What's wrong with MEN'S health?
Men often don’t seek early medical advice. As a result some will suffer from unnecessary poor health. Seeking early advice could prevent suffering and early death.

Did you know?

On average:

- Men will live to 75 years of age (5 years less than women)
- 1 in 4 men die from coronary heart disease in the UK
- 8 in 10 men delay seeing a doctor about their problems
- 1 in 7 men will experience a mental health problem
- Prostate cancer is the most common male cancer, more than 9,500 men die from it every year
- Testicular cancer cases have doubled in the past 20 years
- The majority of men are too heavy for their health
- 28% of men still smoke
- 27% of men drink alcohol at a level which may harm their health

Seek advice EARLY, it makes a difference!
Why don’t men visit the doctor?

- men don’t take their health seriously enough
- macho behaviour is often encouraged
- men don’t like to show emotion
- men wait to see if health ‘niggles’ will go away
- men tend to listen to their friends instead of seeking medical advice

Even if symptoms feel mild, it is still worth seeking early advice. Don’t worry yourself, getting the right advice and support will reduce your anxiety or stress.

If you have any health problems or concerns... DON’T put it off or delay – contact a doctor, local pharmacist or telephone one of the contacts over the page.

Seek advice EARLY, it makes a difference!
Contact Numbers

Contact your doctor, practice nurse, local pharmacist or work's occupational health department for advice. You can also get advice from:

NHS Direct (General Health Advice): 0845 4647
The Samaritans: 0845 790 9090
Coping with Cancer North East: 0191 228 0259
Relate, Northumberland & Tyneside (Relationships): 0191 232 9109
National Smokefree Helpline: 0800 169 0 169

Gateshead
Mind, (Mental Health): 0191 477 4545
NECA, (Drugs + Alcohol): 0191 490 1045
Victim Support Scheme: 0191 477 8395
STAG Project (Gay and Bisexual Men): 0800 42 20 200
Health Trainers (general health advice): 0191 433 5793

South Tyneside
Mental Health in South Tyneside (MHIST): 0191 427 7538
NECA, (Drugs + Alcohol): 0191 456 9999
Victim Support Scheme: 0191 477 8395
Health Trainers (general health advice): 0191 456 9551

Sunderland
Sunderland Mind (Mental Health): 0191 565 7218
Headlight (Mental Health): 0191 510 1494
Neca Washington (Drugs & Alcohol): 0191 419 3680
Victim Support: 0191 567 2896
Health Trainers (general health advice): 0191 502 7164

Useful Websites
Your Health, Your Choice: www.nhs.uk
Mens Health Forum: www.malehealth.co.uk

This information can be made available in another format or language on request. Please contact the Public Health Improvement Information Team Tel: 283 1124 Email: healthinfo@sotw.nhs.uk

Working together to make NHS South of Tyne and Wear healthy for you