bladder emptying ([UNICEF](#)) ([African Cancer Registry](#)).



Prostatitis



- **Description:** Inflammation of the prostate gland, which can be bacterial or non-bacterial.
- **Causes:** Bacterial infection, immune or nervous system disorders.
- **Symptoms:** Painful urination; pelvic pain; flu-like symptoms (if bacterial); painful ejaculation.



Testicular Disorders



- **Testicular Torsion:** A medical emergency where the spermatic cord twists, cutting off blood supply to the testicle; severe pain and swelling in the scrotum.
- **Testicular Cancer:** Often presents as a lump or swelling in the testicle; pain or discomfort in the scrotum or testicles.
- **Varicocele:** Enlarged veins within the scrotum, similar to varicose veins; can cause a dull ache and contribute to infertility.



Penile Disorders



- **Peyronie's Disease:** Development of fibrous scar tissue inside the penis causing curved, painful erections.
- **Phimosis :** Conditions affecting the foreskin; phimosis is the inability to retract the foreskin.
- **Paraphimosis** is when the retracted foreskin cannot return to its normal position, potentially leading to constriction and swelling.



What are male reproductive cancers



- result of abnormal growth of body cells that occur in the organs of the male reproductive system.
- The primary types include prostate cancer, testicular cancer, and penile cancer.
- Symptoms depend on the type and location of the cancer.
- Breast cancer is not considered a cancer of the male reproductive organs. However, men can develop breast cancer



Causes and Risk Factors



- **Genetic Factors:** Family history of cancer can increase the risk.
- **Lifestyle Factors:** Smoking, diet, and sexual practices (e.g. STIs- HPV related cancers).
- **Environmental Factors:** Exposure to certain chemicals and chronic infections.
- **Medical Conditions:** Conditions like undescended testicles (cryptorchidism) for testicular cancer and phimosis for penile cancer.



Testicular Cancer



- **Location:** Testicles (testes), which produce sperm and testosterone.
- **Prevalence:** Most common in younger men, particularly those aged 15-35.
- **Symptoms:** A lump or swelling in the testicle, a feeling of heaviness in the scrotum, dull ache in the lower abdomen or groin, sudden collection of fluid in the scrotum, and discomfort or pain in a testicle or the scrotum ([UNICEF](#)).



Penile Cancer



- **Location:** Penis, particularly in the foreskin or glans (head of the penis).
- **Prevalence:** Rare compared to other male reproductive cancers.
- **Symptoms:** Changes in skin color or thickness on the penis, a lump or ulcer that may bleed, foul-smelling discharge, and pain ([UNICEF](#)).



Prostate Cancer



- **Location:** Prostate gland, which produces seminal fluid that nourishes and transports sperm.
- **Prevalence:** The most common cancer among men worldwide and a leading cause of cancer death.
- **Symptoms:** Difficulty urinating, blood in urine or semen, erectile dysfunction, discomfort in the pelvic area, and lower back pain ([UNICEF](#)) ([African Cancer Registry](#)).



TREATMENT



- Treatment for male reproductive cancers varies based on the type of cancer, its stage, and the patient's overall health.
- Surgery
- Radiation Therapy
- Hormone Therapy (Androgen Deprivation Therapy): Reduces levels of male hormones to slow cancer growth.
- Chemotherapy
- Immunotherapy: Uses the body's immune system to fight cancer, such as the use of checkpoint inhibitors (African Cancer Registry) (UNICEF)



Understanding Male Breast Cancer



- **Location:** Breast tissue, which men have in small amounts behind their nipples.
- **Prevalence:** Rare in men, accounting for less than 1% of all breast cancer cases. Most commonly diagnosed in men between the ages of 60 and 70.
- **Symptoms:** Lump in the breast, nipple pain or retraction, discharge from the nipple, sores or ulcers on the breast, and swollen lymph nodes under the arm.
- **Causes and Risk Factors**
- **Genetic Factors:** Family history of breast cancer, especially mutations in the BRCA1 and BRCA2 genes.
- **Hormonal Factors:** Higher levels of estrogen, which can occur due to conditions like obesity, liver disease, or hormonal treatments.
- **Other Factors:** Radiation exposure, Klinefelter syndrome, and certain occupations that involve exposure to heat or radiation.
- **Diagnosis and Treatment**
- **Diagnosis:** Physical examinations, mammography, ultrasound, biopsy, and genetic testing.
- **Treatment:** Surgery (mastectomy), radiation therapy, chemotherapy, hormone therapy (such as tamoxifen), and targeted therapy.



