



LOOK AFTER YOUR HEALTH MO BROS

KEEP ON TOP OF YOUR GAME

Your diet and lifestyle choices can dramatically influence your health. Regardless of age, the most important thing you can do is stay healthy.



EVERY MO BRO SHOULD KNOW

You don't have to wait until you are sick to see a doctor; the fact that in New Zealand 1 in 10 men will be diagnosed with prostate cancer in their lifetime and 1 in 6 will experience a major depressive disorder at some time in their life, should highlight the importance of staying on top of your game when it comes to your health.

Men live on average 5 years less than women.

Annually, over 2,500 men are diagnosed with prostate cancer in New Zealand.

The suicide rate is 4 times higher for men than women.

Cancer is a major health issue for New Zealanders. 1 in 3 New Zealanders will have some experience of cancer, either personally or through a relative or friend.

Every cigarette you smoke takes 8 minutes off your life. Smoking a pack per day for 20 years reduces your life by 13 years.

75% of people with diabetes die from cardiovascular diseases.

A man's life span is affected by genetics (24%) and modifiable risk factors (75%).

Men account for 70% of alcohol related deaths.

One third of men have not seen a doctor in the past year. 10% have not seen one for five years.

Heart disease is the leading cause of death in New Zealand – claiming twice as many men, as women.

72% of men admit to binge drinking – which can lead to long term brain, heart and liver damage and increased risk of cancer.

New Zealand research indicates 40.1% and 17.6% of men are overweight and obese, respectively. This compares to rates of 29.4% and 14.9%, for women.



WHAT SHOULD YOU DO

Your diet and lifestyle choices can dramatically influence these statistics. Regardless of age, the most important things you can do to stay healthy are...

HAVE AN ANNUAL CHECK-UP

Find a doctor and make a yearly appointment each Movember for a physical. Men typically don't see a doctor regularly; usually only when they feel sick. Getting regular checks, preventative screening tests and immunisations are among the most important things you can do to stay healthy.

DON'T SMOKE

If you do smoke. Stop! Compared to non-smokers, men who smoke are about 23 times more likely to develop lung cancer. Smoking causes about 90% of lung cancer deaths in men.

BE PHYSICALLY ACTIVE

If you are not already physically active, start small and work up to a minimum of 30 minutes of moderate physical activity most days of the week.

EAT A HEALTHY DIET

Fill up with fruits, vegetables, whole grains, include lean meats, poultry, fish, beans, eggs and nuts and eat foods low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

STAY AT A HEALTHY WEIGHT

Balance calories from foods and beverages with calories you burn off by physical activities.

DRINK ALCOHOL ONLY IN MODERATION

Alcohol can be part of a healthy balanced diet but only if it's in moderation, which means no more than two drinks a day.

HEALTH CHECKS

With each decade of your life come new health concerns and it's worth equipping yourself with the facts so that you can be aware of what you need to talk to your doctor about at different stages of life. Read on to find out more...

<p>20^s</p>	<p>30^s</p>	<p>40^s</p>
<p>Testicular cancer it's the most common cancer affecting young men Skin cancer Weight and blood pressure Annual dental checkup Cholesterol Harmful alcohol, tobacco and other drug use Sexually transmitted diseases Mental health: depression and anxiety</p>	<p>Testicular cancer it's the most common cancer affecting young men Skin cancer Weight and blood pressure Harmful alcohol, tobacco and other drug use Annual dental checkup Blood cholesterol and glucose (diabetes) Sexually transmitted diseases Eye checks for glaucoma and other conditions Mental health: depression and anxiety</p>	<p>Prostate cancer (particularly if there is a family history) Colorectal cancers (particularly if there is a family history) Skin cancer Weight and blood pressure Annual dental checkup Blood cholesterol and glucose (diabetes) Blood tests to check kidney/liver function and iron Eye checks for glaucoma and other conditions Mental health: depression and anxiety</p>
<p>50^s</p>	<p>60^s</p>	<p>70⁺</p>
<p>Prostate cancer Colorectal cancers Skin cancer Weight and blood pressure Blood cholesterol and glucose (diabetes) Annual dental checkup Blood tests to check kidney/liver function and iron Tetanus booster (every 10 years) Eye checks for glaucoma and other conditions Mental health: depression and anxiety</p>	<p>Prostate cancer Colorectal cancers Skin cancer Bowel cancer Weight and blood pressure Blood cholesterol and glucose (diabetes) Annual dental checkup Blood tests to check kidney/liver function and iron Pneumonia vaccine (from 65) Bone density Eye checks for glaucoma and other conditions Mental health: depression and anxiety</p>	<p>Prostate cancer Colorectal cancers Skin cancer Bowel cancer Weight and blood pressure Blood cholesterol and glucose (diabetes) Annual dental checkup Blood tests to check kidney/liver function and iron Pneumonia vaccine Bone density Eye checks for glaucoma and other conditions Mental health: depression and anxiety</p>

LOOKING OUT FOR YOUR MATES

Some guys need a bit of healthy encouragement to take their wellbeing seriously and so it's important that guys look out for each other in life. Here are a couple of tips of how your mates can support one another:

PICK UP THE PHONE

One of the early symptoms of depression is withdrawal from social situations. If you haven't heard from your mate for a couple of weeks, pick up the phone and check in.

TAKE THEM FOR A KICK

Or surf, or run or ride, or whatever sport you prefer. It's a great way to tick a lot of boxes – catch up with mates, get outdoors and increase the feel good hormones.

INVITE HIM OUT

People who experience depression often miss events they'd typically attend. If you've noticed your mate has been absent from a lot of the usual social activities with no good reason, get him out again.

CHECK IN AS A FAMILY

Dad and sons are often best mates too. Encourage your old man or son, uncle or brother to have a prostate check once they reach their 40s.

NUDGE THEM IN THE RIGHT DIRECTION

Remind your mates of the importance of having an annual checkup with their GP.

LEND THEM A HAND

Depression can impact on the way people go about their work, often making it difficult to concentrate or get on top of the usual work demands.

GET OUT OF TOWN

Everyone needs time out occasionally. Take a break from the pressures of work, family, partners and mowing the front lawn. It's a great way to catch up with mates and give you a much needed rest.

LOOK OUT FOR A MATE... AND KEEP ON YOUR GAME

No matter what your age, looking out for your mates is an important job and one you shouldn't take lightly.

FURTHER INFORMATION

Cancer Society
www.cancernz.org.nz

Mental Health Foundation
of New Zealand
www.mentalhealth.org.nz

Movember
nz.movember.com

CHANGING THE FACE OF MEN'S HEALTH

Supporting prostate cancer and depression initiatives.

