

Men's Health Evening 21/10/14

- Welcome
- Dr Robin Pullen (GP Partner, PMG) Dr Emily Reynolds (Foundation Doctor, PMG), Mary Adams (Patient and Public Engagement Manager, North Somerset CCG), Dr Gerwyn Owen (GP Partner, PMG)
- Kath Payne (Practice Manager, PMG)
- Patient Participation Group Representatives



Dr Emily Reynolds

Dr Robin Pullen



Erectile problems and Sexual Health



Erectile Problems

- Often called erectile dysfunction
- Common-about half of men between age 40-70 and about 7 in 10 men aged 70 and over
- Cause is usually due to change in blood flow but other conditions too such as Diabetes, Multiple Sclerosis, Parkinson's disease. Some prescribed medication, Alcohol and long distance cycling!

Erectile Problems

- Improving general health helps i.e. stop smoking, losing weight and exercise, healthy diet and reducing alcohol
- Treatment options-by mouth, injected, into the urethra and vacuum devices
- Treating underlying conditions such as Diabetes etc
- Counselling
- Specialist advice

Erectile Problems

- Prescribed medication limited on NHS to specific groups e.g. Diabetes, MS, Parkinson's disease, polio, prostate cancer, and pelvic surgery
- Sildenafil (Viagra) now very cheap
- Do talk to us!

Sexual Health

- Lifestyle choices
- Contraception and its role in keeping men healthy
- Infections

Sexually Transmitted Infections (STIs)

- Commonest in 15-24yr olds. Some studies suggest that 1 in 4 people in this group are infected in some way
- What are they?
- Warts, Chlamydia, Genital Herpes, Gonorrhoea, Hepatitis B and C (small risk in the latter), Syphilis, Pubic Lice, Trichomonas, HIV

STIs

- What do I look for?
- Discharge from the penis, sore, rash, ulcer or lump on penis or back passage.
- Pain when you have sex
- Pain on passing urine
- Swelling of glands in the groin

STIs

- What do I do?
- See your GP or access Genitourinary Medicine Clinic :Tower Hill, Avon, Bristol BS2 0JD
0117 342 6900 or
- WISH Centre, Weston Area Health Trust, Weston General Hospital
Grange Road
Uphill
Weston-super-Mare
BS23 4TQ
- Tel: **01934 881234**
- Stop having unprotected sex until treated and make sure your partner is informed and treated

Questions

- Useful web site www.patient.co.uk