

Men's Health and Cancer

There are medical conditions that can only affect men and can be acquired from the moment of conception. On the other hand, there are health problems that appear over time due to different reasons such as age, family history, poor eating habits, lack of exercise, high-risk behaviors, and lack of medical monitoring. To maintain an optimal health, it is important to practice healthy lifestyles and get routine medical checkups. In this way, it is possible to avoid the appearance of some disease as cancer, even delay the evolution of any stage disease or receive the appropriate treatment to prevent a disease and improve health. Cancer treatment may be more effective when it is found early.



Types of cancer:

Prostate cancer:

It is the second most common type of cancer in the United States. Most people with prostate cancer are men over the age of 65. Most do not die from this disease. Discuss with your doctor about the corresponding preventive examinations. Early detection and treatment are important factors to fight against this disease.

Testicular cancer:

It is rare and it is usually diagnosed between the ages of 20 to 34 years. Most testicular cancers can be cured. Testicular cancer usually begins in the cells that produce sperm in the testicle. If you notice symptoms such as enlargement, pain, or heaviness in one or both testicles, even pain in the abdomen or backaches, contact your doctor as soon as possible to learn more about the screening tests that are adequate for you.

Colorectal cancer:

Also known as colon cancer. It originates in the colon or the rectum. With regard to the rectum, this straight portion is the lower part of the large intestine that connect to the sigmoid colon until the anus. It is a very common type of cancer in the United States, for both women and men. If you are age 45 or older, ask your doctor if colon cancer screening is appropriate.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can deal with emotional and physical concerns during and after your treatment, visit your primary care physician or contact the following hotlines:

Medical Advice Line

1-844-347-7801 – TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

Referencias:

Información para los hombres. CDC. Recuperado de (2018)<https://www.cdc.gov/preconception/spanish/men.html>
 Cáncer de Próstata. CDC. Recuperado de (2021)<https://www.cdc.gov/spanish/cancer/prostate/index.htm>
 Cáncer de testículo. NIH. Recuperado de <https://www.cancer.gov/espanol/tipos/testiculo>

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