



MEN'S HEALTH MONTH

November is Men's Health Awareness Month

Men's Health Awareness Month 2025 is all about opening up, checking in, and taking care of your health – together. Men face significantly higher rates of serious health conditions compared to women, on average:

- in the UK, men's life expectancy is nearly four years shorter than women's
- globally, men die on average six years earlier than women and for reasons that are largely preventable
- one in five men die before the age 65
- men are less likely to visit the doctor than women
- four in five men's deaths by suicide in England are among men under 35
- men are twice as likely as women to die from alcohol-related disease

Movember have five things men should know and do when it comes to their health:

- Spend time with people who make you feel good
- Talk, more
- Know the numbers
- Know thy nuts
- Move, more



You might spot GP partner, Dr Vic Jankee, raising awareness of Movember and men's health month at our Lavender Grove surgery

Men's Health Month is also an opportunity to raise awareness about heart disease, one of the leading causes of illness and death among men. Many of the key risk factors—such as high blood pressure, high cholesterol, smoking, poor diet, and lack of physical activity—are preventable or manageable through healthy lifestyle choices and regular health checks. Early detection and routine screening can make a significant difference in reducing the impact of heart disease and improving long-term health outcomes for men.

NHS Health Check

The NHS Health Check is a health check-up for adults aged 40–74. It is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes, and dementia. Nimbuscare undertake these for our patients and will contact you to arrange an appointment.

Blood pressure check

You can get a free blood pressure check at a community pharmacy if you:

- are aged 40 or over
- not already diagnosed with high blood pressure

Your blood pressure reading will be added to your GP health record.

Find an eligible pharmacy on the [NHS website here](#).

Heart health

There are several ways you can reduce your risk of developing coronary heart disease (CHD), such as lowering your blood pressure and cholesterol levels. A low-fat, high-fibre diet is recommended, which should include plenty of fresh fruit, vegetables and whole grains. Combining a healthy diet with regular exercise is the best way of maintaining a healthy weight. Having a healthy weight reduces your chances of developing high blood pressure.

NHS website: <https://www.nhs.uk/conditions/coronary-heart-disease/prevention/>

HeartUK: <https://www.heartuk.org.uk/low-cholesterol-foods/choose-low-cholesterol-foods>

British Heart Foundation: <https://www.bhf.org.uk/information-support/heart-matters-magazine/research/blood-pressure/blood-pressure-tips>

Screening

The NHS offers a number of screening tests to try and identify diseases earlier (before symptoms appear). For men this includes

- Bowel cancer screening: offered to everyone aged 50 to 74 via a home test kit every 2 years.
- Abdominal aortic aneurysm (AAA) screening is offered to men when they turn 65 to detect abdominal aortic aneurysms (a dangerous swelling in the aorta). Men over 65 can self-refer.

Men's mental health support

Some men find it difficult to approach the surgery if they are struggling with their mental health and prefer to access specific support elsewhere. Here are some great examples of charities and support groups that may be able to help you.

- Menfulness: bring men together to socialise, exercise, enjoy themselves, talk and let off steam in a non-judgmental, friendly and supportive environment.
- ANDYSMANCLUB: a men's suicide prevention charity, offering free to attend peer-to-peer support groups
- Mens Minds Matter: here because a British man dies of suicide every two hours. They empower people to navigate life's challenges, so they come out the other side healthier, happier and alive.
- Mental Health UK: focus on the mental health challenges commonly experienced by men, whilst recognising the diversity of men's experiences.
- Mates in Mind: raising awareness, improving understanding, implementing effective interventions and addressing the stigma of mental ill-health.
- NHS Talking Therapies: Significant events like bereavement, unemployment, relationship breakdown, traumatic events or even stress at work can lead to difficulties requiring help and support. You can self refer online or call them by phone to find out more.

Eating disorders

More than a million people across the UK have an eating disorder – with 1 in 4 being men. Men might find it hard to talk about what they are going through but there is support out there. There are lots of potential signs and symptoms of an eating disorder, and people of all genders can experience these. Evidence has shown the below may be more common in men with eating disorders:

- Binge eating
- Compulsive exercise
- Drive for masculinity. There may be less of a focus on thinness and a greater tendency to experience muscle dysmorphia.

BEAT – eating disorders charity.

#teamPMG staff spotlight: Carlos Anaia

Hi there, my name is Carlos and I am the mental health practitioner at PMG.

I speak with a lot of people about their mental health every week, especially men, men who are feeling down, anxious, lost in life, who may have issues with alcohol or gambling, gaming etc.

If you feel like you need some support then please do book in for an apt. with me, we can talk over the phone or if need be, come and see me face to face, I'll make you a cuppa and together we can make a plan to help you problem solve any issues you are going through and help you get back on track.

