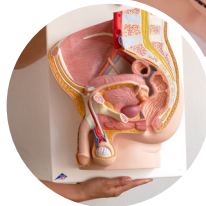
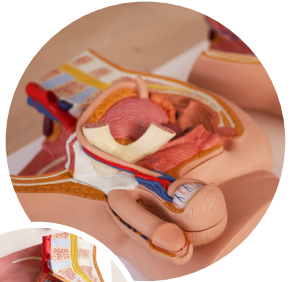


MEN'S
HEALTH MANUAL
#believeinprevention

About the manual

This manual was created for the “Men’s health” project. It will teach you how to take care of your health and how to detect potential cancer, stroke or a heart attack. It will also teach you how to prevent infertility or incontinence. You will find all the important information here, in order to take a proper care of your health.



About Loono

In Loono, our aim is to show prevention matters. We are a team of medical students, young physicians and other professionals like nurses, paramedics and nutritionists. Together, we organize educational workshops at private companies, schools and festivals. The scope of our workshops range from cancer prevention (**#boobsandballs**), to cardiovascular diseases prevention (**#yourheartforlife**) and sexual health (**#allgooddownthere**). We are also pretty active on social media, where we post articles, pictures, videos and other stuff every day to show the importance of your health. You can follow us under the tag **@loonocz** or listen to our podcasts - just try to write “Loono” to your podcast app.



Loono in numbers

5 years
of existence

80 000
educated
people

6 cities
Praha, Brno, Plzeň,
Hradec Králové,
Olomouc,
Bratislava

1500+
workshops

150
team members

30 000+
fans on social
media

47

Our story

Our founder Kateřina Vacková was diagnosed with a malignant ovarian cancer at the age of 22. Because she listened to the warning signs her body was giving her, she was able to detect cancer at an early stage. As she is now in remission, Kateřina has decided to inspire other young people with her story and founded Loono.

Kateřina



MUDr. Kateřina Vacková
Founder of Loono

Dear miss, two weeks ago, my son touched his #boobsandballs, as you call it. He told me something was wrong and tomorrow, he is having a surgery. It appears to be malign and he is only 17 years old. Please, wish us good luck and keep inspiring young people to think about their bodies. Best regards, Petr L.



iMessage

Saved lives (people who discovered serious diseases in time thanks to our workshop)

Under the auspices of:



**1. LÉKAŘSKÁ
FAKULTA**
Univerzita Karlova

With the support of:



Společnost všeobecného
lékařství ČLS JEP

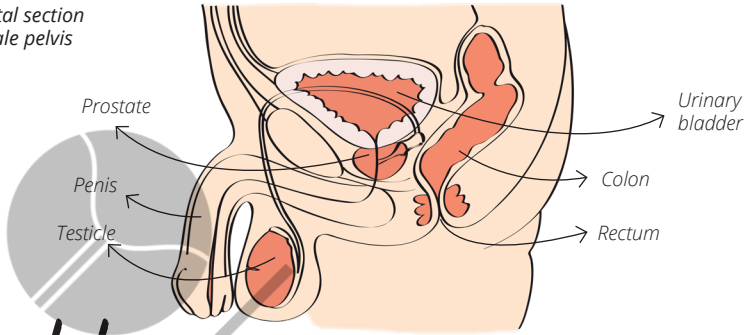
The project was realised with the financial support of:



MINISTERSTVO ZDRAVOTNICTVÍ
ČESKÉ REPUBLIKY

Men's health

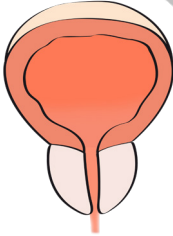
Sagittal section
of male pelvis



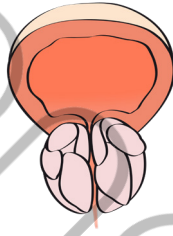
Prostate

Prostate can be easily described as a “gas station for sperm”. This organ provides sperm with energy and nutrients needed in their long and exhausting run towards egg fertilization.

