**Movember for Men's Health** [1]

Week of:
Nov 13, 2015

**The health of a couch potato** [2]

Dear Alice,

What are the health implications of a sedentary life?

Read more [2]

**Testicular self-exams? How?** [3]

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 [3]

**To get help, or not to get help? Help!** [4]

Alice,

I'm a college student who is struggling with the decision on when to see a doctor for treatment with my depression symptoms. I believe that I need to get treated for depression, but I'm just as scared about not getting treatment as I am about starting antidepressant drugs in my current lifestyle. As far as I can tell, I'm exhibiting the classic symptoms of depression, and have been for a while? frequent crying fits, days where I lose all motivation, and sometimes, even thoughts of suicide. But I drink frequently, almost every weekend, and use marijuana occasionally, and I am quite unsettled by the possible interactions between antidepressants and these other substances. In my day to day life I do very well? I hold a good GPA, have good relationships and a good social life, function well most of the time, and stay in shape for
sports. I don't intend to change my lifestyle significantly to make room for depression

treatment. But when do I need to get help? I don't want to force an unnecessary change on

myself, but I don't want to put myself in danger from depression, or even worse, from the drug

interactions between antidepressants and alcohol or weed. What is the tipping point?

? Regular guy who might need help


Dear Alice,

What can you tell me about prostate problems? I ask for no specific reason, only that I (a

young male) notice that a lot of older males suffer from either prostate cancer or enlargement.

I suppose what I really want to know is this: Are there things I can be doing now (diet, etc.) to

help prevent this down the road? I once heard somebody mentioning avoiding coffee for this

reason. Is there truth to that?

? Thinking ahead

Finding low-cost counseling [6]

Alice,

For a long time, I have managed to persevere through some really messed up situations with

family, friends, and life without seeing a counselor. It is not that I hold a negative opinion of

counseling; it is that I can't afford it. I've hung tough; I'm a little proud of that. I've survived.

I am a recent college graduate relocating to a new city. I would like to seek counseling when

there to work through a lot of these issues, but I frankly do not see how I would be able to

afford it. Would you have any recommendation as to where I (or anyone in general who might

have this problem) could locate free or low-cost counseling?

Also, while I understand many jobs include counseling as part of a health plan, this may or

may not be an option for me (and others), so I would appreciate any alternatives to that you

might suggest. Thank you for providing such a service to the Internet at large. You're really a

godsend.

Signed,

A Bit Tired of Going It Alone

Read more [6]