

# Men's health challenges

Know how many men die too soon every year? Over 100,000 in England and Wales. That's one man every five minutes dying before the age of 75. And there's no good reason for it.

Men's Health Forum has come up with 10 health challenges that any man can do. They're on the punch-out card at the bottom of this leaflet. Show them to a mate and see what he thinks of the challenges too. By the way, you don't need to try them all at once!

## Why the challenges?

1. We're challenging you to think about alcohol because 4 in 10 men are drinking in ways that could damage their health in the future. 16 men die from alcohol every day in the UK (and a lot more can't think straight the next day either).
2. We're challenging you to eat more fruit and vegetables because 9 out of 10 blokes don't eat enough of them. 5-a-day reduce the risk of heart disease and cancer – and will keep you regular.
3. Walking instead of using the car's an obvious challenge – it helps your health, your bank balance and the environment.
4. Chlamydia isn't a Greek island – it's the UK's most common sexually transmitted infection. There are often no symptoms in men so you may not know you've got it (until you want to have a baby and you or your partner aren't able to). That's why we're challenging you to a check-up.

## Men's health challenges

Yes, improving your health is that easy. Are you up to them?

For more information  
[www.malehealth.co.uk](http://www.malehealth.co.uk)  
[www.nhs.uk](http://www.nhs.uk)  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Or call **NHS Direct** on **0845 4647**

Calls cost a maximum of 5p per minute from a BT landline. Mobiles and other networks may vary. You may be charged a minimum cost per call.

**MHF**  
MEN'S HEALTH  
FORUM

**NHS**

5. Stress is another obvious one. We've all done things we regret when stressed or angry. You won't regret walking away.
6. We're suggesting finding out about your doctor's opening hours because many surgeries now allow you to go before and after work or at weekends.
7. Getting your blood pressure checked is quick, easy and free. Many pharmacies will do it or ask the nurse at your GP surgery. High blood pressure can cause heart disease and strokes – but there are usually no symptoms.
8. If you smoke you probably figure you know the risks already. But did you realise that over 120,000 men under 50 can't get an erection because of smoking?
9. Do you have a lump, strange-shaped mole, rash or other unusual thing that you've been ignoring? We're challenging you to act now and get it checked out by a doctor. It might be a false alarm but it could be something more serious.
10. Whatever your work, make sure you take care of your back. Always keep it straight when lifting heavy objects; adjust your chair so that your eyes are level with the top of the computer screen. And a pharmacist can advise on the best type of pain relief.

## So what do you think of the challenges? Challenge your mates to do better than you.

If you want to know more, visit [www.malehealth.co.uk](http://www.malehealth.co.uk) – fast, free independent health info for men from the Men's Health Forum. News, features, an online gym and your fitness questions answered.

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### For more information

[www.nhs.uk](http://www.nhs.uk)  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)  
[www.thecalmzone.net](http://www.thecalmzone.net)  
[www.cancerresearchuk.org.uk](http://www.cancerresearchuk.org.uk)  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)  
[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)  
[www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)  
[www.units.nhs.uk](http://www.units.nhs.uk)

Or call **NHS Direct** on **0845 4647**



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1. Order a soft drink next time you're in the pub
2. Try some fruit or veg you've never tasted before or think you don't like
3. Make at least one journey by foot or bicycle instead of going by car
4. If you're under 25 and sexually active, get yourself checked for chlamydia
5. Stressed out? Walk away from tense situations before you blow up
6. Find out the opening hours of your local GP
7. Get your blood pressure checked within the next two weeks
8. Get a mate to quit smoking with you – and get advice about how to stop
9. Show a doctor that thing on your body that's bothering you
10. If you get backache, don't let it become a pain in the arse. Get it sorted