



## Fact Sheet

---

Student Health Services, Texas A&M University

### Men's Health

#### **Sexual Health**

The most common sexual health concern among college men is protection against sexually transmitted infections (STI's) and pregnancy. The only 100% effective way to accomplish this is to abstain from all forms of sex - including - oral, anal, and vaginal intercourse. If you choose to be sexually active, latex condoms are 97% effective in preventing pregnancy when used consistently and correctly. Condoms also prevent the transmission of STI's, but may not always protect you from infections such as HPV and Herpes when they are located on the external genitalia and surrounding areas. Consider getting tested and talk to your partner. Take responsibility for your own sexual health.

#### **General Nutrition**

Eating a well balanced diet helps to maintain your health. The Food Guide Pyramid is a good guide for healthy eating. For a personal food guide pyramid, visit <http://mypyramid.gov>. It is important to be aware of the serving sizes of foods that you eat. Remember to eat breakfast!

#### **Supplements**

Beware of nutritional supplements. These are not regulated by the FDA and can be detrimental to your health, especially if combined with other drugs or medications. Check with your healthcare provider before using supplements.

#### **Exercise**

Know your limitations and consult your healthcare provider before beginning a new exercise program. It only takes 30 minutes of aerobic activity 3-5 times a week to maintain your fitness level.

#### **Testicular Cancer**

Each year 2,500 new cases of testicular cancer are diagnosed. Men aged 15 - 35 are the group most affected by this disease. Monthly testicular self-exams (TSE) are the first step toward early detection and cure. With early detection the cure rate is nearly 100% and leaves no long-term effects on sexual function or fertility. Signs and symptoms can include a painless enlargement of the testicle, a lump in the testicle, or a dull ache in the abdomen and groin.

#### **Prostate Cancer**

Prostate cancer is the second most common cancer found in American men. The [American Cancer Society](http://www.americancancer.org) recommends that you start prostate cancer screening at age 50 or earlier if you have a family history of the disease. While this disease may not occur in the average college aged male, it is important to share this information with others.

## **Alcohol**

Alcohol is the most commonly used drug among college males. It is important to remember that alcohol itself is not bad. It's the way that people use alcohol that can cause problems in their lives. Some legal consequences of alcohol abuse include MIP's, PI's, or DWI's. Alcohol is also related to many accidental deaths. This is important to note because accidents are the leading cause of death among men aged 15 – 24. For more information, please visit [Student Life Alcohol and Drug Education Programs](#).

## **Tobacco**

Cigarette smoking is responsible for more than 400,000 deaths in the U.S. each year. Pipes, cigars, and smokeless tobacco products can be just as harmful to your health as smoking. These products are addictive and can cause a wide range of problems from gum disease to various cancers.