

Physical Activity

Keeping active is vital for our physical and mental health. Exercise helps us to feel fit, relaxed and surprisingly gives us more energy! The health benefits are impressive, and you don't have to run marathons to feel the effects. Regular exercise can reduce your risk of major illnesses such as heart disease, stroke, cancer and type 2 diabetes.

Adults should try to be active every day and aim to do at least 150 minutes of physical activity over a week, through a variety of activities. Why not:

- Walk briskly
- Use the stairs instead of the lift
- Get off the bus early, or park the car further out and walk the rest of the way
- Carry the shopping
- Get stuck into some gardening or car washing



Skin Health

Spending time in the sun without taking precautions can be at increased risk of skin cancer. Even if you are outside for just a short amount of time, try to:

- Spend time in the shade between 11am and 3pm
- Apply sunscreen regularly - use at least factor 30
- Cover up - wear loose clothing, a hat and sunglasses

Most adults don't apply enough sunscreen. If sunscreen is applied too thinly, the amount of protection it gives is reduced. As a rough guide, you should aim to use around:

- 2 teaspoons if you're just covering your head, arms and neck
- 2 tablespoons if you're covering your entire body while wearing a swimming costume



Remember - it's not safe to use sunbeds to get a tan as it increases your risk of skin cancer. Use fake tan from a bottle for a similar effect but without the risks.

Alcohol

The less you drink, the lower the risk is to your health. It is recommended that men and women do not drink more than 14 units a week on a regular basis. It's best to spread your units evenly over at least 3 days - try not to 'save up' your units. Remember to have regular alcohol-free days too.

Pregnant women and those planning pregnancy should not drink alcohol.

How many units are in my drink?

- 1 pint of beer/lager/cider - 2.2 units
- 175ml glass of wine - 2.2 units
- 250ml glass of wine - 3.1 units
- 25ml measure of spirits - 1 unit

Reducing alcohol intake

- Alternate alcoholic drinks with water or soft drinks
- Drink more slowly, and drink with food or eat before going out
- Avoid 'topping up' your drink as you'll lose track of the units



Did You Know?

- Men are less likely than women to visit their pharmacy or GP
- Men often delay seeking help for health problems for a long time
- Men are less likely than women to acknowledge illness
- Men are less likely to take up preventative healthcare measures such as health screenings
- Fear surrounding a potential loss of masculinity stops men from talking about how they feel, or any symptoms they are experiencing.

Prioritising your health is so important. Seeing a doctor isn't a waste of resources, or a waste of your time; it's one of the best things you can do for your health. If you are worried about something, don't put it off.



Resources

Why not set yourself up for success by visiting our website? We've got loads more health resources available for free on many common health topics.

www.maryhowtrust.org/news/2022/health-resources



Change a little...gain a lot!

The simplest of changes can make a hugely positive impact on your health now and in the future.

For more than 30 years, the Mary How Trust has been offering life-saving health screenings to men and women over 18 in local community and beyond.

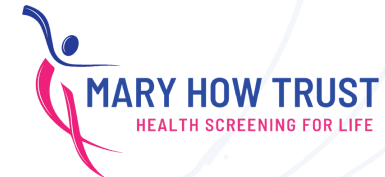
As well as screening for several cancers, we look for the early signs of many other life-threatening illnesses such as heart disease, diabetes and aortic aneurysm. We're here to listen to your health concerns too, and offer lifestyle guidance to help you stay well.

We are entirely donor supported, and instead of charging a fixed fee for our health screenings, we ask for a donation that's based on ability to pay. We encourage clients to give generously for their screening, but never turn anyone away if they're unable to donate the full cost to us.

Our heartfelt wish is to help people stay well through prevention and early detection of serious illness.

**Do you or someone you know need a check-up on their health?
Request a health screening via our website today.**

Healthy



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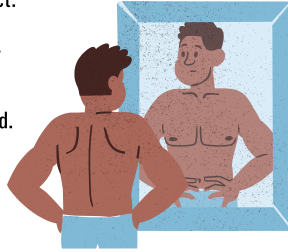


Body Image & Self Esteem

It's easy to feel under pressure about the way we look. Remember that the fact we are all different is a great thing, and makes us unique. We all grow in different ways, and that is ok! Accepting ourselves and the way we look is a key part in feeling comfortable and confident in our own skin.

Things we can all do to boost self respect:

- Adopt a body positive mindset - say goodbye to your inner critic
- Take care of yourself such as nourishing your body with good food.
- Try not to compare yourself with others
- Ensure you take time to focus on your mental health
- Treat yourself with the same kindness you show others



Mental Health



Everyone feels stressed from time to time, but you don't have to put up with it if these feelings persist. We know that men are much less likely to reach out for help and talk about how they're feeling than women. This is a factor as to why three times as many men as women die by suicide. You don't have to be or appear strong and 'in control' all the time - it's ok to open up and ask for help.

Perhaps you're feeling like life is hard to cope with, or feel irritable, short-tempered or anxious. Maybe you are even finding it hard to concentrate or are excessively tired.

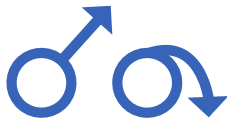
We know it can be daunting, but most people find that talking to their GP is really beneficial as they can offer you the support you need.

