

Be your own best mate

Lungs

Men are still more likely to smoke than women. Much more so between the **ages of 18 and 49**.

Men are **67%** more likely to die from types of cancer that affect both men and women.

Get support to stop smoking, check for changes in your body regularly and get any worries checked out.

Liver

Men are more likely than women to drink alcohol at levels that are hazardous to health, and they're **twice as likely** to have liver disease. Drink sensibly and know your limits.

Testicular cancer

In males **aged 25-49** in the UK, testicular cancer is the most common cancer, accounting for 14% of all cases.

All men can benefit from understanding what feels normal for them, but don't hesitate to see a specialist if you're concerned.

Mind

4 out of 5 suicides are by men. Suicide is the biggest cause of death for men **under 35**, yet only $\frac{1}{3}$ of referrals for psychological support are for men. Reach out if you need support.

Heart

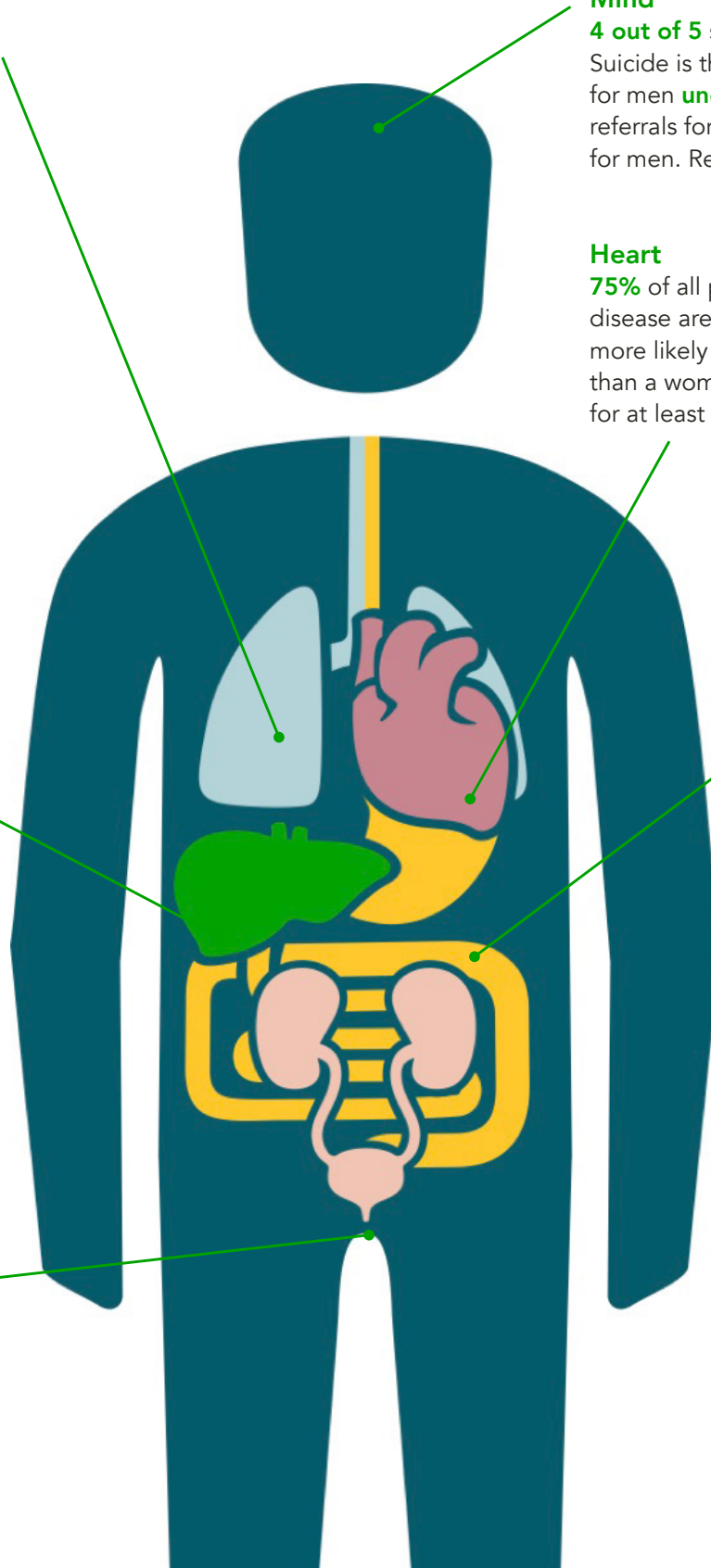
75% of all premature deaths from heart disease are male. As a man you're much more likely to die of circulatory disease than a woman. Make sure you exercise for at least half an hour a day.

Obesity

67% of men are overweight or obese. Men are much more likely to eat too much salt, red and processed meat, and too little fruit and vegetables.

Diabetes

Middle-aged men are **twice as likely** to have diabetes and twice as likely not to know it. Watch your weight and eat healthily.



Nuffield Health can help you with a range of health issues. From **GP appointments** and **health assessments**, to **physiotherapy** and **mental health support**, if you have any concerns about your health, or you haven't had a check up in a while – we're here to support you.

