



Men's Health Awareness Month:

Time to Talk, Time to Act



November is Men's Health Awareness Month, and it's a chance to shine a light on issues that too often stay in the shadows. For many men, health can feel like something to put off – “I'll get to it next week” or “It's probably fine” are familiar mantras. Whether it's ignoring a nagging pain, brushing off stress, or avoiding the GP altogether, the cultural script has been one of silence.

The statistics are stark. Prostate cancer is the most common cancer in men in the UK, with more than 52,000 diagnoses each year. Testicular cancer, while less common, is the most prevalent cancer among younger men. And then there's mental health: suicide remains the leading cause of death for men under 50. These numbers aren't abstract – they represent fathers, brothers, sons, colleagues and friends.





Education and early intervention are key pillars of improving men's health outcomes. Many men underestimate the importance of regular screenings for blood pressure, cholesterol, and prostate or colorectal health, often waiting until symptoms appear.

Men's Health Awareness Month encourages healthcare providers and communities to offer accessible resources and screenings, making preventive care less intimidating. Simple lifestyle changes - such as balanced nutrition, consistent exercise, adequate sleep, and stress management - can significantly reduce the risk of chronic diseases. When men are empowered with knowledge and practical tools, they are more likely to take charge of their wellbeing, leading to lasting health benefits.

The encouraging news is that awareness is growing. Initiatives such as Movember have become a cultural phenomenon, with moustaches sprouting across offices, gyms and football pitches. But the moustache is just the conversation starter. What matters is what comes next: men taking their health seriously, booking check-ups, and talking openly about how they're really doing.

Workplaces are beginning to play a role too. More companies are offering wellbeing programmes, mental health first aiders, and flexible working to support balance. Gyms and sports clubs are hosting men's health events, and even pubs are joining in with fundraising nights. Slowly, the culture is beginning to shift.

The truth is, resilience isn't about ignoring problems - it's about facing them head-on. A strong man is not the one who never asks for help, but the one who knows when to.

This November, Men's Health Awareness Month is a reminder that strength isn't about silence – it's about action. Let's make men's health a conversation that lasts all year.





Practical Tips for Men's Health



Book a check-up

Even if you feel fine, schedule a check-up with your doctor, particularly if you're older. Prevention is easier than cure.



Know your numbers

Blood pressure, cholesterol and weight are key indicators of long-term health.



Check yourself

Learn how to check for testicular lumps and don't ignore changes.



Talk openly

Whether with mates, family or a professional, speaking about mental health is a sign of courage.



Move daily

A brisk walk, a cycle to work, or a game of five-a-side all count.



Rethink coping habits

Alcohol, fast food and late nights might feel like stress relief, but they chip away at long-term wellbeing.