

November Topic: Men's Health

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HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

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PHARMACY HOURS:

Monday-Wednesday, Friday

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Thursday

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Prostate Health: BPH

What is it? Benign Prostatic Hyperplasia (BPH) is a noncancerous enlargement of the prostate gland

Symptoms

- Frequent urination
- Getting up to urinate multiple times at night
- Slow urinary stream
- Difficulty emptying bladder
- Hesitancy
- Straining or pushing to urinate

Treatment:

- Mild symptoms
 - Watchful waiting: if symptoms do not hinder daily routines
- Moderate symptoms -Medications
 - **Alpha 1 blockers**- Relax the prostate
 - Terazosin, Doxazosin, Alfuzosin, Tamsulosin, Silodosin
 - **5 alpha reductase inhibitors**- Shrink the size of the prostate
 - Finasteride, Dutasteride
 - **Phosphodiesterase5 inhibitors**- Relax the prostate and help with trouble getting an erection
 - Tadalafil, Sildenafil, Vardenafil
 - **Anticholinergic agents**- helps with frequent urination and urination in the middle of the night
 - Oxybutynin, Tolterodine, Darfenacin, Solifenacin
- Severe symptoms
 - Complications of BPH that may lead to surgery

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Prostate Cancer Facts

- The most common cause of cancer in men
- 2nd leading cause of death in American men (behind lung cancer)
- There are ~2.8 million men living with prostate cancer in the USA

Most men do not die from prostate cancer, but **undiagnosed** prostate cancer kills about 30,000 men each year

How Often Should You Be Screened?

- Yearly if PSA results are ≥ 2.5 ng/mL
- Every 2 years if PSA < 2.5 ng/mL

Prostate Health: Cancer

When Should You Have Your Prostate Checked?

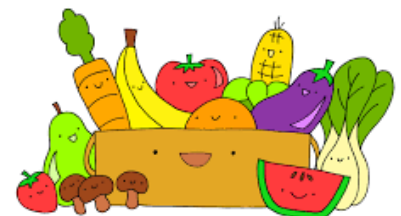
Age	Risk
50	Average Risk <ul style="list-style-type: none"> • Men <u>without</u> any family history of prostate cancer
45	Higher Risk <ul style="list-style-type: none"> • <u>African Americans</u>: <ul style="list-style-type: none"> ○ Rate of prostate cancer is twice as high as any other race • Men with a 1st degree relative diagnosed with prostate cancer younger than age 65
40	Highest Risk <ul style="list-style-type: none"> • Men with more than one 1st degree relative diagnosed with prostate cancer younger than age 65

Signs and Symptoms of Prostate Cancer

- Chronic pain in the lower region of the body (hip, thighs, and lower back)
- Difficulty urinating or pain while urinating
- Blood in the urine or semen
- Trouble getting an erection

Prostate Healthy Tips

- Diet: Avoid red meat, processed foods, and high-fat dairy products.
 - Incorporate fruits, vegetables, and whole grains into your diet
- Exercise: Obesity can increase the risk for prostate cancer
- Avoid tobacco use



Low Testosterone (Low T)

What Is Testosterone? A hormone in men that stimulates the development of things like hair, increases muscle mass, and stimulates sex drive.

-Women have testosterone also, but in much less amounts

What is a normal Testosterone level? 250-850 ng/dl
Testosterone Production Decreases with Age:

- Age 40 y/o: 2-5%
- Age 50 y/o: 15-25%
- Age 70 y/o: 30-70%

Treatment Options: prescription testosterone comes in many forms: ointment, cream, solution, gel, patch, implant, and muscular injection.

***Precautions:** Testosterone may be transferred to another person following skin-to-skin contact with the application site. Women and children should avoid contact with the application site of men using topical products. There is also a risk of cardiovascular events in men receiving testosterone that should be discussed with your doctor.

SIGNS & SYMPTOMS OF LOW TESTOSTERONE

- *Reduced sex drive & sexual dysfunction*
- *Depression & fatigue*
- *Decreased bone mass*
- *Reduced muscle mass & strength*



Talk to your doctor about which testosterone option is best for you

Testosterone injections can be administered at the State Wellness Center if you have a prescription, schedule your appointment today!

References:

1. Lee M. Benign prostatic hyperplasia. In: DiPiro JT, Talbert RL, Yee GC, Matzke GR, Wells BG, Posey LM, editors. *Pharmacotherapy: A pathophysiologic approach*. 9th ed. New York: McGraw-Hill Medical; c2014. Chapter 67.
2. Sarma AV, Wei JT. Benign prostatic hyperplasia and lower urinary tract symptoms. *N Engl J Med*. 2012;367:248-57.
3. Prostate Cancer Prevention and Early Detection [Internet]. Atlanta: American Cancer Society; c2016. 2016 Apr 14 [cited 2016 Oct 24]; [about 15 screens]. Available from: <http://www.cancer.org/acs/groups/cid/documents/webcontent/003182-pdf.pdf>
4. Prostate Health Guide [Internet]. Men's Health Network. ; c2016. [cited 2016 Oct 24]; [about 4 screens]. Available form: <http://www.prostatehealthguide.com>
5. Lee M, Sharifi R. Common medical disorders of aging males: clinical laboratory tests and monitoring. In: *Basic Skills in Interpreting Laboratory Data*. 5th ed.



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https://auburn.qualtrics.com/SE/?SID=SV_3DXRXyUp8KC7Lzn

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APPOINTMENT
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(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management