



CHAPS

THE MEN'S HEALTH CHARITY

Men's Health Passport

Personal Medical Information



**NEW SCREENING INFORMATION FOR MEN ON
CANCER & HEART DISEASE**

**WHAT EVERY MAN NEEDS TO KNOW
IT COULD SAVE YOUR LIFE!**

Your Health Passport

Your health passport provides basic facts you should know to protect your health, well-being and lifespan.

Health depends on many factors, some beyond our control, but your own knowledge and actions are key and, uniquely, under your own control. This passport lists warning signs to act upon, a schedule of appropriate tests and a handy record for your personal information to help keep you in good shape.

NB. Free NHS health checks should be available from your GP surgery for men aged 40 - 74. Don't miss out on the opportunity to spot problems such as high blood pressure at an early stage.

The NHS Prostate Cancer Risk Management Programme entitles men aged 50 and over to a free PSA test once discussed with a medical professional (www.nhs.uk/psa).

Personal Information

Name

Date of Birth

Address

E-mail Address

Telephone Home

Mobile

Next of Kin/Contact Person

Name

Relationship

Address (if different)

Telephone

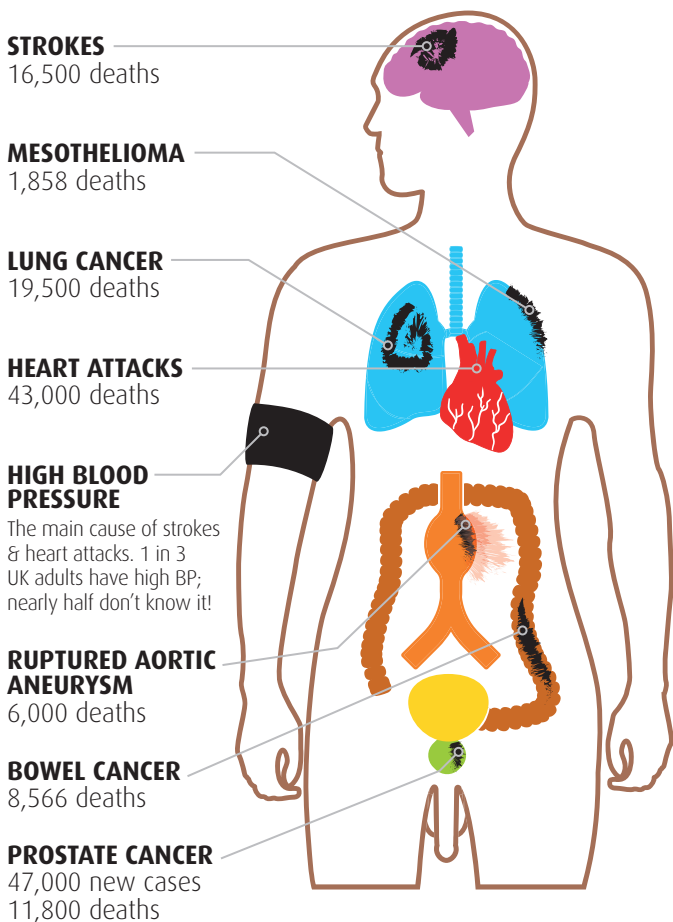
GP Details

Name

Address

Telephone

ANNUAL DEATH RATES IN UK MEN



PREMATURE DEATH PREVENTION KNOW YOUR NUMBERS!

Weight : BMI 20-25

Waist : less than 102 cm

Blood Pressure : less than 120/80 mmHg

Cholesterol : less than 5 mmol/L

PSA: age <50 : less than 2 ng/ml

age 50-59 : less than 3 ng/ml

age 60-69 : less than 4 ng/ml

age >70 : less than 5ng/ml

CANCER AND IMPORTANT WARNING SYMPTOMS

These symptoms are warning signs which should be taken seriously and reported to your doctor. There will usually be an entirely innocent reason but if the cause is a cancer, delay may prove fatal.

