

What is your one small step to improve men's health going to be?

MEN'S HEALTH



Almost fifty years ago, Neil Armstrong told the world that 'the Eagle has landed' and got out of the Lunar Module saying some of the most famous words in history: 'One small step for man. One giant leap for mankind'. This was certainly an iconic moment. Neil and his colleagues (Buzz Aldrin and Michael Collins) had taken a huge step into the unknown. There was a great challenge in front of them, but they met it head on. They were in a vulnerable situation, but they relied on each other's support and the back-up of thousands of people behind the project.



To mark our focus on Men's Health, we are asking you to do something out of this world - one small step to improve the health of men.

So, what's your small step going to be? Here are some ideas for better health and wellbeing:

Order a soft drink the next time you're in the pub.

We're challenging you to think about alcohol because some men drink in ways that damage their physical and mental health. Alcohol-related illness is responsible for the death of too many men here.

Try some fruit or vegetables you've never tasted before or think you don't like.

We're encouraging you to eat more fruit and vegetables because most men don't get enough of them. Taking your '5-a-day' will reduce your risk of heart disease and cancer.

Make at least one journey by foot or bicycle instead of going by car.

Walking, instead of using the car, is an obvious challenge – it helps your health, your bank balance and the environment.

Find out about the opening hours at your local GP's surgery.

We're suggesting finding out about your doctor's opening hours because many surgeries now allow you to go there before and after work or at weekends.

Get your blood pressure checked within the next two weeks.

Getting your blood pressure checked is easy, quick and painless. Many pharmacies will do it, or you can ask the nurse at your GP surgery. High blood pressure can cause heart disease and strokes – but there are usually no obvious symptoms before this happens.

Get a friend to quit smoking with you – and get advice about how to stop.

If you smoke, you probably figure that you know the risks already. But did you realise that in the UK one person dies from a smoking-related disease every four minutes?

Show a doctor that lump, strange-shaped mole, or rash that's bothering you.

Do you have a lump, strange-shaped mole, rash or other unusual thing that you've been ignoring? We're challenging you to act now, and get it checked out by a doctor. It might be a false alarm, but it could be something more serious.

If you get backache, don't let it get worse. Get it sorted.

Whatever your work, make sure that you take care of your back. Always keep it straight when lifting heavy objects. Adjust your chair so that your eyes are level with the top of your computer screen. If required, a pharmacist can advise you about the best type of pain relief.

Stressed out? Walk away from tense situations before you blow up.

We've all done things we regret when stressed or angry. You won't regret walking away.



**Yes, improving your health is that easy.
What's your small step going to be?**

Information provided by *Men's Health Forum in Ireland*. Further information is available from: <http://www.mhfi.org/mhw/mhw-2018.html>

