



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 facts are that 1 in 4 Canadians will die from cancer and 1 in 7 Canadian men will develop prostate cancer. Stay on top of your game by having an annual health check; early detection of disease provides the best chance for beating illness while preventing complications and side effects. We want to keep you healthy!

Statistics show that men are more often diagnosed with cancer than women and have a higher rate of death from cancer.

Every day, 70 Canadian men will be diagnosed with a type of cancer.

Rates of prostate cancer in men are comparable to rates of breast cancer in women.

Though both men and women experience depression, the rate of completed suicide in men is four times that of women.

1 in 5 Canadians will experience a mental illness in their lifetime. The remaining 4 will have a friend, family member or colleague who will.

Depression can occur in anyone, at any age, and in people of any race or ethnic group.

An estimated 44,000 Canadians live with a traumatic spinal cord injury, and there are approximately 1,500 new traumatic spinal cord injuries in Canada each year.

Almost half of new traumatic injuries occur mostly in men 15 to 39 as a result of motor vehicle, sporting accidents and other violent causes.

It is estimated that 75% of sexually active Canadians will have at least one HPV (human papilloma virus) infection in their lifetime.

In Canada, 2.4 million people live with diabetes.

More than 9 out of 10 Canadians will develop high blood pressure (hypertension) unless they follow a healthy lifestyle.



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 PHYSICAL

Find a doctor and make a yearly appointment each November for a general health check. Men often don't see a doctor for an annual check or when they feel sick. Getting regular checks, preventative screening tests, and immunizations are among the most important things you can do to stay healthy.

DON'T SMOKE

If you do smoke, stop! Tobacco kills about 45,000 Canadians each year. That's more than the total number of deaths from AIDS, car accidents, suicide, murder, fires and accidental poisonings combined.

BE PHYSICALLY ACTIVE

If you are not already physically active, start small and work up to a minimum of 150 minutes of moderate to vigorous physical activity per week, in bouts of 10 minutes or more.

EAT A HEALTHY DIET

Fill up with fruits, vegetables, and whole grains, and choose healthy proteins like lean meats, poultry, fish, beans, and nuts. 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.

MANAGE YOUR STRESS

Stress, particularly long-term stress, can be the factor in the onset or worsening of ill health. Managing your stress is essential to your health and well-being, and should be practiced daily.

DRINK ALCOHOL ONLY IN MODERATION

Alcohol can be part of a healthy, balanced diet, but only if consumed in moderation. This means no more than two drinks a day.

BE AWARE OF YOUR FAMILY HISTORY

Make sure you take the time to find out about the medical history of your family; a number of health issues are hereditary and being informed can make all the difference.

HEALTH CHECKS

With each decade of your life come new health concerns. It's worth equipping yourself with the facts so that you know what you need to talk to your doctor about at different stages of life.

<p>20^s</p>  <ul style="list-style-type: none"> Testicular Cancer: it's the most common cancer among young men Weight and blood pressure Harmful alcohol, tobacco and other drug use Cholesterol Dental Health checkup annually Sexually Transmitted Diseases Skin Cancer Eye Health Immunizations Mental Health: depression and anxiety Injuries caused by reckless behaviour 	<p>30^s</p>  <ul style="list-style-type: none"> Testicular Cancer: it's the most common cancer among young men Weight and Blood Pressure Harmful alcohol, tobacco and other drug use Cholesterol Dental Health checkup annually Sexually Transmitted Diseases Skin Cancer Eye health Mental health: depression and anxiety Injuries caused by reckless behaviour 	<p>40^s</p>  <ul style="list-style-type: none"> Weight and Blood Pressure Harmful alcohol, tobacco and other drug use Dental health checkup annually Skin Cancer Mental Health: depression and anxiety Colorectal Cancer: if there is a family history or African-Canadian Diabetes begin fasting blood sugar test or earlier if overweight or other risk factors are present Eye health: regular eye exams for glaucoma and other conditions Immunizations: tetanus-diphtheria booster every 10 years Prostate Cancer Screening: baseline PSA test
<p>50^s</p>  <ul style="list-style-type: none"> Weight and Blood Pressure Colorectal Cancer: every two years Dental health checkup annually Diabetes: every three years or as doctor recommends Eye health: regular eye exams for glaucoma and other conditions Immunizations: tetanus-diphtheria booster every 10 years, and annual flu vaccine Osteoporosis: if risk factors are present Prostate Cancer Screening: baseline PSA test and digital rectal exam, annually Skin Cancer Mental Health: depression and anxiety 	<p>60^s</p>  <ul style="list-style-type: none"> Weight and blood pressure Colorectal Cancer: every two years Dental health checkup annually Diabetes: every three years or as doctor recommends Eye health: regular eye exams for glaucoma and other conditions Hearing: annually Immunizations: tetanus-diphtheria booster every 10 years, annual flu and pneumonia vaccine (from 65) Osteoporosis: if risk factors are present Prostate Cancer screening Skin Cancer Mental Health: depression and anxiety 	<p>70⁺</p>  <ul style="list-style-type: none"> Weight and blood pressure Colorectal Cancer: every two years Dental health checkup annually Diabetes: every three years or as doctor recommends Eye health: regular eye exams for glaucoma and other conditions Hearing: annually Immunizations: tetanus-diphtheria booster every 10 years, annual flu vaccine Osteoporosis: if risk factors are present Prostate Cancer screening Skin Cancer Mental Health: depression and anxiety

LOOKING OUT FOR YOUR BUDDIES

Some men need a bit of encouragement to take their health seriously; so it's important that guys look out for each other. Whether it is asking a friend or family member how they are doing, or sharing your November journey with them. Here are a couple of tips on how guys can look out for each other...

PICK UP THE PHONE

One of the early symptoms of depression is withdrawal from social situations, missing events they'd typically attend. If you haven't heard from your mate for a couple of weeks, pick up the phone and see what's up.

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.

CHAT IT OUT

Talk to your mates about health, yours and theirs. Make sure you and they know the facts and their family health history. Changing the face of men's health begins with starting a simple conversation.

CHECK IN AS A FAMILY

Dads 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 and talk about your family health history.

NUDGE THEM IN THE RIGHT DIRECTION

Remind your mates of the importance of having an annual check-up with their GP and talk about yours.

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.

FURTHER INFORMATION

November
november.com

Prostate Cancer Canada
www.prostatecancer.ca

CHANGING THE FACE OF MEN'S HEALTH

Supporting prostate cancer initiatives.

