

Men's Health

Testicular Cancer Prevention

Testicular cancer is very rare, occurring in one in 10,000 men aged 15-35. Monthly testicular self exams are recommended to check for testicular cancer. Self exam is best done in a warm shower, in order to relax the scrotum so abnormalities can be more easily noticed. Each testicle should be examined using both hands, placing the index and middle fingers under the testicle, with the thumbs on top. Move the testicle in a rolling motion between your fingers and thumbs. Abnormalities to notice include one testicle being much larger or harder than the other and should be checked by a health care provider immediately.

Pregnancy Prevention

Let's face it, if she gets pregnant, you're going to be part of the equation. Pregnancy is best faced when expected; until you are ready, it is important to know how to prevent it. While abstinence is the only form of contraception that works perfectly every time, there are many choices if you choose to be sexually active.

Not all birth control comes in pill form. Hormonal methods, like the birth control pill, are also available as shots or patches, and rings that are inserted into the vagina. These hormonal methods work by preventing the egg from being released, making it harder for the sperm to reach the egg by thickening mucosal membranes, and thinning the uterine lining, making it more difficult for an embryo to attach.

Spermicidal methods can also be used to kill sperm before it is able to fertilize the egg. Foams, creams, and jellies can be inserted into the vaginal canal with a tampon-like applicator and lend additional lubrication, they are immediately effective for one act of sexual intercourse or up to one hour (times may vary, check your package), whichever comes first. Spermicidal suppositories and films are inserted into the vagina with fingers and must melt before they will be effective.

Lastly, barrier methods are an effective way of preventing pregnancy. Barrier methods include diaphragms, and condoms (both male and female). Diaphragms are used in conjunction with spermicidal methods and are 80-90% effective. Condoms can be used by either the male or the female. Female condoms are inserted into the vagina with fingers, while male condoms are rolled onto an erect penis prior to intercourse. Both work by creating a physical barrier that cannot be penetrated by sperm, disease causing bacteria, or virus. Condoms are only effective for a single act of sexual intercourse, and are available without a prescription. Possible allergic reactions to polyurethane, latex, lubricant, or spermicide may occur.

STD Prevention

Only male and female condoms offer some protection from most Sexually Transmitted Diseases. No other contraceptive method will also offer protection from STDs.

Getting Tested

If you feel pain, itching, or burning while urinating, you should be checked for STDs. But, sometimes there are no symptoms at all. Being tested for asymptomatic, bacterial STDs involve aiming and urinating into two cups. The test is quick and confidential. Bacterial infections are easily treated with antibiotics. Remember, these infections are like strep throat: you can catch it again after treatment with antibiotics. Student Health Services offers confidential STD education, counseling, and testing services during operating hours.

Skin Cancer Prevention

There are more than 1 million cases of skin cancer each year, and most are easily treated and cured. However, the number of cases of deadly skin cancer is increasing rapidly. Melanoma is the only form of skin cancer that is deadly if not treated early.

Those with fair skin, especially those with blonde or red hair, are at increased risk for developing skin cancer. However, anyone who spends extensive amounts of time in the sun is at risk. Those with close family members who have had melanoma and those who have had severe sunburns before 18 are at increased risk of developing melanoma.

To protect your skin from cancer:

- Avoid prolonged exposure to the sun.
- Wear protective clothing (brimmed hats, long-sleeved shirts, etc.).
- Use sunscreen on all exposed skin.

Remember to examine your skin regularly for abnormalities, and have a skin exam during health checkups.



For more information:

Student Health Services..... 619-594-5281
SHS Health Promotion Dept..... 619-594-4133
Visit Our Website at <http://shs.sdsu.edu>

STD Resources in San Diego:

Health Services Complex (Sports Arena)
3851 Rosecrans Street
(619) 692-8550

North Coastal (Oceanside)
104 S. Barnes Street
(760) 967-4401

South Bay (Chula Vista)
690 Oxford Street
(619)409-3110

Central (University Heights)
5202 University Avenue
(619)229-5400

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