Let's Hear It For the Guys! [1]

Week of:
Jun 06, 2014


Dear Alice,

In my biology class, we were in our reproduction chapter and we talked about doing self-checks for prostate health. The teacher said if you don't know how to do one, ask your dad. I am too embarrassed to ask, so could you tell me?

Need help
Read more [2]

Men and body image issues [3]

Dear Alice,

I am a male, 24 years old, height 5'10", and currently I weigh 143 lbs... When I was 17 or so, I weighed a hefty 190 lbs... at that time, that really had a negative effect on my self image, and now at 143, I still don't think I'm thin enough... I have lost all my weight 100 percent through diet and running about 20 miles/week... but I don't eat enough and I always worry before I leave home if I "look ok"? Do I have serious issues?!?

Thanks,
M

Read more [3]

Current contraceptive choices for men? [4]

Dear Alice,

What about male contraceptives?
"Silent" heart attack? [5]

Dear Alice,

Is it possible to have a heart attack without knowing you're having a heart attack?

Thanks,
Neil O.

Smoking withdrawal symptoms and how to quit [6]

Hi Alice...

I would like to know all the withdrawal symptoms of quitting smoking. Also how long do these symptoms last and do they come all at once or one by one? Without using nicotine replacements, how does one deal with them? Plus, any suggestions to avoid weight gain?

How long does it take to get rid of withdrawal symptoms? What do you do if you have a headache? have a normal pain killer or what?