

## Men should take proper care of their health

It is no secret that males still need to pay more attention to their bodies. Several things work against males. They tend to smoke and drink more than females. They do not seek medical help as often as women. Some men work too much, which can add to stress.

There are also medical conditions that only affect males, such as prostate cancer and low testosterone.

One of the common problems men face is hair loss. Heredity, a disease or even medication can lead to baldness.

Although baldness is a cosmetic issue, it may result in low self-esteem and lack of confidence, if untreated. Propecia (Finasterine) is one the most widespread treatment therapies approved by FDA. It inhibits the conversion of testosterone to dihydrotestosterone (DHT) that diminishes hair follicles on the scalp, resulting in finer, fuzzier hair.

Erectile dysfunction affects millions of men around the world. Since the sexual disorder is so vexing, a lot of males feel powerless to deal with it.

ED is triggered by physical factors, nerve and penile abnormalities, hormonal imbalances and tension. There are many new options available to treat male impotence efficiently, including drugs, vacuum therapy, penile injections, urethral pellets, penile implants. The most efficient medicines are sildenafil (Viagra), vardenafil (Levitra) and tadalafil (Cialis) sanctioned by the U.S. FDA.

Bacterial infections are also common in men. Antibiotics are the most effective medications that fight bacterial infections. If used as prescribed, antibiotics can save lives. They either kill bacteria completely or stop their reproduction.

Antibiotics may be given in advance, to forestall an infection, particularly prior to surgery. This is known as 'prophylactic' use of antibiotics. They are normally used before bowel and orthopedical surgery.

Some of the main medical conditions that men face - prostate cancer or vascular disorders - can be forestalled and treated with early diagnosis.

Screening can find health problems early, when they are easier to treat. It is important to have regular checkups and screenings.

## About the Author

The author of the article is a science and health care writer. At the author's web page you can order cheap generic medications from an on-line pharmacy.

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