

Men's Health



Why is men's health in a poor state?

- Lack of awareness and understanding of health issues
- Reluctance to discuss health
- Reluctance to take action when physically or mentally unwell
- Engagement in risky activities that threaten health
- Stigmas surrounding mental health
- Are less likely than women to seek help for health concerns
- Are less likely to use health care services

Eat a healthy diet

- Moderation and variety is key to ensure you consume the appropriate nutrients and vitamins.
- Fill up with fruits, vegetables, whole grains and healthy proteins, e.g. lean meats, poultry, fish, beans and nuts.
- Eat foods low in saturated fats, trans fats, cholesterol, salt and added sugars.
- Drink water instead of sugary beverages, e.g. soft drinks, sports drinks, fruit drinks or shakes.

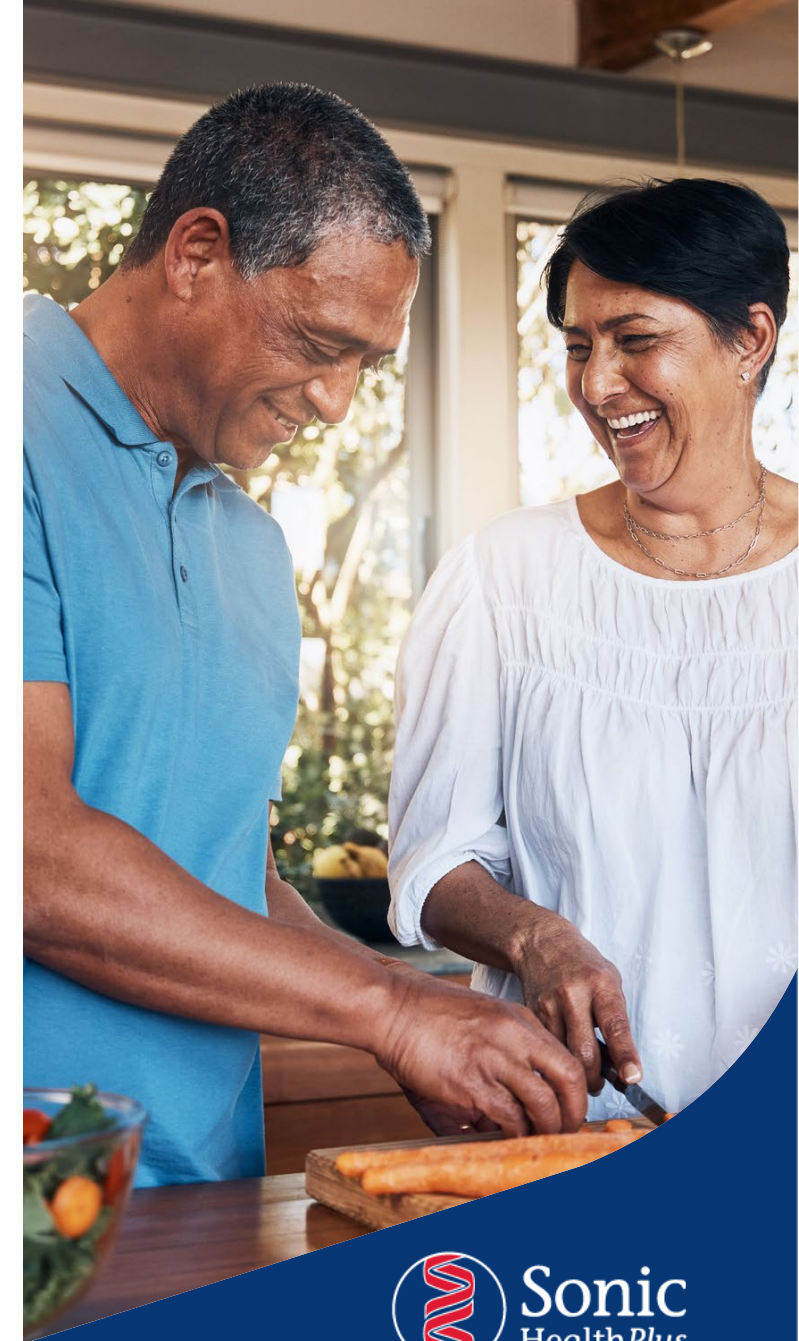


Maintain a healthy weight

Being overweight can lead to general health problems and is a risk factor for many chronic diseases including:

- Type 2 diabetes
- Cardiovascular disease
- Hypertension
- Stroke
- Certain cancers

Balance calories from your diet with calories you burn off via exercise.



Track your health numbers

Tracking your health numbers and keeping them within a normal range will help lower the risk of heart disease, stroke, diabetes and cancer.

- Body Mass Index – less than 24.9
- Waistline – less than 94 cm
- Blood pressure – less than 140/90 mmHg
- Total cholesterol – less than 200 mmol/L
- Blood glucose – between 80 and 120 mmol/L



Exercise

- Start small and work up to 20–30 minutes of moderate physical activity, 2–3 times a week.
- Take stairs instead of elevators where possible.
- Squeeze in a walk or run during your lunch break.
- Try standing on public transportation rather than sitting down.



Limit smoking

Compared to non-smokers, men who smoke are ~20 times more likely to develop lung cancer.

Smoking causes ~90% of lung cancer deaths in males and doubles the risk of heart disease.



Sleep

The quality of your sleep can dictate:

- How much you eat
- How fast your metabolism runs
- How well you can fight off infections
- How well you can cope with stress

Make sure you get enough sleep and keep a regular sleep pattern by going to bed and waking up roughly the same time.



Manage stress levels

Long-term stress is a major risk for many chronic diseases.

- Carve out time to reflect on what makes you feel better.
- Do small activities you enjoy, e.g. sports, watching a TV show or meeting friends.
- Learn some mediation or mindfulness skills.



Stay mentally healthy

Looking after your mental health is just as important as looking after your physical health.

- Spend time in nature.
- Focus on getting consistent sleep.
- Spend quality time with friends and family.
- Learn a new skill or find a creative outlet.
- Practice meditation and mindfulness.



Prostate cancer

- Prostate cancer is the most commonly diagnosed cancer in Australian men and the second most common cause of cancer death.
- Prostate cancer develops when abnormal cells in the prostate gland grow more quickly than in a normal prostate.



Testicular cancer

- Testicular cancer is the second most common cancer in men aged 18–39 years.
- Testicular cancer starts as an abnormal growth or tumour that develops in one or both testicles.

If you find such abnormalities, go to the doctor immediately regardless of age.



Thank you