Healthy
prostate



Prostate
cancer



A prostate is a gland placed under an urinary bladder, surrounding the urethra. Prostate can push urinary bladder and urethra from below and this can result in **following symptoms:**

Difficulty urinating

Blood in urine



Intermittent
urinating

Frequent
urination

Painful
urination

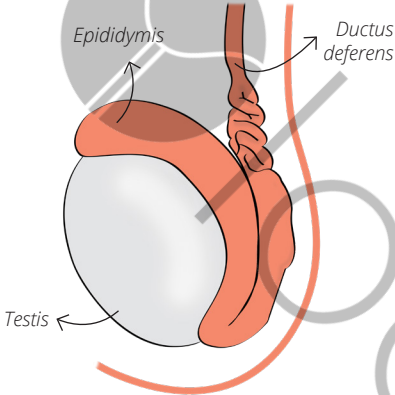


Prostate cancer affects mainly men around the age **from 60 to 70**.

Testicles

Testicles, testes or balls if you wish, are responsible for the production of testosterone - the male sex hormone. Apart from that, male reproductive cells - sperms - are "born and raised" here, in temperatures lower by 4 °C from the rest of the body.

Healthy testicle



20

grams - that's how heavy one testis is.

15

million sperm per milliliter of semen.

72

days to develop a fully mature sperm.

How does testicular cancer manifest itself?

Lump

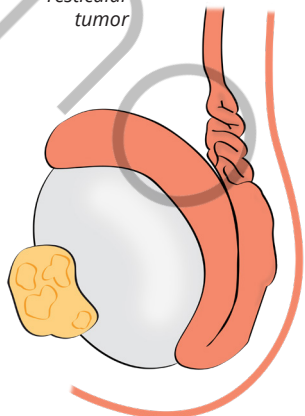
Enlargement

Swelling

Pain



Testicular tumor



Testicular cancer is the most common type of cancer for men between 15 - 40 years of age.

How to check your balls



1. Do this examination once a month. It's up to you when.



2. Check them in the mirror. Do they look the same as usual?

3. Try to notice:



Shape changes



Any changes in size



Lumps



Skin changes



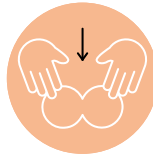
4. Touch them.

TIP: It's best to do so after a hot shower. When they are soft, loose and relaxed.



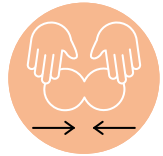
5. Touch them with both hands.

Hold one testis at a time with one hand and gently roll it with the other hand. Thumbs facing front, index fingers and middle fingers facing back.



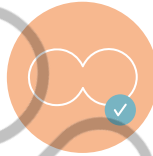
6. Notice any painful spots, skin changes or hard lumps.

Be thorough. Examine the bottom of the testicles and the space between them as well. Don't forget to check your epididymis as well, you can find it on the upper back of the testicles.



7. A sweet reward.

Finally, take your balls in both hands and casually massage them to be sure you didn't forget to check anything.



8. If you didn't find anything unusual, we are happy for you! Don't forget to check them again next month!



9. If you feel something is not okay, don't panic and go to your doctor. Don't look for advice online, it's useless.



Did you know that up to 99 % of men with testicular cancer can be cured, if they are diagnosed early?

(In)fertility

Infertility is a state, during which a woman cannot get pregnant for a year, while having sexual intercourse twice a week. In 40 % of the cases, the problem is on the male side, in 40 % on the female side and in 20 % of the cases, there is a problem with both of them.

3 %

of children born in Czech Republic are conceived via assisted reproductive technology (ART).

15 %

of the cases of infertility are caused by STDs.

15-20 %

of couples experience fertility problems.

Causes of infertility in males



- **STDs** - they can cause obstructions in vasa deferentia.
- **Age** - after 40, fertility decreases.
- **Sperm quality** - small quantity and slow movement speed of sperm can lower the chances of conceiving.
- **Genetic disorders** - undescended testicles or congenital absence of the vas deferens, for example.



In the last 50 years, the male limit for "being still fertile" decreased by half, to 15 millions sperm per milliliter of semen.

How to prevent infertility?

Don't overheat testicles (don't wear tight pants, don't put your laptop on your lap)

Don't drink alcohol

Conceive at a young age

Have a healthy diet (avoid underweight or overweight)

Don't smoke

Get regular check-ups

Erectile dysfunction

Erectile dysfunction is an inability to get or keep an erection for time needed to fully enjoy sex. More than 50 % of men over the age of 50 experience problems with erection, however it can affect young men as well. Don't hesitate, don't be shy and go to your urologist in time!

What are the stages of erectile dysfunction?



