



## MOVEMBER, MEN'S HEALTH AWARENESS MONTH



# MOVEMBER®

Movember is a global charity, but what do they stand for?

Tackling...

- Prostate cancer
- Testicular cancer
- Mental health
- Suicide prevention

How can you get involved in Movember? [Movember in the workplace.](#)

On average, men die 6 years earlier than women, largely through preventable causes. Movember is a global charity is committed to increasing awareness, support, funding and education around men's health. Ultimately enabling men to live happier, healthier and longer lives.

### **Suicide**

Globally, every minute, a man dies by suicide. In the UK, 75% of suicides are men.

What can we do?

- Talk
- Ask
- Listen
- Encourage action
- Check in

[The importance of employee mental health.](#)

'70% of men say their friends can rely on them for support, but only 48% say that they rely on their friends. In other words: we're here for our mates, but worried about asking for help ourselves. Reaching out is crucial.'

[Papyrus](#) Aims to reduce stigma associated with suicide and increase awareness of young suicide through phone, SMS, and email.

[Calm](#) Seeks to prevent male suicide offering support to men in the UK, of any age, who are down or in crisis via their helpline and website.

[Mind](#) Information and support to make sure no-one has to face a mental health problem alone.

## **Cancer**

- Prostate cancer, [know the facts](#).

Prostate cancer rates will double over the next 15 years. Currently 1 in 8 men will be diagnosed in their lifetime.

- Testicular cancer, [know the facts](#).

Testicular cancer has doubled in the last 50 years. Those most at risk are aged 25-49.

[Processed foods are driving up cancer risk](#).

## **5 things men need to know to improve their health:**

1. **Spend time with people who make you feel good**
2. **Talk, more**
3. **Know the numbers** – Age 50, talk to your doctor about prostate cancer. If you're black, or have a father or brother with prostate cancer, talk to your doctor when you're 45. Know your numbers, know your risk.
4. **Check yourself** – Get to know what's normal for your testicles. Check regularly and speak to your GP if you notice a change.
5. **Move, more**

We offer a corporate nutrition workshop that specialises in men's health – [Mens health workshop](#) for more information.

[Get in touch](#) to discover how we can assist your organisation and improve workplace health.