



Living Well North Tyneside

Supporting Health and Wellbeing

November is a month of transformation, not just in the changing leaves and cooler weather, but in the growing moustaches on men's faces across the UK. This is Movember, a month dedicated to raising awareness and funds for men's health issues, including mental health, prostate cancer, testicular cancer, and suicide prevention. But why is this important, and how can we all contribute to making a difference?

What is Movember?

Movember is more than just a fun way to grow a moustache; it's a powerful movement that brings men's health issues to the forefront. Men are statistically more likely to suffer from serious health conditions and are less likely to seek help compared to women. For instance, men are nearly three times as likely to become dependent on alcohol and three times as likely to report frequent drug use. Additionally, four out of five suicides are by men, with suicide being the biggest cause of death for men under 35.

Why is Movember Important?

Movember has already made a significant impact. Take the Clare Necessabros team, who are growing moustaches to honour the memory of their friend Harry McAleer, who tragically took his own life. Their efforts are not just about raising funds but also about breaking the stigma surrounding men's mental health and encouraging open conversations.

Innovative technologies are also playing a crucial role in advancing men's health. For example, the Optilume BPH Catheter System is a minimally invasive treatment for benign prostatic hyperplasia (BPH), which reduces urinary symptoms while preserving sexual function. Additionally, the upcoming TRANSFORM trial aims to test new screening methods, such as MRI scans, to detect prostate cancer earlier. These advancements are helping to improve the quality of life for men and reduce the burden of serious health conditions.

How Can You Be Involved?

Getting involved in Movember can be as simple as growing a moustache, but it doesn't stop there. The Movember Foundation recommends five key actions for men to improve their health:

- **Spend time with people who make you feel good:** Surround yourself with positive influences.
- **Talk more:** Open up about your feelings and challenges.
- **Know the numbers:** Be aware of your prostate health stats.
- **Know thy nuts:** Regularly check for any unusual lumps or changes in your testicles.
- **Move more:** Stay active to maintain both physical and mental health.

You can also:

- **Participate in events:** Join or organise events that promote men's health.
- **Donate:** Contribute to fundraising efforts to support research and awareness campaigns.
- **Organise your own Movember activities:** Get creative and involve your community in raising awareness.

Mental health is a critical aspect of men's health, and the workplace plays a significant role in this. The NHS Employers organisation emphasises the importance of creating a supportive workplace culture that promotes positive mental health. This includes providing resources and training for mental health first aiders, encouraging open conversations about mental health, and reducing the stigma associated with seeking help.

A Call for Collective Effort

Movember is a reminder that men's health matters, and it's up to all of us to take action. By growing a moustache, participating in events, or simply having a conversation about men's health, we can make a difference. Let's unite to support men's health, break the stigma, and create a healthier world for everyone.

Related Links

- [Movember UK](#)
- [Mental health in the workplace](#)

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