Advice & tips for a healthier lifestyle

Healthy Men
Alcohol

Enjoy a drink but it is important to know where the benefits end and the risks begin. You can drink up to three or four units a day without risking your health.

One unit of alcohol ...

- half a pint of beer or larger
- a small glass of wine
- a single pub measure of spirits

You could try...

- drinking half pints instead of pints
- drinking lower-strength drinks
- alternating alcoholic drink with non-alcoholic drinks
- eating a meal before drinking to slow down the effects of the alcohol
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
- sense of smell and taste returns
- 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 serious disease.

For help and support in giving up smoking call the NHS Smoking Helpline free phone 0800 169 0 169
Testicular Cancer

Cancer of the testicles (balls) is one of the most common cancers amongst 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
- look in the mirror to compare your testicles and see any obvious changes. It is common for both testicles not to look alike

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 that worry you consult your G.P. immediately.
Osteoporosis

Osteoporosis is a disease which makes bones more fragile and break easily. In Britain one in twelve men are affected. Try to...

- eat a balanced diet rich in calcium (found in milk, cheese, sardines and small quantities of baked beans, leafy green vegetables) to keep your bones healthy and strong

- exercise regularly to maintain bone density, making sure you include weight-bearing activities such as walking, jogging or playing tennis

- avoid smoking

- drink alcohol in moderation
Sun Facts

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

- keep out of the sun between 11.00 a.m. to 3.00 p.m.
- cover up ... wear loose clothing, a hat and sunglasses
- regularly apply a sunscreen SPF15 or higher
- seek the shade, if possible
- avoid burning

Remember too much sun can cause not only skin cancer but premature ageing, wrinkles, skin irritation, heat exhaustion and sunstroke.
Impotence (difficulties having full sex) is experienced by many men at some time in their life and is often caused by...

- stress
- tiredness
- anxiety
- too much alcohol
- drug use
- relationship problems
- diabetes

This is not unusual, try talking about the problem, don’t worry and seek medical advice from your G.P. or local sexual health clinic.