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# THE CRISIS IN MENS HEALTH



Men die an average of 6 years younger than women

The reasons are mostly preventable  
Men can take the decision to live healthier happier and longer lives



Stay connected with your friends and family  
Catch up, make time



Talk more  
Be there for some-one  
Be aware of mental health issues and connect



Know the numbers  
Know your risk Talk to your doctor  
At 50 talk to your doctor about prostate cancer  
If you have a family member who has had prostate cancer  
talk at 45  
Early detection is key



Know what is normal  
Testicular cancer is the most common cancer  
found in young men aged 15-39  
It is a highly treatable cancer  
can be effectively treated  
& often cured if diagnosed and treated early  
Not feeling right  
See the doc



Get Fit and Get Moving