



Health & Wellbeing

November – Men's Health



Men's Health

Across the world, men die an average six years younger than women, and for reasons that are largely preventable. Which means that it doesn't have to be that way: we can all take action to live healthier, happier and longer lives.

How? Here are five things to know, and do:

1. Make man time

Stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.



2. Have open conversations

You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.

70% of men say their friends can rely on them for support, but only 48% say that they rely on their friends. In other words: we're here for our mates, but worried about asking for help for ourselves. Reaching out is crucial.

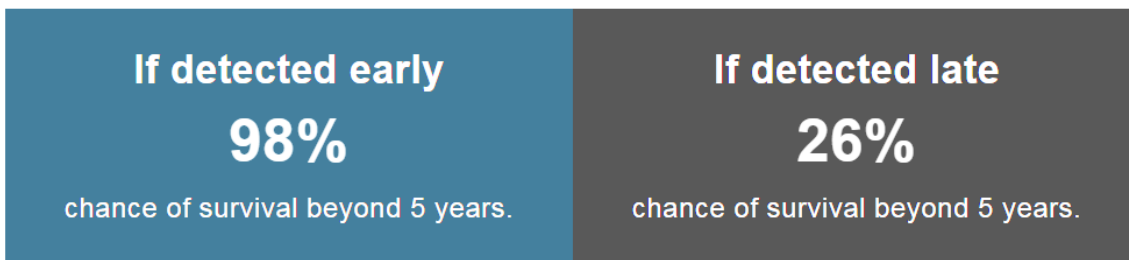
To be a leader in the development of a vibrant, healthier community

3. Know the numbers

At 50, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you are of African or Caribbean descent or have a father or brother with prostate cancer, you should be having this conversation at 45. Know your numbers, know your risk, talk to your doctor.

Early detection is key.

The difference between early detection and late detection can be life and death.



When detected early, prostate cancer survival rates are better than **98%**. Find it late, and those survival rates drop below **26%**.

4. Testicular cancer strikes young – so know your nuts!

Testicular cancer is the second most common cancer affecting men aged 18 to 39. The best thing you can do for your testicles is give them a bit of a feel on a regular basis, and if something doesn't seem right, head to the doctor.



5. Move, more

Add more activity to your day. Do more of what makes you feel good.

- Take a walking meeting
- Instead of the lift, take the stairs
- Walk to work, or walk part of the way to work
- Cycle to work instead of driving
- Instead of parking at the front door, park at the back of the supermarket carpark and walk