

## Top 10 All-time Health Tips:

1. Read a book or two – helps with relaxation and sleep.
2. Open a window and let in the fresh air.
3. Play cards and do crosswords – keeps the brain active.
4. Support a decent team – success boosts testosterone levels.
5. Work on your relationships – studies have found that married men are healthier.
6. Sleep long and get up late – late risers have faster brains and lower stress levels.
7. Go out in the sun – vitamin D, which is important for bones, teeth and happiness is boosted by sunlight (but keep the sunscreen on).
8. Walk – it's good for the heart and lungs.
9. Sing – the breathing control needed for singing is good for shedding stress.
10. Drink at least 6 to 8 cups of liquid a day preferably water and fruit juices.

## Useful contacts

If you would like further information on Ageing Well and on how to become involved, please contact your local Age Concern.

### NHS Direct

Tel: 0845 46 47  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### Men's Health Forum

For free, independent information on all aspects of men's health:  
Tel: 020 7388 4449  
[www.malehealth.co.uk](http://www.malehealth.co.uk)

### NHS Walk-in centres

([www.doh.gov.uk/nhswalkincentres](http://www.doh.gov.uk/nhswalkincentres))  
NHS walk-in centres offer advice, information and treatment for minor injuries and illnesses. No appointment is necessary and all centres are open for long hours, many from 7 days a week 7 a.m. – 10 p.m.

### Age Concern

For up to 5 free factsheets, or to find your local Age Concern, ring Age Concern Information Line: 0800 00 99 66 (freephone) 7 days a week 7 a.m. – 7 p.m.

The information in this leaflet was taken from, and endorsed by, the Men's Health Forum.

## Men's health, mission impossible?



**AGE**  
*Concern*

Ageing Well

Men are often reluctant to seek advice about their health. This leaflet aims to raise awareness of men's health needs.

[www.ageconcern.org.uk](http://www.ageconcern.org.uk)

## What are the issues for men?

Statistics show that proportionally men die earlier than women in all age groups.

Despite this, men remain under-informed about health issues and are often reluctant to seek advice from health professionals.

There is increasing evidence, however, that men do care about their health and will ask for information and help.

This leaflet aims to raise awareness of men's health needs and to give details of organisations which provide support and advice on men's health issues.



Relaxation is an important part of healthy living

## Men's health remains poor and has actually deteriorated over the past thirty years

Average male life expectancy at birth is just 75 and, in some areas and among certain groups of men, it is five or six years lower.

### Some facts and figures on men's health

- On average men in the UK visit their GP 40% less than women.
- The incidence of prostate cancer has increased over 135% in England and Wales since 1971.
- The number of men with testicular cancer has more than doubled in England and Wales since 1971.
- The proportion of men who are obese has more than tripled in England since 1980.
- The proportion of men who are overweight has increased by one-third.
- There is a higher incidence of prostate cancer in black men than their white counterparts.

## Do you want to look and feel healthier?

It's not as difficult as you might think. Most people can feel better without the need to dramatically change their lifestyles.

### Some Basic Tips on Health Improvement:

- Watch your weight.
- It's OK to enjoy a drink, but be sensible.
- Give up smoking.
- Enjoy a balanced diet, with plenty of fruit and vegetables.
- Build regular physical activity into your life.
- Take time to relax and enjoy yourself.
- See your GP sooner rather than later if you think something is wrong.



Take regular light exercise to help improve fitness