Brain and Nervous System

- Unremitting headache, especially if one-sided, not responding to mild pain killers and associated with disturbance to vision
- Persistent sciatica (pain in the back going down leg/legs) especially if associated with numbness in the foot, weakness, or bladder/bowel problems

Mouth, Throat and Neck

- Any lumps, bleeding or painless ulcers lasting more than 3 weeks
- Persistent cough, hoarseness or sore throat

Chest (especially smokers)

- Persistent cough lasting more than 3 weeks
- Chest pain, especially on exertion or in cold weather
- Coughing up blood
- Pain or difficulty swallowing
- Shortness of breath

Abdomen

- Unexplained pains or indigestion
- Vomiting blood
- Any lumps
- Change in bowel habit, especially passing mucus (slime) or blood in your poo
- Yellow jaundice
- Unexplained weight loss

Urinary, Prostate and Testes

- Blood in the urine
- Slowing of the flow, poor control and getting up to pass urine more than once a night
- Blood in the semen
- Testicular ache or pain
- Testicular lump

Skin

- Any new "moles", especially if they scab or bleed
- Any mole that changes shape, size, colour or bleeds
- Any lump or nodule that enlarges quickly then ulcerates

WHAT EVERY MAN NEEDS TO KNOW

Cardiovascular Disease

† 78,000 per year

This comprises Heart Disease, Strokes, Aortic Aneurysms and Peripheral Vascular Disease – all problems due to blockage or decay in the walls of arteries. Blockages cause heart attacks and strokes; leakages again cause strokes and lethal rupture of aortic aneurysms. All together “Cardiovascular Diseases” kill a whopping 78,000 men each year.

Lung Cancer and Prostate Cancer are our two biggest male cancer killers but Heart Disease kills far more men than both combined!

Lung Cancer

† 19,500 per year

The common forms develop in the main air passages and are closely related to smoking. Lung cancer remains our number one cancer killer.

A rarer form called “Mesothelioma” is due to inhalation of asbestos particles. It develops in the outside lining and edge of the lungs and is almost always fatal.

Prostate Cancer

† 11,800 per year

The prostate gland lies below the bladder at the bottom of the pelvis and produces fluid to nourish the sperm in a man’s ejaculate.

Prostate problems arise in two main forms:

- Benign enlargement affects most men over 65 and causes urinary symptoms such as a slow flow and frequent peeing, especially at night. It is easy to treat with drugs when caught early. Don’t wait until symptoms become severe or complications develop, as surgery will then be necessary.
- Cancer, which grows slowly and causes no symptoms until it has spread. That is why screening has to be done before symptoms arise whilst the cancer is still inside the prostate and curable.

Bowel Cancer

† 8,500 per year

About 1 in 20 men get bowel cancer and it is the third commonest cause of male cancer deaths. Slightly commoner in men than women and commoner in areas of social deprivation.

It arises in the large bowel and rectum, usually after age 60 and usually starting as a benign polyp. These occasionally turn into cancers which are usually slow growing but will eventually spread, most often to the liver and lungs, by which time cure may not be possible.

WHO NEEDS SCREENING?

Cardiovascular Disease

NHS Health Checks are for all men aged 40-74 who are not already on treatment for a heart condition, blood pressure, high cholesterol, kidney disease or diabetes or who have not already had an NHS Health Check within the last 5 years.

NHS teams provide Health Checks at our events to check your lifestyle, weight, heart rate, blood pressure and cholesterol to spot abnormalities and predict your risk of cardiovascular disease and diabetes. Any problems, actual or predicted, can then be treated or prevented.

If you have a family history of heart attacks, strokes, AAAs or high cholesterol, get screened – you are at increased risk.

Lung Cancer

There is no UK screening programme yet but the NHS recommends that if a cough persists more than 3 weeks, see your GP. If you cough up or vomit blood, see your GP urgently.

If you have had contact with asbestos, even a long time ago, we strongly advise contacting your GP.

Early detection by annual screening with low dose CT scans has been shown to increase five year survival from 5% to 20% in heavy smokers and those who have quit within the last 15 years. Screening trials are ongoing in the UK.

