



Around **3 in 4** people who end up taking their own life are male



HEAD

I regularly complete the Mental Health Check-in

The Mental Health Check-In

1. Reflect on how you're feeling
2. Ask a male friend how they're feeling today

80% of deaths caused by heart disease can be prevented by healthy lifestyle changes



HEART

I take steps to look after my heart

Heart-healthy steps

- Complete 150 minutes of exercise (weekly)
- Maintain a high-fibre diet (always)
- Drink no more than 14 units of alcohol (weekly)

The **4th** most common type of cancer is bowel cancer



BOWELS

I've signed up for free bowel cancer screening (if eligible)

Everyone aged 60 to 74, who is registered with a GP and lives in England is automatically sent a bowel cancer screening kit every 2 years. This programme is expanding to include anyone over the age of 56 in 2021.

The **most** common type of cancer in the UK is prostate cancer, but it's also one of the most curable



PROSTATE

I am aware of the symptoms of prostate cancer

Potential symptoms of prostate cancer

- > Needing to pee more frequently, often during the night
- > Needing to rush to the toilet
- > Difficulty in starting to pee (hesitancy)
- > Straining or taking a long time while peeing
- > A weak flow of urine

99% is the survival rate of testicular cancer cases, if it is caught before it can spread



BALLS

I check my balls once a month

How to check your balls

1. Cup your balls under your hands to check their weight
2. Roll each ball between finger and thumb, carefully checking for lumps or changes in size
3. Have a look and a feel to make sure they are the same size and weight

MEN'S MOT