Or if you prefer, you can also reach out to any of these teams who can also provide you with some support around your mental health:

- The NHS talking therapies team support people living with low mood, anxiety and stress, you can self-refer to the NHS talking therapies team, for more information [visit their website](#) or call 01904 556840
- Andy's Man Club, a men's group dedicated to supporting men to be able to speak about their issues, sharing life experiences and feel supported by other men. [Find A Support Group - ANDYSMANCLUB](#)

No question is a silly question, so if you need some support or know of a friend or family member who needs some help around their mental health, then please do reach out for a chat.

Drug addiction

Men use drugs more than women.

Men get addicted more than women.

Drug-related hospital admissions are disproportionately male.

More men than women die from drugs.

If you need help for a drug problem: there is help available if you want advice and support, or want to cut down or stop. This could include opioids (codeine, heroin, oxycodone), cocaine, cannabis, benzodiazepines and much more. [Change Grow Live](#) (CGL) offer support to anyone aged 18 and over in York who is experiencing problems with drugs and/or alcohol.

Image and performance enhancing drugs (IPEDs) are drugs that change how you look, or that enhance your strength or physical performance. There are lots of different types of image and performance enhancing drugs. They include anabolic steroids, which people take to help build muscle or be better at sports. The best way to stay safe is by not injecting, but there are things you can do to lower the risk of infections and injuries. CGL can help with advice and support to reduce your risk.

Drinking alcohol

Men are more likely to drink more alcohol, more frequently, and are more likely to binge drink than women. The UK Chief Medical Officers' low risk drinking guidelines recommend it's safest, if you choose to drink, for men (and women) to drink no more than 14 units a week, spread over three or more days with several drink-free days, and no bingeing. The risk of developing a range of health problems increases the more you drink on a regular basis. Alcohol can also impact your mental health. Men are disproportionately affected by suicidal thoughts and actions, which in some cases, can be linked to regular heavy drinking.

Here are some ways you can cut down on the amount you drink:

- Keep track of what you are drinking (there are handy apps)
- Understand the strength of what you are drinking
- Cut down by moving from pints to half pints and large glasses of wine to small
- Choose alcohol free beers/wines
- Have alcohol free days each week

Many people can be unsure about how much they're drinking and if it's hazardous or harmful. A good first step is to take the [Drink Aware self-assessment](#) questionnaire to help you work out if your relationship with alcohol is causing increasing risk to your health.

Domestic Abuse

If you are a victim of domestic abuse, you are not alone, ManKind Initiative can help. One in six men will be a victim of domestic abuse in their lifetime

You are not weak. You are not alone. You are not to blame.

The ManKind initiative helpline – trained people who can support you by providing a listening ear and guiding you with information and signposting to other services.

Freephone 0808 800 1170

Domestic abuse can be physical, psychological, sexual or financial. If you are experiencing domestic abuse or have been subjected to patterns of bullying or controlling behaviours, whether in an intimate or family relationship, it's abuse – and it's time to take action. Abuse is experienced by people of all ages, ethnic backgrounds, genders, gender identities and sexualities. It affects people of different abilities, and happens across every class background. Whoever you are and whatever abuse you're experiencing, you're not alone.

Men's Advice Line: here to support men affected by domestic abuse.

Freephone 0808 8010327

Gambling

Most people in England have gambled at some point. Activities like playing the lottery once or twice a week aren't harmful. However, for some people, gambling becomes a problem or an addiction. Gambling can harm many areas of your life. This can include problems with your relationship, physical/mental health and finances.

For help with problem gambling or addiction contact GamCare. They provide information, advice, support and free counselling for the prevention and treatment of problem gamblers and their families.

PSA testing

We often get asked about prostate cancer (PSA) screening, there is not something the NHS currently offers as the blood test and processes aren't good enough yet. Men aged 50 or over can ask the practice for a PSA test, even if you do not have symptoms. To read more about the pros/cons of the PSA blood test, see the NHS website [here](#) and check your individual risk of prostate cancer [here](#).

If you have any new or changes to your urinary symptoms, please contact us using the prioryCARE form or by phone to arrange a consultation with a member of the clinical team.

Testicular lumps

Lumps and swellings in the testicles (balls, nuts, gonads, crown jewels, goolies, nads, knackers...) are not usually caused by anything serious, but you should always get them checked out.

Contact us to arrange an appointment if you have:

- a lump in your testicles
- swollen testicles
- a change in the shape of your testicles
- a change in the way your testicles feel
- 1 testicle that has become bigger than the other
- aching or discomfort in your testicles that does not go away

Lumps in the testicles can be a sign of [testicular cancer](#). This is easier to treat if it's found early. It is most common in men aged 15 to 49 years.

Men's cancer support

- [Orchid](#) supporting men with testicular, penile and prostate cancer.
- [Odd Balls](#) raise awareness of testicular cancer
- [Movember Foundation](#) supporting men with prostate and testicular cancer
- [Prostate Cancer UK](#) raise awareness and fund research in to prostate cancer