

Live well for a healthy, happy you!

Life style plays a big part in influencing how healthy we are.



Give up smoking!

If you smoke – QUIT! Smoking is a major risk factor in developing heart disease, chronic bronchitis, cancer and strokes. It's never too late to quit and could add up to 10 years to your life.



Alcohol

If you drink alcohol – drink less! Drinking alcohol on a regular basis can increase your risk of developing up to seven types of cancer. Men are advised to drink no more than 14 units of alcohol a week and this should be spread over 3 or more days a week.



Weight and diet

If you're over weight – change your diet. As your waistline expands, so can your chance of developing various types of cancer, heart disease, stroke or diabetes.

- Get your 5-a day – eat plenty of fruit and veg
- Avoid processed meats and ready meals – stick to fresh, homemade meals
- Swap crisps, chocolate and biscuits for healthier alternatives
- Keep an eye on your portions
- Swap white bread and pasta for whole grain options



Get active

Move more! Take the stairs, walk to work, join the gym, go for a run or get on your bike. Work it into your daily routine and do something you enjoy. Our Just4You scheme offers membership at a number of health clubs and gyms at discounted rates. For more info, visit the Just4You section on the intranet under the Employee Central drop box.



Protect your skin

Worship the sun? cover up! Too much sun can cause skin cancer – malignant melanoma. On men, melanomas are most commonly found on the chest or back. Cover up, cream up and stick to the shade. If you notice any unusual changes to your skin – always get checked.

Your health and wellbeing matters to us

Stay healthy and happy at work with our Well@Work services:

Occupational Health Unit

We offer a dedicated and confidential service to advise, assess and support you on all aspects of your health and wellbeing at work. To contact the Occupational Health Unit, call: 772292

Wellbeing assessments

We offer general health checks at any time including your BMI, blood pressure and life style choices. To book your free blood pressure check, call the Occupational Health Unit on 772292.

Health Surveillance

We provide routine health surveillance to help you maintain your physical, mental and social wellbeing.

Health and Wellbeing training

We offer a range of online training courses including drug and alcohol awareness, healthy lifestyles and stress management.

For further information about any aspect of health and wellbeing, please visit the Well@Work section on the intranet under the Employee Central drop box. Alternatively, call 775403 or 773906.

Further support and useful contacts

www.nhs.uk/choices

www.movember.com

www.cancerresearch.org

www.mind.org.uk

Recovery College Barnsley - 01226 730433

Yorkshire Smoke Free – 0330 66001166

Smoking advice – Quit shop, Barnsley indoor market

Samaritans - 116123

DID YOU KNOW...
We offer free blood pressure checks to all employees?



Men's health and wellbeing in the spotlight



DID YOU KNOW?
On average, men go to their GP half as often as women.



On average, men across the world die six years younger than women. But, the good news is that in most cases this can be prevented. There are lots of things you can do to help yourself and each other to live a healthy, happy and longer life. A good place to start is by reading this leaflet which puts the spotlight on men and their health.



BARNSELY
Metropolitan Borough Council

Cancer in men – the bottom line!

More than a staggering one in three people will develop some form of cancer during their lifetime. Although men can develop many different types, there are some cancers that only men can develop.

Prostate Cancer

Prostate cancer is the most common type of cancer found in men in the UK but luckily, it's also the type of cancer most men survive!

Are you at risk?

- **Age** - the older you are, the greater the risk
- **Ethnicity** - black men are more at risk than white men, but Asian men are less at risk than white men
- **Family History** - you're at greater risk if there's a history of it in your family

There are few lifestyle changes that can be made to reduce your risk of developing prostate cancer but you can be aware of the signs and symptoms.

Signs and symptoms

- Increased need to wee, having to rush to the toilet or having difficulty weeing
- A feeling of not completely emptying your bladder
- Weak or interrupted flow of wee
- Pain or burning when weeing

If you develop any of these symptoms, get yourself checked by your GP as soon as possible. It could be nothing - but if it's not, the sooner it's detected and treated the better!

Your doctor may carry out a PSA blood test which measures the level of a protein called Prostate Specific Antigen which can be an indication of prostate cancer.

DID YOU KNOW?
There are over 200 different types of cancer in the UK.



Testicular Cancer

In the UK, around 2,200 men are diagnosed with testicular cancer every year. It's not known what causes most cases but there are certainly things you can look out for to detect it.

Are you at risk?

Any man can develop testicular cancer but it's most common in men in their early 30's. More than half of men diagnosed with testicular cancer in the UK each year are under 35 and it's the most common cancer in men aged 20 to 35.

Signs and symptoms

- An unusual lump or swelling
- A sharp pain in the testicle or scrotum
- A heavy scrotum
- An increase in the firmness or feel
- An unusual difference between one testicle and the other

KNOW YOUR NUTS

Like most cancers, the sooner it's detected, the easier it is to be treated and the greater the chance of survival. So feel your nuts on a regular basis and get to know what's normal for you. Notice a change – get it checked!



Healthy mind

DID YOU KNOW?
1 in 8 men in the UK have experienced a mental health problem.

DID YOU KNOW?
3 out of every 4 suicides are men.

If you're feeling down, anxious, upset or just 'not quite yourself', don't sit in silence:



High blood pressure

High blood pressure is one of the biggest known causes of early death and disability across the UK.

Are you at risk?

Your risk of developing high blood pressure can be influenced by a number of factors including age, family history, weight and exercise.

Signs and symptoms

High blood pressure is known as the silent killer as it rarely presents any symptoms

But we can reduce our risk of by knowing our blood pressure numbers and having our blood pressure checked. All adults over 40 are advised to have their blood pressure checked at least every five years – it's easy and could save your life!

You can have your blood pressure checked at your GPs but we offer free checks to all employees – to book your free check, call 01226 772292

DID YOU KNOW?

Every year, 125,000 adults across the UK suffer a heart attack or stroke with high blood pressure being a key contributing factor.

DID YOU KNOW?
Approximately one third of people with high blood pressure don't know that they have it.



Talk – don't suffer in silence

Talk to someone you trust – a friend, family member or maybe your doctor. Talking things through and getting things off your chest might be all you need or put you on the road to the help you need.

Move more and get active

You might not feel like it but taking some exercise and getting active can do wonders for your mind and body. Go for a run, have a game of footy or just go for a walk. It can also be an opportunity to get together with friends.

Do something you enjoy

Take some time out for yourself to do something you enjoy.

Get the help you need

Get the help you need and deserve – take a look at the back page to find out how.