

Men's health special

For many of our male colleagues, November is an opportunity to kick back and relax on the shaving front; all in aid of a good cause. November, or 'Movember' as it's more recently become, is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

You don't have to embrace the 'tash to get involved, but why not use this as a timely reminder to check in with yourself and to keep an eye on your physical and mental health.

MOVEMBER'S TOP FIVE

Globally, men die on average six years earlier than women and for reasons that are largely preventable. Which means that it doesn't have to be that way: we can all take action to live healthier, happier and longer lives. How? Here are Movember's Top 5 things to know and do:

1. Spend time with people who make you feel good – stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.

2. Talk more. You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.

3. Know the numbers At 50, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you are black or have a father or brother with prostate cancer, you should be having this conversation at 45. Know your numbers, know your risk, talk to your doctor.

4. Know thy nuts. Simple. Get to know what's normal for your testicles. Give them a check regularly and go to the doctor if something doesn't feel right.

5. Move more. Add more activity to your day. Do more of what makes you feel good.

- Take a walking meeting
- Park further away from the station
- Get off the bus a stop or two earlier
- Instead of the lift, take the stairs
- Cycle to work instead of driving

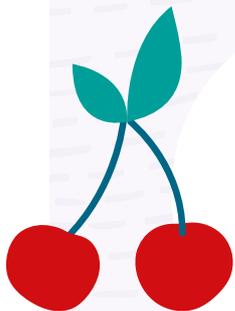
For more information visit:
<https://uk.movember.com>

Remember to consider our CPJ Field Wellbeing resources, People Team and your friends



Spot a bro who's feeling low: It can often be tricky spotting a friend who's struggling. The link below will provide you with some useful approaches and suggestions: <https://uk.movember.com/mens-health/spot-the-signs>

Dietary tips for building muscle and protecting against prostate, gout and heart disease By Elaine



Gout

Did you know that men are nearly four times as likely to get gout than women? Cherries are amazing for gout sufferers as the pigment in them contains chemicals that can reduce the amount of uric acid, known as anthocyanins. It is recommended to have 10 cherries a day to reduce any gout flare-ups. Cherry juice is another idea which you can be purchased from Holland & Barrett or Amazon, but please do your research beforehand. Optima Montmorency Cherry Juice Concentrate has good reviews www.amazon.co.uk/Optima-Montmorency-Cherry-Juice-Concentrate/dp/B00G6LSCES

Building muscles

Potassium is great for muscle spasms and also reduces high blood pressure. Bananas are one of the best sources, and you may have heard that eating them after a workout can prevent muscle spasms.



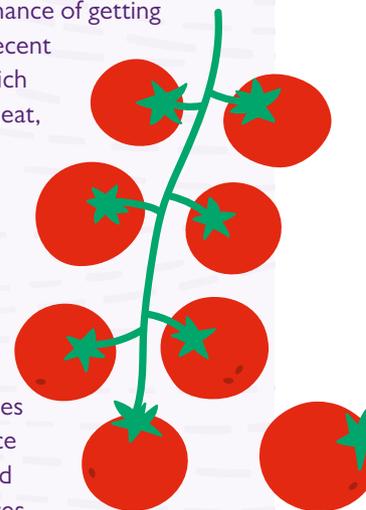
Prostate and testosterone

Shellfish is a great source of zinc which can reduce the risk of prostate problems and can also boost testosterone levels. Oysters contain the highest levels of zinc, but clams are just as good. Please go easy, as too much shellfish can increase your cholesterol, so aim to eat a maximum of two small portions a week.

Men do not need as much dairy products than women, who have a higher chance of getting osteoporosis in later life. In recent studies, too much leucine which is found in milk, yogurt and meat, can increase the risk of prostate cancer. Look out for leaner cuts of meat or cut off excess fat to get plenty of protein to build and maintain muscle mass.

Lycopene, mentioned previously, is found in tomatoes and has been known to reduce the risk of prostate cancer and also heart disease. Best sources are tomato ketchup, tomato puree and cooked fresh tomatoes – add any of these to a lean piece of steak and some clams for a 'surf and turf' dinner!

Selenium is another vital nutrient important to include in our diets. This can increase fertility in men and the greatest source is brazil nuts. Selenium is also excellent for the immune system and there are supplements out there if you prefer to take this on a daily basis.



70% of men say their friends can rely on them for support, but only 48% say they rely on their friends. In other words: we're here for our mates, but worried about asking for help for ourselves. Reaching out is crucial.