1. Cucumber
optimal
erection



2. Banana
almost optimal
erection



3. Peeled
banana
mild
dysfunction



4. Tofu
severe
dysfunction

What causes erectile dysfunctions?



Smoking



Alcohol



Diabetes



Age



Obesity



Surgery



Injuries



Mental
state

How to prevent erectile dysfunction?

Go to your
regular check-ups

Go to your GP or
urologist if you
experience any
problems

Have a healthy
lifestyle

How to use a condom the right way?



Step 1:

You should store condoms in the original box, avoid keeping it in a wallet!



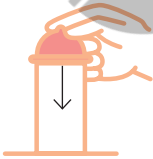
Step 2:

Before you open it, check the expiration date.



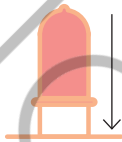
Step 3:

Carefully open the wrap, don't use teeth or scissors!



Step 4:

Press the cap on top before you put the condom on.



Step 5:

Put it on and roll it all the way down.



Step 6:

During sex, occasionally check if the condom is at its place.



Step 7:

After you are finished, carefully remove it and throw it out into the trash.

IMPORTANT: Condom is the only contraception method that protects people from STDs, aside from unwanted pregnancy.

What NOT to do with the condom?

Don't carry it in your wallet

Do not use oil-based lubricant

Do not open it with scissors or teeth

Do not use 2 condoms at the same time

Do not use it multiple times

Do not use it after the expiration date



Use water-based lubricant with condoms, oil-based lubricants can damage them.

Sexually transmitted diseases

Sexually transmitted diseases (STDs) are transmitted during sexual intercourse (vaginal, oral or anal). These diseases affect women more often than men. Men, however, are more often asymptomatic virus carriers of such diseases.

Most common STDs

- 1 HPV*
- 2 Chlamydia
- 3 Gonorrhea
- 4 Syphilis
- 5 HIV**
- 6 Hepatitis B and C

How are STDs transmitted?

Sexual intercourse
(vaginal,
oral and anal)

Blood
(infected needle)

Sperm and
vaginal discharge

Saliva

Mother-to-child transmission (during
pregnancy, giving birth or in breast milk)

*HPV - Human Papilloma Virus

**HIV is a virus causing AIDS (Acquired Immune Deficiency Syndrome), which is a disease. AIDS is a late stage of HIV infection; however, if someone is HIV positive, it doesn't have to mean he/she has AIDS yet.

How do STDs manifest themselves?

No
symptoms!*

Itching

Abnormal
vaginal
discharge
or odor

Skin
changes

Pain or
bleeding
during sex

Blood
in urine

Infertility

*Don't forget to get tested regularly!

The map of STD test
centers can be found here:



Point your
smartphone camera

Cardiovascular system

Cardiovascular system consists of a heart and blood vessels. Its primary task is to supply the body with oxygen and nutrients.

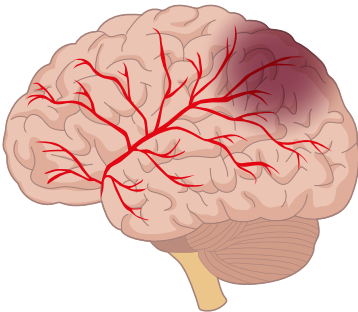
What can hurt the system?

Heart
attack

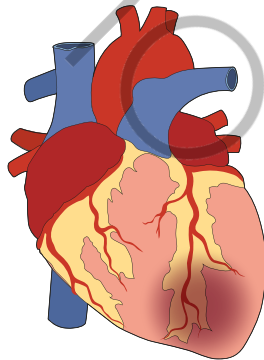
Stroke

Heart attack is a state, during which an artery supplying heart with blood and oxygen becomes blocked. Stroke is a similar state, however the blocked artery supplies brain. Both diseases can cause irreversible heart or brain damage.

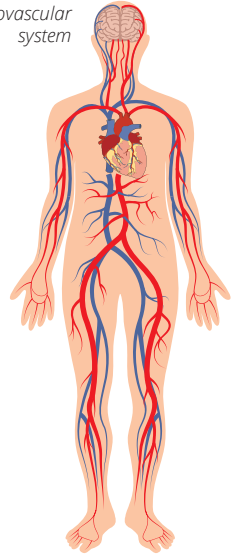
*Development of
a stroke*



*Development of
a heart attack*



*Cardiovascular
system*



Heart attack

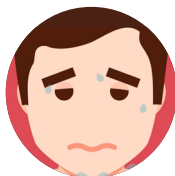
How does a heart attack manifest itself?



