



# 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.

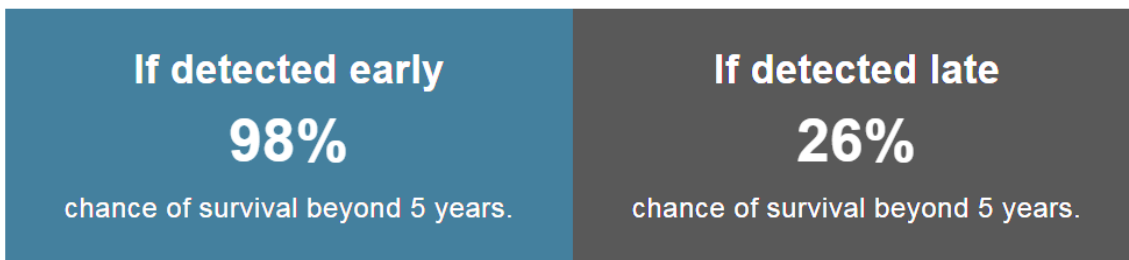
*To be a leader in the development of a vibrant, healthier community*

### 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