Prostate Cancer

Screening is done simply by a blood test called PSA. UK men aged 50 or over are entitled to a free NHS PSA test who request it, after careful consideration of the implications (Public Health England, 29/3/16). Unfortunately most men are unaware of this and many GPs remain reluctant to provide the test. International expert panels recommend:

- For all men, obtain a baseline PSA in your 40s to predict future risk.
- Not screening men below 40 or with less than 10 years' life expectancy.
- Black men or mixed race men of African or Caribbean descent have a 1 in 4 lifetime risk of PCa and should start screening in their 40s.
- If your father, brother or uncles have had PCa or there is breast cancer on your mother's side, your risk is at least doubled, so start screening in your 40s.
- Continue screening regularly at 1 - 5 year intervals according to your risk; annually for high risk, 5 yearly for low risk. If your PSA remains < 1.0ng/ml by age 70, you are out of danger and can stop screening.

Bowel Cancer

The NHS Bowel Cancer Screening Programme automatically contacts you and offers 2 types of test:

- At age 55: bowel scope screening is a one off examination of the large bowel with a thin, flexible, fiberoptic camera to detect polyps.
- Age 60-74: provision of kits by post every 2 years to home-test small samples of faeces (poo) for traces of blood. If positive, a bowel scope is performed.

Medical Information, Lifestyle & Heart Health

Current Conditions

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Operations and Previous Serious Illnesses

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Medication

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Allergies

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Family History - Do your family members have any medical conditions?
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Alcohol Intake - Units per day Units per week

Recommended max: 2 units per day (max 14 per week).

1 Unit = 1/2 pint beer or 1 short or 1 small glass of wine.

Measurements

Height (cm/in)

Weight (kg/st)

Body Mass Index (normal: 18.5-25); BMI Category

Pulse (bpm; regular/irregular)

Blood Pressure mmHg (normal: 120/80)

Total cholesterol mmol/l

HDL cholesterol mmol/l

Cholesterol/HDL ratio

Systolic blood pressure mmHg

Abdominal Aortic Aneurysm (AAA) & PSA Screening Scan

This is a simple ultrasound scan of the abdomen to detect dangerous swelling and weakening of the aorta - the main blood vessel that carries blood from the heart through the abdomen to the rest of the body. An AAA usually causes no symptoms until it bursts, which is usually fatal and causes 6,000 deaths each year in the UK. Early detection allows for safe surgical repair.

The NHS AAA screening programme starts at age 65. CHAPS is happy to screen men from age 55, especially those with a family history.

Date Result

Date Result

Notes

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Your PSA

Prostate Specific Antigen (PSA)

Date : ng/ml (ug/l)

Next test due

Date : ng/ml (ug/l)

Next test due

Date : ng/ml (ug/l)

Next test due



CHAPS is a registered charity which aims to raise awareness and support the development of new health services directly targeted at men's needs to enable them to take care of their own health and wellbeing. Its focus is to raise awareness, encourage early detection and provide screening for our commonest causes of male premature death: cardiovascular disease, lung cancer, bowel cancer and prostate cancer.

CHAPS

The Master Weaver's House
Southfields
Dedham
Essex
CO7 6AH

Telephone: 01206 321253

Email: info@chaps.uk.com

**For further event information visit
www.chaps.uk.com**

Gift Aid Declaration

If you would like to make a donation, please complete this form and return it to us. This will enable us to claim the tax back on your donation, giving us an extra 28p for every £1 you donate. Thank you for your help.

Name of Charity: CHAPS

Charity Reg. No.: 1045849

Details of Donor:

Title: First Name:

Surname:

Address:

.....

.....

Post Code:

I want the charity to treat all donations I make, from the date of this declaration until I notify otherwise, as gift aid donations.

Date: Signature:

Notes:

- 1) You can cancel this declaration by notifying the charity.
- 2) You must pay an amount of income tax and or capital gains tax at least equal to the tax that the charity reclaims on your donations in the tax year (currently 28p for each £1 you give).
- 3) If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that the charity reclaims, you can cancel your declaration.
- 4) If you pay tax at the higher rate you can claim further tax relief in your Self Assessment tax return.
- 5) If you are unsure whether your donations qualify for Gift Aid tax relief, ask the charity or ask your local Tax Office for leaflet IR113 Gift Aid.
- 6) Please notify the charity if you change your name and address.



Please send completed form to:

CHAPS
The Master Weaver's House
Southfields
Dedham
Essex
C07 6AH

Telephone: 01206 321253

Email: info@chaps.uk.com

OFFICIAL PLATINUM SUPPORTERS



OFFICIAL GOLD SUPPORTERS

