



## Movember, Men's Health Awareness Month



# MOVEMBER®

Movember is a global charity, but what do they stand for? Read on to find out.

[www.thehealthyemployee.co.uk/](http://www.thehealthyemployee.co.uk/)



The Paper Industry Technical Association (PITA) is an independent organisation which operates for the general benefit of its members – both individual and corporate – dedicated to promoting and improving the technical and scientific knowledge of those working in the UK pulp and paper industry. Formed in 1960, it serves the Industry, both manufacturers and suppliers, by providing a forum for members to meet and network; it organises visits, conferences and training seminars that cover all aspects of papermaking science. It also publishes the prestigious journal *Paper Technology International* and the *PITA Annual Review*, both sent free to members, and a range of other technical publications which include conference proceedings and the acclaimed *Essential Guide to Aqueous Coating*.



### 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.