



MEN'S HEALTH

The Doctors Silverstream offer a comprehensive range of health services for Men.

Services we can offer:

- Weight check
- Blood Pressure check
- Heart and Cardiovascular Risk Assessment
- Prostate check and Testicular exam
- Order any required Blood Tests
- Skin check

We can also give you advise on:

- Alcohol Consumption
- Smoking Cessation
- Sexual Health issues
- Mental Health issues

Heart Health

Heart disease is one of the leading causes of death in New Zealand. The most common form of heart disease is ischaemic heart disease (also known as coronary artery disease). This is a condition in which plaque builds up in the coronary arteries, narrowing and hardening the arteries and limiting blood supply and oxygen to the heart. Decreased blood flow can lead to angina (intermittent chest pain), or a heart attack, when complete lack of blood flow results in permanent heart damage.

How to reduce your risk of heart disease:

- Aim for a [healthy weight](#)
- Be [physically active](#) everyday
- [Stop smoking](#)
- Choose nutrient rich foods
- Reduce stress
- Limit alcohol
- Manage high blood pressure and high cholesterol
- Manage diabetes

More information

For more information on heart disease and heart attacks in New Zealand, including how to reduce your risk, visit the Heart Foundation [here](#).

Prostate Health

The Prostate is a small gland found in the male reproductive system located below the bladder in front of the rectum. The three most common prostate problems are Prostatitis (Inflammation/Infection of the prostate), Benign prostatic hyperplasia (enlarged prostate) and prostate cancer.

How can I prevent prostate problems?

The cause of most prostate problems are unknown so taking precautions to lower your risk is the best course of action. You can do this by eating more vegetables, hydrating daily, exercising regularly, maintain a healthy weight, quitting smoking, reducing alcohol, managing stress and knowing the warning signs to get checked.

Discuss having a prostate check with your GP if you are over 50, if you have a family history of prostate cancer or if you have current urinary symptoms including frequent urination, particularly at night, weak flow of urine, or trouble emptying the bladder properly.

Bowel Screening

A National Bowel Screening programme is available to everyone eligible for publicly funded healthcare in New Zealand aged 60-74 years of age. The regular screening of people in this age bracket who do not have any symptoms means Bowel Cancer can be picked up and treated early. When it is time for you to be screened you will receive a letter inviting you to take part, along with a kit and instructions of how to carry out the sample. This sample will then be tested at the Laboratory.

Bowel cancer usually starts as non-cancerous polyps that grow on the wall of the bowel. Over time these polyps can become cancerous.

The main symptoms of bowel cancer are:

- Blood in your bowel motions
- A change in bowel habit, in particular more frequent looser bowel motions
- Abdominal or anal pain.
- Unexplained weight loss

If you have any symptoms, you are concerned about please call and book an appointment to see your GP.

For more information click [here](#).

Take the Men's Health Survey [here](#)

Note: The survey is not a diagnosis. It is recommended all men visit a GP on an annual basis.