

## Alcohol and Health

Everyone takes risks at some time or other and we generally weigh up the risks before deciding whether something is worth doing. Regularly drinking too much increases the risk of long-term damage to your health. Mixing alcohol with other drugs is potentially very dangerous, and many drug related deaths occur as a result. Regularly drinking more than the daily benchmarks also increases your risk of liver damage, cirrhosis of the liver, and cancers of the mouth and throat.

### How do you know if you are drinking too much?

Current daily guidelines for sensible drinking is 3-4 units or less for men.

#### 1 unit of alcohol =

- Half a pint of average strength beer
- A small glass of wine
- A 25ml pub measure of spirit

## Heart Disease

Heart disease kills more than one in four men in this country. You may think that being young means you

don't have to worry about it, but if you take care now, you stand less risk of having problems later.

To look after your heart:

- Give up smoking
- Take exercise
- Eat a healthy diet
- Don't drink too much
- Keep your weight down

## Sexually Transmitted Infection (STI)

Anyone can get a STI if they have unprotected sex with someone who is infected.

If you are sexually active, protect yourself and your partner by wearing a condom. Free condoms are available from Campus Nurses within Student Support Services and from the SU Advice Services.

### Warning signs:

- Discharge from your penis.
- Pain or a burning sensation when you urinate.
- Sore testicles, itching, rashes, lumps, blisters or pain in your genital area.

## Testicular Cancer

Testicular cancer is the most common cancer for men under 35, though it is still rare. If it is found early, you can be treated successfully by surgery, radiation or chemotherapy.

### Symptoms

- Heaviness, shape or size change of the scrotum or testicle.
- Lumps, swellings or hard areas.
- Dull ache in your abdomen or groin.

Obviously, examining yourself regularly is important. If you do detect any changes or are at all concerned about anything, go to your G.P. or to the local NHS health clinic.

## Mental Health

Men are less likely to ask for help, and may have difficulty talking about how they are feeling.

**Depression** is a very common illness and it is important to seek help. There are many symptoms of depression and different people, will experience different ones.

### Here are just a few:

- Problems sleeping, e.g. unable to get to sleep or waking too early.
- Erratic diet; either eating more and putting on weight, or not eating enough and losing weight.
- Loss of interest in sex.
- Feeling miserable, unable to enjoy anything.
- Unable to concentrate.
- Being unusually irritable.
- Increase use of tobacco/alcohol/other drugs.

Mental ill health is not something to be ashamed of, it does not mean you are 'weak', nor should you be told to 'pull yourself together.' It is something that happens to many people. It can often be successfully treated, and the first step is to ask for help.

Useful websites:

### Alcohol Concern

<http://www.alcoholconcern.org/>

### British Heart Foundation

<http://www.bhf.org.uk>

### Men's Health Network

<http://www.menshealthnetwork.org>

### Genito-Urinary Medicine (GUM)

(Cambridge)

<http://www.addenbrookes.org.uk/serv/client/med/gum1.html>

(Chelmsford)

<http://www.meht.nhs.uk/departments/Sexualhealth/intro.htm>

### Testicular Cancer

<http://www.cancerbakcup.org.uk/info/testes.htm>

### Debt counselling

<http://www.cccs.co.uk>

### Counselling at Anglia Ruskin University

<http://www.anglia.ac.uk/ruskin/en/home/central/studentsupport/services/counselling.html>

Anglia Ruskin Students' Union Advice Services:

### Cambridge

Tel: 01223 460008

E-mail: [cambs.advice@angliastudent.com](mailto:cambs.advice@angliastudent.com)

### Chelmsford

Tel: 01245 258178

E-mail: [essex.advice@angliastudent.com](mailto:essex.advice@angliastudent.com)

[www.angliastudent.com](http://www.angliastudent.com)

## Men's Health



September 2007