

MEN'S HEALTH WEEK

#menshealthweek
#screenbreak
#candochallenge
Monday 12th June to
Sunday 18th June



Mens Health Week helps focus on health issues that disproportionately impact men! So, take time to read this newsletter giving you some information on men's health issues and places to find support and what better way, as it also leads up to Father's Day on Sunday 18th June, to care about family, your friends and work colleagues than understanding more about their health, and don't forget yourself!

This year the focus is on Mens Health & the Internet the Mens Health forum is a good source of information on taking a screen break and starting an 'MOT for the mind' with their 'Can Do' Challenge

So...What are the key facts and figures on men's health (Nov 22)

We have put this together so you can see why its important to start these conversations

- Around 1 in 8 men have a mental health condition
- 75% of death by suicide are men
- More likely to develop type 2 diabetes than women of the same weight
- Heart disease is the leading cause of death
- Under 55's more likely to have high blood pressure
- More likely to get cancer in their lifetime

But there are things you can do, and the following information is designed only as a guide to give information and look at some of the support out there like the self-help Mind or Health MOT's or visiting your GP for information.

Where can I get support?

You should start with your GP to get quality information for all kinds of physical and mental support .

From these websites you can download booklets and see what the MOT's all are about

www.menshealthforum.org.uk/mhw

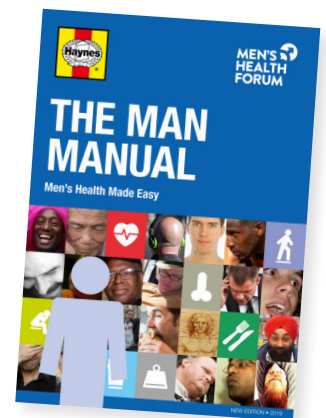
<https://shop.menshealthforum.org.uk/collections/mens-health-week-1>

The link for the 'Can do' Challenge booklet

https://issuu.com/menshealthforum/docs/manmotforthemind_v4/10

This website has all the facts but also some good information on the whys and what you can do - <https://www.stlukeshealth.org/resources/six-mens-health-facts-and-tips-st-lukes-health>

Use the NHS Website for common Health questions, as a source of good information instead of the just random, website pages, Instagram or TikTok
<https://www.nhs.uk>



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Information on Suicide Prevention

So... Who is at Risk?

Although this is a sensitive subject, we felt it was important to bring some information to this newsletter, as for men under 35 suicide it is the biggest cause of death in the UK.

Death by suicide is often associated with mental ill health such as depression but can also be triggered by a crisis in someone's life with a breakdown in the ability to deal with life stresses, such as financial problems, relationship break-ups or chronic pain and illness

So...What signs should I look out for?

Everyone copes and reacts in their own way, but the Samaritans have put together some signs to look out for, including:

- Feeling restless and agitated
- Feeling angry and aggressive
- Feeling tearful
- Being tired or lacking in energy

So...Where can I get support?

Raising awareness and breaking down the stigma, particularly around men's mental health and the taboo of suicide is important to making progress in suicide prevention.

PAPYRUS is the national charity dedicated to the prevention of young suicide and the promotion of positive mental health and emotional wellbeing in young people. They have help and information for anyone who is feeling suicidal those who are worried about someone and those needing bereavement support.

<https://www.papyrus-uk.org>

HOPELINE247 free, confidential, and available 24/7

CALL **0800 068 41 41** or TEXT **07860 039967**

Suicide Prevention UK - <https://www.spuk.org.uk>

The Samaritans <https://www.samaritans.org> and their 24hr, 7 day a week phone number **Call free - 116 123**

National Suicide Prevention Association

<https://nspa.org.uk/>

<https://www.mind.org.uk/information-support/helping-someone-else/supporting-someone-who-feels-suicidal/useful-contacts/>

<https://prevent-suicide.org.uk/>

<https://listeningplace.org.uk/>

<https://uksobs.org/>



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Information on Mens health MOT

So....Who is at Risk?

Everyone needs a check-up every now and again to ensure everything is running correctly. Simply, it is time for your MOT.

So....What signs should I look out for?

The Mens Health Forum's MOT takes a holistic view, as causes don't have to be just physical but can be related to your mind too. The MOT asks how healthy are you and how healthy is your mind? :-

How is your head?

Take notice of what's going on with you

- Taking notice of what makes you happy , be in the present
- Learning and discovering new stuff
- Help out – a proven mental health benefit more for the person who helps
- And of course find ways to have fun

Man MOT for the Mind | Men's Health Forum
menshealthforum.org.uk

How is your heart?

