

Healthy Men



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How to make your lifestyle healthier

By making a few simple lifestyle changes you can improve your health now and for the future.

Start slowly and make small changes and in time these will become a part of your daily routine.

Moving to a healthier lifestyle doesn't mean changing everything all at once- try one or two suggestions that you would find easy and practical and then gradually build more changes into your daily life.

Looking after your body and mind will help you to keep fit, healthy and active.

If you are worried about your health, don't delay. Make an appointment to see your G.P for more information and advice.

Five quick tips for a healthier lifestyle

- Eat a balanced diet that includes 5 portions of fruit and vegetables a day; maintain a healthy body weight.
- Aim to do 150 minutes of moderate-intensity aerobic and muscle-strengthening activity each week.
- Give up smoking, as this is the single most important benefit to your health.
- If you regularly drink most weeks; drink no more than 14 units a week and spread your drinking over three days or more ensuring you have several alcohol-free days each week.
- Make time for yourself, relaxation helps you to cope with the pressures of everyday life.

Healthy Eating

Making small changes to your eating habits can ensure you are having a balanced diet. Try to...

- eat five portions of fruit and vegetables each day
- eat more chicken, fish, beans and lean meats instead of processed foods
- cut down on sugary foods such as cakes, biscuits and sweetened drinks
- reduce your salt intake - add none to your food
- Eating healthier doesn't mean cutting out all your favourite foods, why not make changes gradually that will fit into your lifestyle.

Mental Health

We need to work together as a community to get men talking, seeking help early and make certain they know what to do if they are in crisis.

We must encourage men to:

- talk about their feelings before they become a problem
- help them understand their emotional and mental health needs
- Ensure that men use all the support that is available.

For GP services and primary care advice call the Primary Care Centre: Tel: 20052441

Often the GP can help with advice or medication. However, if your GP thinks you need help from the specialist mental health service they can refer you for specialist support.

For help in a Mental Health Crisis contact Mental Health Crisis Service: Tel: 111

This service is available 24 hours a day every day of the year. The 111 team will ensure that you are seen as quickly as possible depending on the level of urgency.

Other organisations that support people with mental health needs: GibSams Tel: 116123 www.gibsams.gi

Confidential and Anonymous charity helpline Mondays to Sundays from 6:00 pm to midnight, 365 days a year.

ClubHouse Tel: 20068423 www.clubhousegibraltar.com

A Charity who run a work-based programme where individuals with a history of mental illness can develop to their full potential.

Citizens Advice Bureau (CAB) Tel: 00350 200 40006 www.cab.gi

The CAB provide advice and support to ensure that individuals do not suffer through lack of knowledge of their rights and responsibilities or of the services available to them or through an inability to express their needs effectively.

Physical Activity

Regular exercise helps you feel fit, relaxed and gives you more energy. It also lowers the risk of heart problems, high blood pressure, diabetes, obesity, depression and some cancers.

To stay healthy or to improve health, adults should aim to do 150 minutes of moderate-intensity aerobic and muscle-strengthening activity each week. Moderate-intensity physical activities make you breathe harder, feel warmer, your heart to beat faster but you should still be able to talk.

During your daily routine try to...

- walk briskly
- use the stairs instead of the lift
- get off the bus early, or park the car further out and walk the rest of the way
- carry the shopping, do more gardening or car washing

Why not enjoy.... walking more, swimming, cycling, jogging, dancing or playing team sports such as football, rugby or tennis.



Heart Health

Heart disease kills one in four men in Britain. Looking after your heart now can help reduce problems later. Try to...

- eat a healthy balanced diet... too much saturated fat damages your arteries and puts a strain on your heart.
- keep physically active... half an hour a day makes all the difference.
- be smoke free... give up now
- drink sensibly... one or two glasses of wine or half to one pint of beer won't do harm
- watch your weight... the more overweight you are the harder your heart has to work
- If there is heart disease in your family take advantage of a health check with your G.P or Practice Nurse.

Alcohol

Regularly drinking more than 14 units a week risks damaging your health.

To reduce the risk of harming your health if you drink most weeks:

Men and women are advised not to regularly drink more than 14 units a week. Spread your drinking over three days or more if you drink as much as 14 units a week.

What do 14 units look like?

6 pints of lager/beer/cider (ABV 4%) = 14 units

14 single shots of spirits (ABV 40%) = 14 units

7 standard glasses red/white/rose wine 175ml (ABV 11.5%) = 14 units

Don't 'save up' your 14 units, spread them evenly across the week and have regular alcohol-free days. To avoid these risks...

- drink more slowly, drink with food or eat before you go out
- alternate your alcoholic drinks with water or non-alcoholic drinks
- avoid 'topping' up your drinks as you will lose track of the total units
- know how many units are in your drinks and stay within the limits
- don't drink and drive

The less you drink, the lower the health risks.

Smoking

Giving up smoking is the single best thing you can do to improve your health. It is never too late to stop. The benefits to your body are...

- immediate improvement in breathing
- taste and sense of smell improves
- circulation improves, especially to hands and feet
- hair, skin, breath and clothes no longer smell of tobacco smoke
- greater ability to cope with sudden exertion
- less risk of cancer developing

Stopping smoking at any age increases your life expectancy, provided you stop before you develop cancer or other smoking related diseases.

For help and support in giving up smoking call the free phone Smoking Helplines.

Sun Facts

Enjoy the sun but remember it can increase your risk of skin cancer. When outside, even for a short time, playing sports, gardening, D.I.Y., working or just going for a walk, try to ...

- Keep out of the sun between 11 00a.m to 300p.m.
- cover up ... wear loose clothing, a hat and sunglasses
- regularly apply a sunscreen SP15 or higher
- seek the shade, if possible
- avoid burning

It is not safe to use sunbeds to develop a tan as the risks of skin cancer are increased.

Remember too much sun can cause not only skin cancer but premature ageing of the skin, wrinkles, skin irritation, heat exhaustion and sunstroke.

Testicular Cancer

Cancer of a testicle is one of the most common cancers in young men from the age of fifteen. A simple, regular check will detect any changes - the best time to do this is after a warm bath or shower when the skin is relaxed.

Using both hands, roll each testicle between your thumb and fingers to check for any lumps or swellings.

Testicular symptoms to look out for include;

- a lump or swelling in part or one testicle
- a testicle that gets bigger
- a heavy scrotum
- discomfort or pain in your testicle or scrotum

Remember... know what is normal for you and don't let embarrassment prevent you from seeking your doctor's advice. Not all irregularities indicate a serious problem but if you find any changes consult your G.P. immediately on 20052441.

Penile Cancer

This cancer is rare but with early detection can be cured. It usually appears under the foreskin of the penis. The symptoms to look out for are ...

- a red velvety patch
- a wart-like growth
- a raw area which may have a smelly discharge
- swollen lymph nodes at the top of the leg

If you notice any symptoms or anything unusual about your penis, don't let embarrassment prevent you from seeking early medical advice from your G.P.

Prostate Cancer

Enlargement of the prostate happens to all men as they get older and can lead to difficulty in passing urine.

Some men develop prostate cancer.

The symptoms to look out for include...

- delay in starting to pass urine
- passing urine more frequently, particularly at night
- blood in the urine
- pain in passing urine

If detected early prostate cancer can be cured - if you are worried seek medical advice immediately from your G.P.

The Prostate Cancer Support Group can be contacted on 58009161

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