



Men's Health Week: *Let's Talk About It*

Men's Health Week, taking place from the **9th to 15th June**, is an opportunity to shine the spotlight on the physical and mental wellbeing of men.

Whether you're a man, or someone who cares about one, this is the perfect time to take stock and start a conversation.

Why Men's Health Week Matters

Statistics consistently show that men face unique health challenges. On average, men die younger than women, are more likely to develop heart disease at an earlier age and are less likely to seek help for both physical and mental health concerns. Many men are less likely to visit the doctor or talk about their health than women are. Recent figures from a survey by the Office for National Statistics shows that only **32.2% of men** contacted their GP in the last 28 days, compared to **45.3% of women**.

Further still, for those unable to make contact with their GP, men were more likely to try to manage on their own, while women were more inclined to seek support through services like NHS 111, or their local pharmacy.





The Power of Early Action

One of the key messages of Men's Health Week is that prevention is better than cure. A simple check-up can catch conditions early when they are easier to treat, such as:

- **Heart health:** Knowing your numbers - blood pressure, cholesterol and BMI all matter - and knowing what your normal is can help you to identify when things may be going wrong, but you can't yet feel it.
- **Mental wellbeing:** Men can often be reluctant to speak about issues affecting their mental health. It's crucial to speak up and be open about your mental health struggles.
- **Cancer awareness:** Early detection of prostate and testicular cancer dramatically improves survival rates. If something seems off, don't wait to get it checked.

How You Can Get Involved

Here are some small ways to make a big difference:

- **Start a conversation:** A quick "how are you really doing?" can open a door for someone who needs it.
- **Take part in a health challenge:** Walk to work, take a break from alcohol, or improve your sleeping habits. Pick a healthy habit and stick with it for the week.
- **Book a health check:** If you haven't had one recently, take the time to have a check-up with your GP. It's not just for when something goes really wrong.

Final Thoughts

Men's Health Week is about creating a culture where looking after your health is normal, encouraged and supported. We all have a role to play - whether it's for ourselves, our mates, our partners or our families. This week, let's start the conversation.

