

MENS HEALTH MATTERS

Men can suffer the male version of menopause called andropause

The biggest cause of death in men is cardiovascular diseases

Men's testosterone levels begin to drop at 30



1

Men account for 56% of those diagnosed with type 2 diabetes in the UK.

2

5 Most common cancers in men are: Prostate, Lung, Bowel, Bladder and testicular.

3

76% suicides are committed by men, that's 3 out of 4. Men are also less likely to access psychological therapies than women.

4

Most common circulatory diseases in men are coronary heart disease, stroke deaths and myocardial infarction (blocked arteries).

5

Men are more likely to be overweight than women, and most likely to cite work commitment as a barrier to working out.

We care about Men's health.

Most health concerns in men are preventative with small lifestyle changes.

Prevention is better than the cure so why not start today.



Men are **3x**

more likely to become alcohol dependent