Arrange checks on your

- Cholesterol
- Blood sugar
- Blood pressure
- Waistline
- Risk of a heart attack

<https://www.menshealthforum.org.uk/diy-man-mot>

Once you have checked your own health, why not check in on one of your friends, colleagues, family members?

Ask the Question and ask it twice , 3 in 4 people would say they're fine even if they were struggling, the second time could be the time they feel encouraged to open up!

So....Where can I get support?

You can make an appointment at your GP surgery for a free NHS Health check-up for adults aged 40 -74 every 5yrs wherever you live in the UK for those without pre-existing conditions this will spot early signs of

- Heart disease
- Stroke
- Type 2 diabetes
- Kidney disease
- Dementia

For insight into what happens at an NHS Health Check go to this website or call your GP

What happens at an NHS Health Check? - NHS www.nhs.uk
<https://championhealth.co.uk/insights/mens-mot/>

On this website you can find links to men's health information
<https://www.blueribbonfoundation.org.uk>

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Information on other Men's health priorities

So...Who is at Risk? Prostrate Cancer is the most common cancer in men in the UK, but it's also one of the most curable. Knowing the symptoms', responding quickly to them, could significantly prolong your life.

So...What are the signs? Symptoms can include

- needing to pee more frequently,
- needing to rush to the toilet,
- difficulty in starting to pee,
- straining, or taking a long time to pee,
- weak flow of urine,
- feeling like your bladder is not fully empty or
- blood in your urine.

These symptoms do not always indicate cancer but are worth getting checked out.



So...Where can I get support?

See you GP if you have any symptoms of Prostate Cancer

But you can also contact and get all the information you need at <https://prostatecanceruk.org/> they have information, support groups, online communities and specialist nurses who are free to call **0800 074 8383**

So... Who is at Risk? Bowel Cancer around 1 in 15 men will be diagnosed with bowel cancer in their lifetime, but it is highly treatable if it is caught early.

So... What are the signs?

To help with this, there is a bowel cancer screening test sent to people's homes, eligible to anyone from 50 – 74yrs

Symptoms of bowel cancer can include:

- changes in your poo, such as having softer poo, diarrhoea or constipation that is not usual for you
- needing to poo more or less often than usual for you
- blood in your poo, which may look red or black
- bleeding from your bottom
- often feeling like you need to poo, even if you've just been to the toilet
- tummy pain
- bloating
- losing weight without trying
- feeling very tired for no reason

So...Where can I get support?

See you GP if you have any symptoms of bowel cancer , try not to be embarrassed , the doctor or nurse will be used to talking about these symptoms <https://www.nhs.uk/conditions/bowel-cancer/symptoms>

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Information on other Men's health priorities

So...Who is at Risk? Testicular Cancer is the most common cancer in young men and teenagers, so we really can't emphasise enough how important these checks are.

So.... What are the signs?

Typical symptoms are painless swelling or lumps in 1 of the testicles, or any changes in shape or texture, the lumps may be the size of a pea or larger

Testicular cancer can also cause other symptoms, including:

- an increase in the firmness of a testicle
- a difference in appearance between 1 testicle and the other
- a dull ache or sharp pain in your testicles or scrotum, which may come and go
- a feeling of heaviness in your scrotum

So....Where can I get support?

See your GP if you have any symptoms of Testicular cancer but you can also find more details on the checks to carry out here in an easy online read or downloadable booklet to give to your son, husband, friend

[https://be.macmillan.org.uk/Downloads/CancerInformation/Easyread/MAC16321How-to-check-your-balls-\(testicles\).pdf](https://be.macmillan.org.uk/Downloads/CancerInformation/Easyread/MAC16321How-to-check-your-balls-(testicles).pdf)



So.... Who is at Risk? Older men's health is a topic that involves managing and preventing common chronic diseases, such as heart disease, diabetes, and bone loss. Attention should also be given to lifestyle, diet, and exercise to maintain healthy bones, muscles, and weight. But you should also note any emotional or physical symptoms as you reach the late 40s to early 50s

So.... What are the signs?

Common symptoms for men in this age range, late 40s to early 50s, that could be signs of what has been called the male menopause

- mood swings and irritability
- loss of muscle mass and reduced ability to exercise
- fat redistribution, such as developing a large belly or "man boobs" (gynaecomastia)
- a general lack of enthusiasm or energy
- difficulty sleeping (insomnia) or increased tiredness
- poor concentration and short-term memory

These symptoms can interfere with everyday life and happiness, so it's important to find the underlying cause and work out what can be done to resolve it.

So....Where can I get support?

Blue Ribbon foundation is a charity in itself but on their webpage, you'll find links to further charities and information

<https://www.blueribbonfoundation.org.uk/about-us/#info>
<https://www.mind.org.uk>

