



Which Health Issues are Unique to Gender?

Women

• **Cervical cancer** is a risk for all women. It occurs most often in women over age 30. Human papillomavirus (HPV) is the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex. At least half of sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.

Cervical cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent HPV infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.

• **Endometriosis** is a disease in which the kind of tissue that normally grows inside the uterus grows outside the uterus. It can grow on the ovaries, fallopian tubes, bowels, or bladder. Rarely, it grows in other parts of the body.

Symptoms include pain, usually in the abdomen, lower back, or pelvic areas; infertility; heavy periods and bleeding between periods; and painful menstrual cramps. Some women have no symptoms at all. Having trouble getting pregnant may be the first sign.

• **Ovarian cancer** is a group of diseases that originates in the ovaries, or in the related areas of the fallopian tubes and the peritoneum. Women have two ovaries that are located in the pelvis, one on each side of the uterus. The ovaries make female hormones and produce eggs. When ovarian cancer is found in its early stages, treatment works best. Ovarian cancer often causes signs and symptoms, so it is important to pay attention to your body and know what is normal for you. Symptoms may be caused by something other than cancer, but the only way to know is to see your doctor, nurse, or other healthcare professional.

Source: www.cdc.gov

Men

• **Prostate cancer:** “Adenocarcinoma” is the clinical term for a cancerous growth on the prostate gland. A growing prostate cancer may spread to the interior of the prostate gland and tissues close to the gland, and even to distant parts of the man’s body. Untreated, the cancer can affect a man’s lungs, liver, bones, and other parts of the body. When confined to the prostate gland, it can often be treated successfully, so early detection through prostate exams is important.

• **Hypogonadism**, also known as low testosterone (Low T), occurs when the body does not produce enough male sex hormones (androgen deficiency), specifically testosterone. It can result in sexual impotence, infertility, loss of muscle mass and strength, reduction in bone density, mood changes, and fat accumulation. It can develop from a testicular disorder at any age, or it can result from disease, injury, or drug abuse.

• **Testicular cancer:** Men may experience several testicular health problems during their life. Testicular pain, or scrotal pain, epididymitis/orchitis, and hydrocele are among the testicular health concerns men may face. Varicocele, Peyronie’s disease, and testicular cancer are others. Men may also experience testosterone deficiency. Keeping appointments with a healthcare provider is important, as are annual physical examinations.

• **Alopecia:** The American Medical Association states that 95% of persons with baldness have “androgenetic alopecia” or “pattern baldness.” Alopecia is an inherited condition affecting approximately 25% of the male population. Androgenetic alopecia affects most of these men before the age of 30, and two-thirds of all men prior to age 60. This form of baldness may develop in older adults as well.

Source: menshealthresourcecenter.com

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