



# LOOK AFTER YOUR HEALTH MO BROS

KEEP ON TOP OF YOUR GAME

Your diet and lifestyle choices can dramatically influence your health. Regardless of age, the most important thing you can do is stay healthy.



# EVERY IRISH MO BRO SHOULD KNOW

You don't have to wait until you are sick to see a doctor; the fact that in Ireland 1 in 3 men are diagnosed with cancer in their lifetime should highlight the importance of staying on top of your game when it comes to your health. Men live, on average 5 years less than women.

In Ireland, approximately 2,700 men are diagnosed with prostate cancer each year, which results in over 500 deaths annually.

1 in 8 Irish men will get prostate cancer in their lifetime.

Almost twice as many Irish men die of non melanoma skin cancer than women, the most common cancer among Irish people.

More than two thirds of Irish men are overweight or obese – increasing their chances of many diseases.

Every cigarette you smoke takes 8 minutes off your life. Smoking a pack per day for 20 years reduces your life expectancy by 13 years.

1 in 4 deaths of young Irish men aged 15-34 are alcohol related.

7 in 10 Irish men have a harmful pattern of drinking – which can lead to long term brain, heart and liver damage and increased risk of cancer.

In Ireland the suicide rate is 4 times higher for men than women.

94% of men say that their health is very important to them yet 8 out of 10 men avoid going to the doctor unless really sick. In fact, 1 in 4 men have never gone to their GP at all and believe it has never done them any harm.



## WHAT SHOULD YOU DO

Your diet and lifestyle choices can dramatically influence these statistics. Regardless of age, the most important things you can do to stay healthy are...

### HAVE AN ANNUAL CHECK-UP

Find a doctor and make a yearly appointment each Movember for a physical. Men typically don't see a doctor for an annual check or when they feel sick. Getting regular checks and immunisations are amongst the most important things you can do to stay healthy.

### DON'T SMOKE

If you do smoke. Stop! Compared to non-smokers, men who smoke are about 23 times more likely to develop lung cancer. Smoking causes about 90% of lung cancer deaths in men.

### BE PHYSICALLY ACTIVE

If you are not already physically active, start small and work up to a minimum of 30 minutes of moderate physical activity most days of the week.

### STAY AT A HEALTHY WEIGHT

Balance calories from foods and drinks with calories you burn off through physical activities.

### EAT A HEALTHY DIET

Fill up with fruits, vegetables, whole grains and eat lean meats, poultry, fish, beans, eggs and nuts and eat foods low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

### DRINK ALCOHOL ONLY IN MODERATION

Alcohol can be part of a healthy balanced diet but only if it's in moderation, which means no more than three or four units of alcohol a day – that's the equivalent of 1.7 pints.

### BE AWARE OF YOUR FAMILY HISTORY

Make sure you take the time to find out about the medical history of your family; a number of health issues are hereditary and being informed can make all the difference.

## HEALTH CHECKS

With each decade of your life come new health concerns. It's worth equipping yourself with the facts so that you can be aware of what you need to talk to your doctor about at different stages of life.

 	 	 
<p>Testicular cancer - it's the most common cancer affecting young men</p> <p>Skin cancer</p> <p>Weight and blood pressure</p> <p>Cholesterol</p> <p>Harmful alcohol, tobacco and other drug use</p> <p>Suicide</p> <p>Sexually transmitted diseases</p> <p>Mental health: depression and anxiety</p>	<p>Testicular cancer - it's the most common cancer affecting young men</p> <p>Weight and blood pressure</p> <p>Harmful alcohol, tobacco and other drug use</p> <p>Blood cholesterol and glucose (diabetes)</p> <p>Sexually transmitted diseases</p> <p>Eye checks for glaucoma and other conditions</p> <p>Mental health: depression and anxiety</p> <p>Skin cancer</p>	<p>Prostate cancer (particularly if there is a family history or if you're African Caribbean)</p> <p>Colorectal cancers (particularly if there is a family history)</p> <p>Weight and blood pressure</p> <p>Blood cholesterol and glucose (diabetes)</p> <p>Blood tests to check kidney/liver function and iron</p> <p>Eye checks for glaucoma and other conditions</p> <p>Mental health: depression and anxiety</p> <p>Skin cancer</p>
 	 	 
<p>Prostate cancer</p> <p>Colorectal cancers</p> <p>Weight and blood pressure</p> <p>Blood cholesterol and glucose (diabetes)</p> <p>Blood tests to check kidney/liver function and iron</p> <p>Tetanus booster (every 10 years)</p> <p>Eye checks for glaucoma and other conditions</p> <p>Mental health: depression and anxiety</p> <p>Skin cancer</p>	<p>Prostate cancer</p> <p>Colorectal cancers</p> <p>Bowel cancer</p> <p>Weight and blood pressure</p> <p>Blood cholesterol and glucose (diabetes)</p> <p>Blood tests to check kidney/liver function and iron</p> <p>Pneumonia vaccine (from 65)</p> <p>Bone density</p> <p>Eye checks for glaucoma and other conditions</p> <p>Mental health: depression and anxiety</p> <p>Skin Cancer</p>	<p>Prostate cancer</p> <p>Colorectal cancers</p> <p>Bowel cancer</p> <p>Weight and blood pressure</p> <p>Blood cholesterol and glucose (diabetes)</p> <p>Blood tests to check kidney/liver function and iron</p> <p>Pneumonia vaccine</p> <p>Bone density</p> <p>Eye checks for glaucoma and other conditions</p> <p>Mental health: depression and anxiety</p> <p>Skin cancer</p>

## LOOKING OUT FOR YOUR MATES

Some guys need a bit of encouragement to take their health seriously; so it's important that guys learn to look out for each other. Here are a couple of tips on how guys can look out for each other...

### PICK UP THE PHONE

One of the early symptoms of depression is withdrawal from social situations. If you haven't heard from your mate for a couple of weeks, pick up the phone and check in.

### TAKE THEM FOR A KICK-AROUND

Or run or ride, or whatever sport you prefer. It's a great way to tick a lot of boxes – catch up with mates, get outdoors and increase the feel good hormones.

### INVITE HIM OUT

People who are experiencing depression often miss events they'd typically attend. If you've noticed your mate has been absent from a lot of the usual social activities with no good reason, get him out again.

### CHECK IN AS A FAMILY

Dads and sons are often best mates too. Encourage your old man or son, uncle or brother to be aware of their health and visit their doctor if they have any concerns.

### NUDGE THEM IN THE RIGHT DIRECTION

Remind your mates of the importance of having an annual check-up with their GP.

### LEND THEM A HAND

Depression can impact on the way people go about their work, often making it difficult to concentrate or get on top of the usual work demands.

### GET OUT OF TOWN

Everyone needs time out occasionally. Take a break from the pressures of work, family, partners and mowing the front lawn. It's a great way to catch up with mates and give you a much needed rest.

### LOOK OUT FOR A MATE... AND KEEP ON YOUR GAME

No matter what your age, looking out for your mates is an important job and one you shouldn't take lightly.

### FURTHER INFORMATION

Action Prostate Cancer  
www.cancer.ie/prostate

Movember  
movember.com

### CHANGING THE FACE OF MEN'S HEALTH

Supporting prostate cancer initiatives.

