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# Back & Muscle Pain

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Some of us live with aches and pains for months or even years without seeking treatment. No matter how long you have been suffering, it can help to see an osteopath or physiotherapist. These health professionals specialise in muscular and skeletal pain and will refer you on to a doctor if necessary. Do an online search for a clinic in your area.

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# Drugs and Alcohol

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When we're stressed out we sometimes turn to smoking, alcohol, drugs, gambling or food as an escape. This can cause additional stress on our bodies and our relationships. If you think you are drinking too much and want help to cut back, call the Alcohol and Drug Helpline on 0800 787 797 or go to [alcoholdrughelp.org.nz](http://alcoholdrughelp.org.nz).

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# Moles and Spots

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Keep an eye on your moles and spots. If they itch, bleed, change shape, or change size, make an appointment to see a doctor. If your doctor suspects skin cancer, the area can be quickly and easily removed to prevent the cancer from growing. Melanoma spreads very quickly so if you notice any suspicious spots see your doctor immediately.



**#MenStartTalking**

### How to Find a Doctor

If you don't have a doctor, go to [healthpoint.co.nz](http://healthpoint.co.nz) and select "GPs (General Practitioners)" to find one in your area. Or, ask your friends who they go to.

### About Us

Men's Health Trust NZ was established in 2007 as a national charity. Our purpose is to inspire men to make positive and rewarding lifestyle choices. We do this by providing information and education programmes that encourage and promote good health.

### Contact Us

Men's Health Trust  
Loft 503, Level 5, Achilles House,  
8 Commerce Street, Auckland 1010  
T 09 973 4161  
E [info@menshealthnz.org.nz](mailto:info@menshealthnz.org.nz)



[www.menshealthnz.org.nz](http://www.menshealthnz.org.nz)



[www.facebook.com/menshealthnz.org.nz](http://www.facebook.com/menshealthnz.org.nz)



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# Men's Health Signs & Symptoms

[www.menshealthnz.org.nz](http://www.menshealthnz.org.nz)

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# How do I know when I need a doctor for men's stuff?

There are certain signs and symptoms we need to watch out for. The key is to spot them early and get them checked out by your doctor.

If you think talking about these things with your doctor might be embarrassing, don't worry, they deal with this stuff every day.

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**Don't put off going to the doctor. The longer you leave it the worse it gets.**

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## Peeing Problems

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- Do you need to pee more often, especially at night?
- Do you have difficulty starting or stopping flow?
- Do you experience dribbling, leaking or often have an urgent need to go?
- Do you have pain or a burning sensation while peeing?

Flow problems can be common in men as we get older and are often caused by an enlarged prostate gland. But they can be symptoms of an STI or prostate cancer. Blood in your pee could be a urinary infection but could also be an early indicator of bladder or kidney cancer. Make an appointment to discuss your symptoms with a doctor, who can work with you to find a diagnosis and treatment.

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## Blood in Your Poo

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Always have a quick look down the bowl after you go. Blood in your stool is a sure sign something is not right. Odds are it will be haemorrhoids, but it can also be an early indicator of colon cancer. If your stool is black, it can mean that you are bleeding internally, possibly as a result of an ulcer or cancer. If you notice any of these changes, make an appointment to see a doctor.



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## Erection Problems

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It is common to occasionally have a problem getting or maintaining an erection. This can be caused by a number of factors including alcohol, diet, smoking and tiredness.

Erection problems that are ongoing can be caused by other treatable health issues – high blood pressure, heart disease, anxiety, diabetes or side effects from other medications. Go and talk to a doctor about it. The longer you leave it, the more strain it will put on your mental health, and your relationships.

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## Check Your Balls

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Watch a video of how to examine your balls at [testicular.org.nz](http://testicular.org.nz). Look for noticeable changes in size and feel for lumps - these might be as small as a pea or as large as an egg. If you find anything unusual, go to your doctor and get it checked out.

Swelling or lumps can occur down there for a number of reasons: fluid build up, varicose veins, infections, or testicular cancer. The sooner you get a diagnosis, the sooner the illness or infection can be treated.

**Whatever the problem, your doctor will be able to make a diagnosis and you can discuss your treatment options.**