Chest pain*



Shortness of breath



Pale face and sweating



Anxiety



Nausea



Unconsciousness

Up to 20 % of heart attacks can occur without any chest pain (diabetics and women often experience this absence of pain).

Stroke

How does a stroke manifest itself?



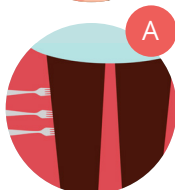
B
Balance
loss of balance



E
Eyes
vision problems



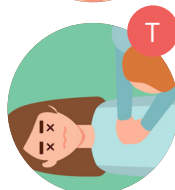
F
Face
asymmetric face,
numbness,
tingling



A
Arms
numbness,
tingling



S
Speech
problems
with
speech



T
Time

*Heart attack can also manifest itself with a long lasting back pain. Chest or back pain comes suddenly and lasts for at least 20 minutes.
Don't hesitate and call 155!



If you experience any of these symptoms, or if you see someone experiencing them, **call 155 immediately!** Stroke doesn't hurt, that's why it's dangerous.

* Don't hesitate and call 155!

How to prevent a heart attack or stroke?

NON - PREVENTABLE factors:



Gender

Men are more prone to both heart attack and stroke, women are more protected thanks to their sex hormones - estrogens.



Age

The risk of having a stroke or a heart attack is higher after you turn 55.



Genetics

If someone from your family had a stroke before the age of 55, tell that to your GP. Familial hypercholesterolemia, for example, is a hereditary disease, which can manifest at a young age.

PREVENTABLE factors:



Smoking

If you quit smoking, the risk of having a heart attack or stroke lowers by up to 50 %.



Sleep

Sleep for at least 7 hours a day and go to bed (and from it) at the same time every day - yes, even at weekends :-).



Lack of exercise

Exercise regularly, at least 5 times a week for 30 minutes.



Blood pressure

If you have high blood pressure, check it regularly and take your pills.



Diabetes

If you have diabetes, get checked by your doctor regularly.

What to do if...

4 important steps, when you think something is not okay with your body.



Don't panic



Don't be shy
or ashamed



Don't look for
advice on the
internet



Go to your
doctor

Your **urologist** can help you with blood in urine, frequent or intermittent urination and also with erectile dysfunctions.

Your **general practitioner** can check your heart rate or recommend a suitable examination of your colon, in order to prevent colon cancer.

So...

- Listen to your body
- Take care of it
- Get your regular check-ups
- You can save someone's life by spreading the message



Annual check-ups

General practitioner



Every 2 years
(30 minutes)

Before the exam:

- Blood and urine collection (to check levels of sugar and cholesterol)

During the exam:

- Talk about your family and personal history
- Physical examination of your heart, lungs and abdomen
- Blood pressure and BMI check
- Sight, hearing and birthmarks check
- Vaccinations check
- EKG after the age of 40

Urologist



Once a year if you are above 50
(20 minutes)

During the exam:

- Talk about your family and personal history
- Blood and urine collection (perhaps also ejaculate)
- Visual examination and palpation of the testes
- Prostate examination per rectum
- Ultrasonography of your kidneys and urinary tract is a possibility

Colon cancer screening:

It's done by a fecal occult blood test (FOBT) to check for any hidden blood in the stool, or by a colonoscopy.

- Between the age of 50 to 55: a FOBT once a year.
- After the age of 55: a FOBT every 2 years or a colonoscopy once a decade.



General practitioner

Urologist



Don't forget to switch to a general practitioner when you turn 19, don't stay with your pediatrician. It's important, GP does a big entry exam.

TIP: Find a GP close to your home.

Support us

We need **your help** to educate even more people.

Support us via
Darujme.cz at
bit.ly/DarujmeLoono



DARUJME.CZ

You can buy our
merchandise at
shop.loono.cz



Recommend our workshops
to private companies or
schools via loono.cz



Want to know more?

More information about how to take care of
your **#boobsandballs**, heart and reproductive
organs, or where to go for a regular check-up
at www.loono.cz/en/prevention.

Test your knowledge
at bit.ly/PreventionTest



Register at
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Every month, we will
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your health.

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