



Movember: What do you need to know about men's health?

Movember are a leading charity, changing the face of men's health since 2003. Since then, they have funded more than 1,250 men's health projects around the world and have vastly increased the awareness surrounding mental health and suicide prevention, prostate cancer and testicular cancer.

We're passionate about health and wellbeing and with nearly half of our onsite health assessment sessions being conducted on males, we wanted to share some really important information, tips and advice around all aspects of men's health.

Mental Health

In the UK, 3 out of 4 deaths by suicide are men and in England and Wales, suicide is the leading cause of death among 15-49-year-old men. It's time that we drop the stigma around men having to be 'manly' and allow them to open without fear of judgement.

It can often be tricky to spot the signs of someone struggling, particularly with men as they have become accustomed to not making their emotions known. So, what steps can you take to make sure your friends and loved ones are genuinely okay?

Ask how they're doing - if you've spotted a change in your friend's behaviour such as missing social events, being late to work or drinking more, ask them how they're doing. But remember, most of us use the phrase "I'm fine", even when we're not. Don't be afraid to ask twice, but also don't be too pushy.

Listen to what they have to say - You don't have to diagnose any problems they may be experiencing, and you shouldn't feel the need to offer solutions or even give advice. Just be prepared to be all ears and judgement-free.

Encourage action - Focusing on the simple things that are easy to control is a great place to start. Are they exercising regularly? Are they sleeping enough? Is his diet well-balanced? Alternatively, is there something that has helped him when he's felt this way in the past? Small lifestyle changes are an ideal starting point for suggesting ways that your friend can improve how he's feeling.

Check in - Arrange to catch-up again soon, in person if possible. If it isn't possible then make time for a call or video chat. You can even just drop him a message. All these actions can show your friend that you care while also giving you an idea as to whether he is starting to feel better.

Prostate Cancer

Prostate cancer is the most commonly diagnosed cancer among men in the UK and early detection is key. The cancer usually develops slowly, so there may be no signs for many years. One man dies every 45 minutes from prostate cancer in the UK and the difference between early detection and late detection can be life and death.

Know the facts, take action and reduce your risk. Your risk of developing prostate cancer increases with age, but that doesn't mean that it's a disease only affecting old men. It's the second most common cancer in men worldwide. Men who are black, and men who have a family history are two and a half times more likely to get prostate cancer. Research also suggests that obesity increases the risk.

Not everyone experiences symptoms of prostate cancer and many times, signs of prostate cancer are first detected by a doctor during a routine check-up.

However, others will experience symptoms and it's important to ensure that you know what these are so that you can take any necessary next steps:

- Trouble passing urine
- A need to urinate more frequently, especially at night
- Struggling to completely empty the bladder
- Not quite making it to the toilet in time
- Weak or interrupted flow of urine

At Healthy Performance we include PSA tests for those who are 40 age or older, within our 60 minute onsite employee health assessments. We also have several free resources available to educate you and your employees on prostate cancer, amongst many other health and wellbeing concerns.

If you would like further information on PSA testing for your employees, please contact our team on 0800 170 1777 or enquire via our online contact form.

Fact of the month

Testicular cancer has one of the best recovery rates of all cancers with 95% of those diagnosed making a full recovery, particularly if it's diagnosed early.

Testicular Cancer

Testicular cancer is the most commonly diagnosed cancer in young men in the UK. However, it has one of the best recovery rates of all cancers with 95% of those diagnosed making a full recovery, particularly if it's diagnosed early – but for some men, long-term treatment-related side effects mean quality of life can be severely compromised.

The best thing you can do? Give your testicles a bit of a feel each month or so, and if something doesn't seem right, head to the doctor.

Almost 35,000 men are estimated to be living with or beyond a testicular cancer diagnosis in the UK. Although it can occur at any age, testicular cancer often strikes young with men between the age of 20 and 40 being most affected.

Most commonly, the first symptom of testicular cancer is a painless lump or swelling in the testicle. The swelling or lump can be about the size of a pea but may be larger.

Other symptoms can include:

- An increase in the firmness of a testicle
- A difference in appearance between one 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
- Aches and discomfort in your testicles, scrotum, groin or lower abdomen
- Feeling tired and unwell

If you do not feel comfortable visiting a GP, you can go to your local sexual health clinic, where a healthcare professional will be able to examine you.

Tip of the month

Including tomatoes and oily fish more frequently in your diet may reduce your risks of developing prostate cancer.

“What mental health needs is more sunlight, more candour, and more unashamed conversation”

Glenn Close