

## Men's Health Awareness

This article is aimed at raising awareness around issues of men's health. The article focuses on addressing many physical and mental health topics including prostate cancer, testicular cancer and mental health issues.

### Prostate Cancer

Prostate cancer can develop when cells in the prostate start to grow in an uncontrolled way. Some prostate cancer grows too slowly to cause any problems or affect how long you live. Because of this, many men with prostate cancer will never need any treatment. But some prostate cancer grows quickly and is more likely to spread. This is more likely to cause problems and needs treatment to stop it spreading.

Prostate cancer that's contained inside the prostate (called localised prostate cancer or early prostate cancer) doesn't usually cause any symptoms. That's why it's important to know about your risk. But some men might have some urinary problems. These can be mild and happen over many years and may be a sign of a benign prostate problem, rather than prostate cancer. If you think you might be at risk of prostate cancer or are experiencing any symptoms, visit your GP.

### Testicular Cancer

According to Cancer Research UK; Men in their early 30s are the most likely to get it. It then becomes less common as men get older.

Testicles are responsible for the production of male hormones (mostly testosterone) and sperm. Testicular cancer starts as an abnormal growth or tumour that develops in one or both testicles. There are several types of testicular cancer, but the most common is the germ cell tumour. Testicular cancer is a highly treatable cancer and can be effectively treated, and often cured, if diagnosed and treated early.

Testicular cancer symptoms can be similar to other conditions that affect the testicles, such as infections.

Read about the symptoms of testicular cancer and when you should see your doctor here:

<https://www.cancerresearchuk.org/about-cancer/testicular-cancer/symptoms>

### Men's Mental Health

While mental illnesses affect both men and women, the prevalence of mental illnesses in men is often lower than women. According to many studies and surveys men with mental illnesses are also less likely to have received mental health support than women. Recognising the signs that you or someone you know may be experiencing a mental health issue is the first step toward getting support. Some of these signs could be:

- Anger, irritability, or aggressiveness
- Changes in mood, energy level, or appetite
- Problems sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Misuse of alcohol and/or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Physical symptoms like aches, headaches, digestive problems without a clear cause
- Obsessive thinking or compulsive behaviour
- Thoughts or behaviours that interfere with work, family, or social life

### Where can you access support?

Care first can support you with free and confidential support, counselling and information and our counselling helpline is available 24/7. A caller to the service can remain completely anonymous. We just need to know who you work for so that we can identify exactly what support options are available to you.

### Useful sources & Information:

Some of the information sourced for this article was originally published on the links below. If you would like to access this and further information in more detail please follow the links below –

<https://prostatecanceruk.org/>

<https://prostatecanceruk.org/prostate-information/about-prostate-cancer>

<https://www.cancerresearchuk.org/about-cancer/testicular-cancer/about>

<https://www.cancerresearchuk.org/about-cancer/testicular-cancer/symptoms>

<https://www.priorygroup.com/blog/40-of-men-wont-talk-to-anyone-about-their-mental-health>

<https://www.menshealthforum.org.uk/key-data-mental-health>

[https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/.](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/)