

Men's Health

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WHY THIS MATTERS

Men tend to wait, and that costs lives

3 in 4

suicides in England and Wales are men

1 in 8

men will get prostate cancer (1 in 4 Black men)

1 in 4

UK deaths are from heart and circulatory disease

4×

rise in liver disease deaths in the last 50 years

Mental Health

Signs to notice, in yourself or a friend

- Short fuse: irritable, angry, snapping
- Drinking or gambling more
- Pulling away from friends and family
- Sleeping badly, or all the time
- Losing interest in things you used to enjoy
- Aches, tiredness, 'just not right'

Men aged 50–54
have the highest suicide rate of any age group in England

Big life changes can trigger it: retirement, redundancy, divorce, illness, bereavement.

MENTAL HEALTH

Talking works, and help is close

Ask, then listen

"How are you, really?" Asking about suicide does not put the idea in someone's head.

See your GP

Low mood is treatable. You can also refer yourself to NHS Talking Therapies, no GP needed.

Look after the basics

Move every day, cut back on alcohol, keep in touch with people, keep a routine.

If it's urgent

Samaritans 116 123
free, 24/7

NHS 111
choose the mental health option

Shout: text SHOUT to 85258
24/7 text support

Risk to life? Call 999

HEART HEALTH

Heart Health

NHS Health Check

Age 40–74, every 5 years
BP, cholesterol, weight, diabetes risk

Free pharmacy BP check

Age 40+, no appointment
Walk in at many local pharmacies

AAA scan

Men in the year they turn 65
Quick ultrasound of the main artery in the tummy

- Finds silent risks years before a heart attack or stroke
- Tablets and lifestyle changes cut that risk
- Free, quick, close to home

Liver Health

Main causes

Alcohol
the biggest cause

Fatty liver
linked to weight and type 2 diabetes

Hepatitis B or C
often unknown for years

Warning signs

- Yellow skin or eyes
- Swollen tummy or ankles
- Itching all over
- Dark pee or pale poo
- Bruising easily; feeling confused

Stay under 14 units a week, spread over 3+ days, with several drink-free days.

Testicular Cancer

Over 95%

of men survive testicular cancer for 10+ years

Most common in men 15–49.

Look out for

- A painless lump or swelling
- A testicle getting bigger or firmer
- Heaviness in the scrotum
- Dull ache in the testicle or groin

How to check

- After a warm bath or shower
- Roll each one between thumb and fingers
- The soft tube at the back is normal
- Anything new? See your GP

No screening test

Prostate Cancer

Higher risk if you are

- Over 50
- Black (1 in 4 risk)
- A man whose father or brother had it
- From a family with breast or ovarian cancer (BRCA2 gene)

Urinary Symptoms

- Up at night to pee
- Rushing to the toilet
- Weak flow or straining
- Not feeling empty

Usually a harmless enlarged prostate, but worth a check.

See your GP soon

- Blood in pee or semen
- New back, hip or bone pain
- Losing weight without trying
- Erection problems

The PSA blood test

Pros

- Can find cancer before symptoms, when it's curable
- A normal result can reassure

Cons

- About 3 in 4 raised results are not cancer
- Misses about 1 in 7 cancers
- Finds slow cancers that may never harm you;

Screening

- No screening for all men: the test isn't accurate enough yet
- Aged 50+? You can ask your GP for a PSA test after talking through the pros and con

YOUR CHECK-UP CALENDAR

Free NHS checks

Check	Who	How often
NHS Health Check	Age 40–74	Every 5 years
Pharmacy blood pressure check	Age 40+	If not checked in the last 6 months
Bowel cancer home test kit	Age 50–74 (75+ can ask)	Every 2 years, posted to you
PSA test (prostate)	Age 50+, on request	Discuss with your GP
AAA scan	Men turning 65	Once

Five things you can do

1. Attend screening
Health Check, bowel kit, AAA scan

2. Know your numbers
Blood pressure and cholesterol

3. Check yourself
Testicles monthly; notice new symptoms

4. Be aware of alcohol intake
Under 14 units, with drink-free days

5. Talk
To a friend, your partner, your GP

Resources

- ManUp?
- AndysManClub
- Mensmindmatter
- Roehampton men’s shed
- Walking football
- CDARS' Gentlemen of Value Club
- Walk and Talk

Questions?