

Men's Health

Across the world, men die an average six years younger than women, and for reasons that are largely preventable. Which means that it doesn't have to be that way: we can all take action to live healthier, happier and longer lives.

How? Here are our top five things to know, and do.

1. Spend time with people who make you feel good.

Stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.



2. Talk, more.

You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.

3. Know the numbers.

At 50, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you are black or have a father or brother with prostate cancer, you should be having this conversation at 45. Know your numbers, know your risk, talk to your doctor.



4. Know thy nuts. Simple.

Get to know what's normal for your testicles. Give them a check regularly and go to the doctor if something doesn't feel right.

5. Move, more.

Add more activity to your day. Do more of what makes you feel good.

- Take a walking meeting
- Park further away from the station
- Get off the bus a stop or two earlier
- Instead of the lift, take the stairs
- Cycle to work instead of driving

MOVEMBER

