

# Wellbeing Wednesday

ISSUE 29: Men's Health



When it comes to prevention and early detection, men's health often takes a back seat to women's health. As we see statistically, men pay less attention to their health than women do. Men also are more likely to smoke, drink, take more risks, and generally lead a less healthy lifestyle. Men are still just as susceptible to the same things such as cancer, depression, stroke, diabetes, and heart diseases. In addition to these risks, men also have unique issues such as prostate cancer and benign prostate enlargement.

Early detection and preventative measures are key. Early detection generally increases the chances of successful treatment by focusing on detecting symptomatic patients as **early** as possible.

## Top tips for your health

- Get regular check ups-did you know if you are aged 40-74 you can get a free NHS health check
- If something doesn't seem right-book in with your GP
- Keep active
- Take a break to reduce stress
- Watch your numbers-weight, blood pressure & Alcohol intake

## Webinars available next week

Monday 12th Social Media and Men's Health- 12pm

Wednesday 14th Men's Suicide Awareness-12pm

Friday 16th Men's MOT for the Mind- 12pm

Please see the additional attachment for links to the webinars



Men's  
Health  
Week

June 15-21