



CHAPS

THE MEN'S HEALTH CHARITY



Men's Health Passport

Personal Medical Information

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 record of information to help keep you in good shape.

Remember, free NHS health checks are 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.

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

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 visual disturbances
- 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

Cancer Screening

“Screening” means looking for cancers in people with NO symptoms. It is only recommended for common cancers that can be detected with certainty by simple, safe tests that lead to cure. The benefits of screening must outweigh potential harms, and where this is in doubt, screening is not generally recommended.

Currently the NHS only provides men with screening for bowel cancer (8,566 deaths a year) though lung (19,563 deaths) and prostate (11,287 deaths) were the top two male cancer killers in 2014.

Bowel Cancer Screening:

Initiated automatically by post from age 60 and done by providing small samples of faeces (poo) which are analysed for traces of blood which, if present, leads to an examination of the lower bowel to detect polyps and early cancers. The programme has reduced the death rate by about 16%.

Lung Cancer:

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

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

In the USA screening is now recommended annually for heavy smokers meaning those who have smoked the equivalent of 20/d for 30 years (30 ‘pack years’) including those who have quit within the last 15 years.

Prostate Cancer:

Screening is done simply by taking a blood sample and analysing it for a protein made exclusively by the prostate called Prostate Specific Antigen (PSA). Unfortunately the test is not specific for Prostate Cancer; only 1 in 3 men with an abnormally high PSA will have cancer and in about 1 in 5 men who actually have cancer, the PSA will initially be normal. Consequently some men are falsely reassured whilst others may experience worry and invasive tests unnecessarily.

Furthermore, many prostate cancers will never threaten your life and although early cancer is curable, treatment itself carries significant risks and may not be necessary. As a result there is no NHS screening programme.

Men are advised to consult the NHS Prostate Cancer Risk Management Programme and discuss with their GP. However the programme is complex and recent research confirms it is not well understood by patients or GPs (JCU, Jan 2014, 7(1), 45-54). The latest research confirms that men in an organised screening programme reduce their chance of death from prostate cancer by 51% (European Urology, 2014, 65, 329-336).

We endorse programmes which recommend a cancer risk calculation based on age, family history, and PSA starting at 45 or 50 with future tests at 5 yearly intervals providing PSA levels remain below 1.5ng/ml (European Urology, April 2013, 63(4), 873-875). Seek a specialist opinion for levels above 1.5ng/ml if you have urinary symptoms.

UK men aged 50-69 are entitled to a PSA once counselled by their GP. We recommend screening over 70 only for men with at least 10 years more life expectancy. We strongly recommend screening for men with a family history of prostate cancer and for ALL African and African-Caribbean men. A specialist opinion is required if the result exceeds the "normal" age-adjusted upper limits:

Age	under 50	: below 2ng/ml
	50-59	: below 3ng/ml
	60-69	: below 4ng/ml
	over 70	: below 5ng/ml

NB: PSA is **not** recommended in men over 80 with **no** urinary symptoms.

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



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:

C.H.A.P.S, The Master Weaver's House, Southfields, Dedham, Essex, C07 6AH

Telephone: 01206 321253 or 07734 747854

Email: info@chaps.uk.com

**CHAPS**

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**For local men's health advice, screening and tests
contact your G.P. or access alternative local services via:**

Blood Pressure Association:

www.bpassoc.org.uk

Change 4 Life:

www.nhs.uk/change4life

Drinkline:

0800 917 8282

The Men's Health Forum:

32-36 Loman Street, London, SE1 0EH
(Reg. Charity No: 1087375)
0207 922 7908

NHS Abdominal Aortic Aneurysm Screening:

www.aaa.screening.nhs.uk

NHS Choices

www.nhs.uk/conditions/Stroke/Pages/Introduction.aspx

NHS Direct:

www.nhsdirect.nhs.uk

Prostate Cancer

www.tackleprostate.org

The Samaritans:

jo@samaritans.org
0845 790 9090

Stroke Association

www.stroke.org.uk