November 2021

Men’s Health Focused Tool Kit

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|  | **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 |
|  | **Talk More** You don’t have 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 |
|  | **Know your 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 of African or Caribbean descent or have a father or brother with prostate cancer, you should be having this conversation at 45. Know your numbers, know your risks, talk to your GP |
|  | **Know thy nuts. Simple** Get to know what is normal for your testicles. Give them a check regularly, and go to the doctor is something does not feel right!  <https://www.youtube.com/watch?v=cvrmnNVUvEU> |
|  | **Move, Move, Move** Add more activity to your day. Do more of what makes you feel good. Take a walking meetings. Park further away from work. Get off the bus a stop or two earlier instead of getting a lift. Take the stairs. |