

## CHAPTER 8

### MALE REPRODUCTIVE HEALTH AND FACTS

- I. Testicular cancer: One of the most common forms of cancer among males between the ages of 15 & 35.  
\*High rate of curability if detected early. Best prevention is self exams!
- II. Prostate cancer: 2<sup>nd</sup>(after lung) most common cancer in men. Difficulty urinating & enlarged gland.
- III. Inguinal Hernia: The intestine pushes through the inguinal canal into the scrotum. Painful and needs to be reversed.
- IV. Circumcision: Surgical removal of the foreskin from the penis. Reduces the possibility of infection and cancer. Parents make the decision.

#### PROTECTION OF THE MALE SYSTEM

- I. Shower daily
- II. Lift correctly
- III. Use protective equipment!
- IV. Testicular self exams
- V. Regular medical check ups
- VI. Seek immediate attention for infection
- VII. Abstain or use latex or polyurethane condoms

## FEMALE REPRODUCTION HEALTH AND FACTS

- I. Breast Cancer: Most common form of cancer in females\*\*\*Best prevention is early detection by self exams 1x/month
- II. Cervical Cancer: abnormal cell growth on the cervix. Risk factors related to *behavior* include many sexual partners, having a STD or having a certain strain of HPV. Should be screened 1x/year during pelvic exams
- III. Pelvic Exams: Should be done yearly *by age 18 or as soon as she has had sex\*\*\**
  - Examination of external and internal structures
  - Early detection of all related cancers
  - Pap smear- a culture for cervical cancer
  - Contraception
  - STD screening
  - Family Planning in Attleboro, 508-226-1586
- IV. Toxic Shock Syndrome (TSS): Severe illness resulting from infection
  - Prompt medical treatment needed
  - Do not use tampons for longer than 6 hours and
  - DO NOT sleep with tampons in

## PROTECTION OF THE FEMALE SYSTEM

- I. Shower daily
- II. Keep track of your period
- III. Use habits to help lessen PMS
- IV. Breast self exams
- V. *Once a year pelvic exams starting when you have sex or at age 18*
- VI. Seek immediate attention for infection
- VII. Abstain or use latex or polyurethane condoms