Erectile Dysfunction

Impotence (erection problems) is very common. Most men will occasionally fail to get or keep an erection, especially men over the age of 40.

There are many reasons for impotence. It could be caused by:

- Stress or anxiety
- Tiredness
- Drinking too much alcohol
- Drug use
- Relationship problems
- Diabetes
- Hormone imbalance
- High blood pressure



It's not usually something to worry about, but it's best to talk to your GP if it keeps happening so that they can rule out any underlying problems.

Medicines such as Viagra can help erectile dysfunction. It's available from pharmacies and you don't need a prescription. You will need to have a consultation with a pharmacist to check it's safe for you to take.

There are some things that you can do that might help with impotence issues. Try to:

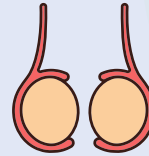
- Stop smoking
- Eat a healthy diet
- Lose weight if you're overweight
- Partake in regular exercise
- Drink less alcohol
- Reduce stress and anxiety
- Not cycle for a while (if you cycle more than 3 hours a week)

Testicular Cancer

Testicular cancer is one of the most common cancers of young men from the age of 15. With early detection the cure rate for this cancer is almost 100%.

It's important to check your testicles (balls) regularly for changes and potential warning signs. Remember! It is common for both testicles to not look alike.

- Check yourself after a warm bath or shower
- Use a mirror to compare your testicles and see any obvious visual changes
- Using both hands, roll each testicle between your thumb and fingers to check for any lumps, bumps or swelling.



Look out for:

- Enlarged or swollen testicle
- Changes in shape or size
- Testicle dragging or feeling heavy
- Discomfort or pain
- Small, hard lump
- Fluid build up
- Dull ache in the groin, lower stomach or scrotum
- Increased testicle firmness

Penile Cancer

This cancer is rare, but it's important to know the signs as with early detection it can be cured.

Look out for:



- A rash, growth or sore that doesn't heal within 4 weeks
- Bleeding from the penis or under the foreskin
- Thickened skin of the penis or foreskin
- Discharge with a bad odour
- Changes in the skin colour on your penis or foreskin
- Lump in the groin

The Prostate

The prostate gland tends to get bigger as men get older. About 1 in 3 of all men over 50 will experience some symptoms that we associate with prostate enlargement. It's isn't caused by cancer, and doesn't increase your risk of developing prostate cancer either. An enlarged prostate affects urination. Symptoms can include:

- Feeling like you can't fully empty your bladder
- Straining when urinating
- Weak urine flow
- Difficulty starting / stopping urinating
- Needing to empty your bladder more frequently or urgently
- Excessive dribbling after urinating has stopped
- Waking up frequently in the night needing to urinate



Some men will develop prostate cancer. It's usually slow-growing, meaning it could be there for years before being detected. Things to look out for are:

- Increased urination frequency
- Straining when urinating
- Feeling that your bladder isn't all the way emptied

These symptoms should not be ignored, but they do not mean you have prostate cancer. They can also be signs of normal prostate enlargement.

Don't let fear or embarrassment stop you from seeking advice from your doctor; they will not treat your concerns as a waste of time.

Early detection will mean simpler and more effective treatment, with fewer side effects.

Osteoporosis

Osteoporosis is a condition that weakens your bones which makes them fragile and more likely to break. Women are more at risk of developing osteoporosis than men, and the menopause accelerates bone loss. Osteoporosis can develop if you have had an early hysterectomy or an early menopause. Try to..

- Eat a balanced diet rich in calcium (found in milk, cheese, sardines, baked beans and leafy green vegetables) and Vitamin D
- Exercise regularly to keep your bones strong. Make sure you include weight-bearing activities such as walking or playing tennis
- Avoid smoking
- Drink alcohol in moderation

Hormone Replacement Therapy (HRT) can help protect against osteoporosis. If you feel you are at risk, speak to your GP.



Healthy Eating

Making some small, positive changes to your diet can have a big impact on your health. Try to:

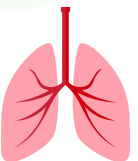
- Eat at least five portions of fruit and veg per day. Why not add some fruit on top of your breakfast cereal?
- Choose higher fibre foods such as wholewheat pasta or brown rice
- Eat more chicken, fish, beans lentils to make sure you have a protein rich diet and reduce intake of processed foods eg burgers and pies.
- Keep an eye on your sugar, fat and salt intake by restricting foods high in saturated fats e.g cakes, biscuits and cheese. The traffic light system on food labels is a great way to find how high in fat, sugar and salt your food is.
- Drink enough water - the NHS recommends we drink 6-8 glasses of water each day.



Smoking

It's never too late to quit. Stopping smoking is one of the absolute best things you can do to improve your health. It gives your lungs the chance to repair themselves - you will also be able to breathe easier too. Some more benefits are:

- Increased life expectancy
- Improved circulation, especially hands and feet
- Reduced risk of developing cancer
- Sense of smell and taste improves
- Your hair, skin, breath and clothes no longer smell of tobacco smoke
- Physical and mental health improves



For support and advice on quitting smoking, find your local stop smoking service on the NHS website and download the free NHS Quit Smoking app.