CHECK YOUR TESTICLES



CHECK YOUR TESTICLES
AT LEAST ONCE A MONTH



PERFORM THE TEST
IN THE SHOWER



SOAP
YOURSELF UP



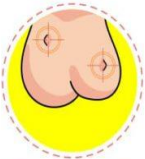
CHECK ONE TESTICLE
AT THE TIME



GENTLY ROLL IT
BETWEEN THE FINGERS



FEEL UP THE SPERMATIC CORDS
ON THE BACK SIDE OF TESTICLES



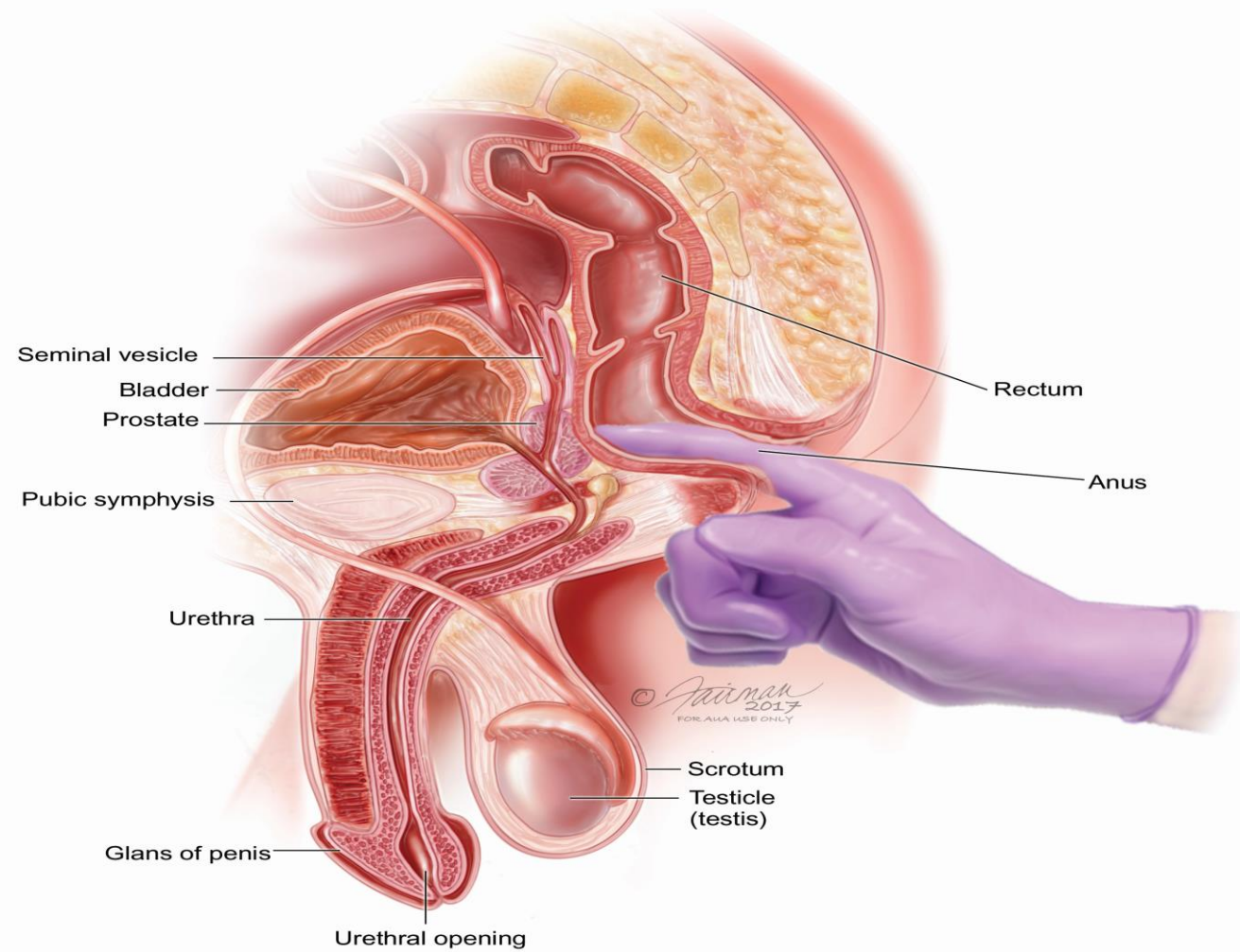
LOOK FOR HARD LUMPS,
SMOOTH OR ROUNDED BUMPS ...



...CHANGES IN SIZE,
SHAPE OR CONSISTENCY...



...OR ANY
PAINFUL AREAS





- SIYABONGA
- THERE IS
No I IN A
TEAM.....!!



Cancer Care Continuum | Public Health