



MEN'S UROLOGY HEALTH

Mens Health Night



Why Men See a Urologist

- Prostate enlargement (BPH) – affects most men with age and can restrict urine flow
- Prostate cancer – often silent early, detected through PSA and exam
- Urinary symptoms – urgency, frequency, weak flow, incomplete emptying
- Bladder issues – irritation, infections, or retention
- Kidney stones – severe flank pain, nausea, blood in urine
- Testicular conditions – lumps, swelling, or discomfort
- Male sexual health – erectile dysfunction or performance changes

Symptoms to Watch For

- Weak stream or needing to strain to start
- Stopping/starting or dribbling after finishing
- Getting up 2+ times at night (nocturia)
- Urgency or leakage before reaching toilet
- Pain or burning when urinating
- Blood in urine or semen (even once matters)
- Erectile dysfunction or reduced performance
- Penile curvature or discomfort
- Testicular lump, heaviness, or dull ache

SELF CHECK

- Over 50 (or 40 with family history)?
- Waking at night to urinate?
- Change in urine flow or strength?
- Any blood seen (even once)?
- Changes in erections or libido?
- Any lumps, swelling or pain?
- Are symptoms affecting sleep or confidence?
- Have things changed in the last 6–12 months?

What's Normal vs Not?

- Normal: Slight slowing of urine flow with age
- Not normal: Sudden or progressive worsening symptoms
- Normal: Occasional night urination
- Not normal: Regular disruption of sleep
- Normal: Temporary erection issues under stress
- Not normal: Ongoing or worsening dysfunction

New Zealand Snapshot

- Prostate cancer is the most common cancer in NZ men
- ~4,000 men diagnosed each year
- ~700 deaths annually
- 1 in 8 men will develop prostate cancer
- Higher mortality rates in Māori men
- Most early cases have no symptoms

RED FLAGS – SEE A DOCTOR ASAP

- Blood in urine or semen
- Persistent back, hip, or pelvic pain
- Unexplained weight loss or fatigue
- Severe or sudden testicular pain
- Inability to pass urine
- Rapid worsening of symptoms

Talking to Your Doctor

- Be direct—these are common issues and nothing will surprise your GP
- Explain what has changed and how long it's been happening
- "My urine flow has become weaker over the last few months"
- "I'm waking 2–3 times a night to urinate"
- "I feel like I'm not emptying my bladder properly"
- "I've noticed changes in my erections recently"
- "I've found a lump or discomfort in my testicle"
- "This has been going on for a few weeks and is getting worse"
- Your GP may arrange urine tests, blood tests (PSA), or an exam

When to Seek Help

- Symptoms lasting more than 2–4 weeks
- Anything new, persistent, or worsening
- Over 50 without prostate discussion
- Family history of prostate/testicular cancer
- Symptoms affecting quality of life
- Any concern—early checks are quick and reassuring

Simple Prevention & Health Tips

- Maintain healthy weight and stay active
- Limit alcohol and stop smoking
- Stay hydrated (reduce evening fluids if needed)
- Regular GP check-ups after age 50
- Know your family history
- Don't ignore or normalise changes

Early action = better outcomes. Most urology conditions are manageable when identified early.