



## Men's Health

### Coronary heart disease (CHD)

Keep your heart healthy by maintaining a healthy diet and exercising regularly. Also get your blood pressure and cholesterol checked, especially if you have a family history of either.

### Prostate Cancer

An enlarged prostate gland can cause problems urinating as it can press on the tube that carries urine from the bladder. If you have trouble passing urine, or you feel you haven't quite emptied your bladder each time you urinate, please speak with your GP.

### Testicular Cancer

Regular self-examination is recommended to check for painless lumps or swellings in the testicles which may be an indication of testicular cancer. Other symptoms include aches and discomfort in your testicles, scrotum, groin or lower abdomen, or feeling tired and unwell.

### Moles

Check your moles regularly and be aware of any change in colour or shape, or if they start bleeding. Most changes are harmless and are due to a non-cancerous increase of pigment cells in the skin, however, it's advisable to get them checked if you are concerned.

### Depression

If you're depressed, you may lose interest in things you used to enjoy, or feel persistently low. Exercise has been shown to have a positive effect on mental wellbeing but if this doesn't improve your wellbeing, contact your GP for further advice and support.