

MANual

Supporting Movember
2022

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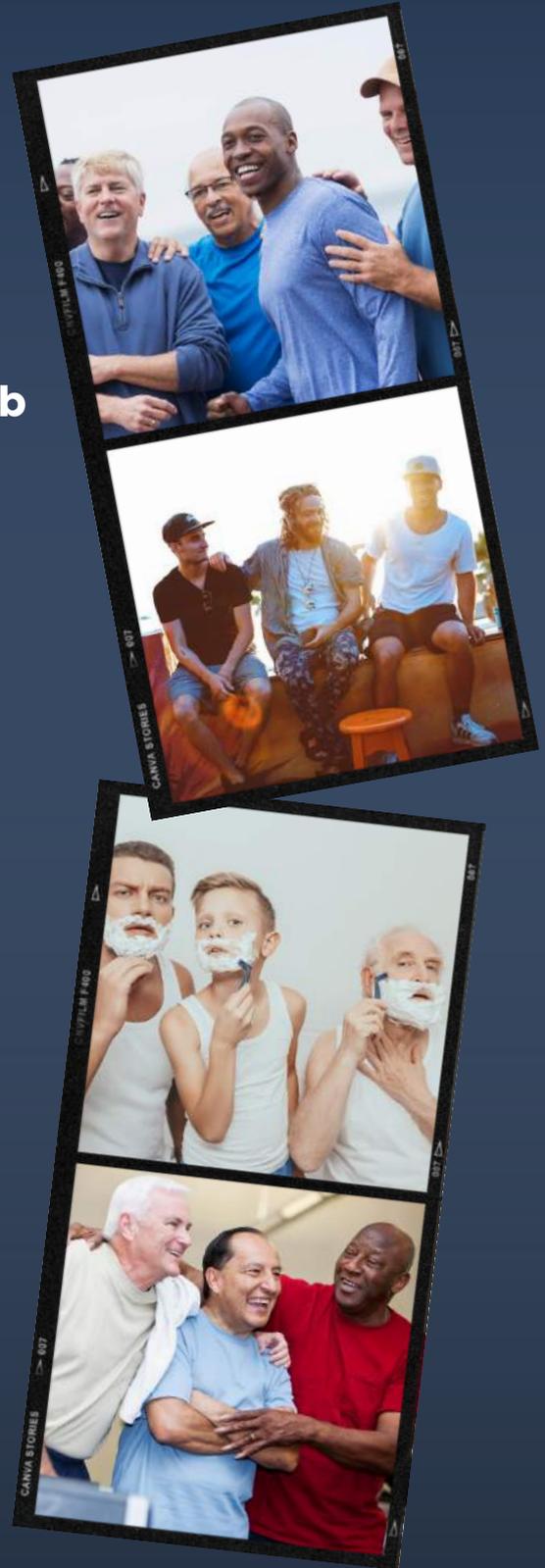
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The author and publisher of this guide has taken care to ensure the advice provided is current at the time of publication. The author and publisher will have no liability for any adverse effects that may result from the inappropriate or excessive use of the recommendations offered in this manual. Advice from a medical practitioner should always be sought for any symptom or illness.



MOVEMBER[®]

**MEN ARE DYING
TOO YOUNG.
WE CAN'T
AFFORD TO
STAY SILENT.**

**HOW CAN YOU
HELP?**

[Learn More](#)





MOVEMBER[®]



Movember is a leading charity changing the face of men's health.

Our fathers, partners, brothers and friends are facing a health crisis, yet it's rarely talked about. Men are dying too young. We can't afford to stay silent.

[Learn More](#)



BY 2030 MOVEMBER AIMS TO REDUCE MEN DYING PREMATURELY BY 25%

Mental Health & Suicide Prevention

[Learn More](#)



2 Prostate Cancer

[Learn More](#)



3 Testicular Cancer

[Learn More](#)



WELLNESS HUB

A fresh approach to workplace wellbeing

The DCM Wellness Hub is designed to help you implement a corporate wellness programme that will provide measurable results and tangible benefits to you and your organisation.

Access Free wellness Sessions

Alcohol

Try a zero alcohol beer or spirits next time you visit the pub

“
Just one
more
”

“
I only had a
few, I can
drive
”

“
The head on
me!
”

1 in 3 Irish people spend between €30-€75 a week on alcohol

What could an extra €150 a month do for you?

- A family holiday every year
- A monthly car payment for a new car
- A monthly treat - Fancy gadgets/clothes/something special

Best Low and Alcohol-Free Drinks

Read the article [here](#)

HSE Drugs & Alcohol Helpline

Freephone 1800 459 459

Alcoholics Anonymous Ireland

Visit the website [here](#)

018 420 700



Food

Try a new vegetable you have never tasted before.

A well balanced diet not only improves your general health and well-being and helps to maintain a healthy weight. You can also lower your cholesterol, keep blood pressure down, and reduce your risk of developing heart disease, diabetes and some cancers.

It is estimated that 8/10 men in Ireland don't eat enough fruit and vegetables. Eating plenty of fruit and vegetables is vital for great health. The current guidance is to eat at least 5 a day, what's more there is no limit! The more fruits and vegetables you eat the better!

Web doctor Weight Loss Treatment just €25!

Visit the website [here](#)

Irish Nutritional and Dietetic Institute

Visit the website [here](#)

Slimming World Myth Busters

Visit the website [here](#)



Food

**Eat 5 of the below items a day
Try it for 1 week, and see the difference!**



1 Medium
Glass of OJ



7
Strawberries



A handful of
sliced peppers



1 Medium
Apple



1 Medium
Banana



1 Small Mixed
Salad



3 Heaped
tablespoons of
cooked kidney beans



3 Heaped
tablespoons
of peas



1 Handful of
grapes



7 Cherry
Tomatoes



2 Spears of
Broccoli



3 Heaped
tablespoons
of corn

Exercise

Make at least 1 journey by foot or bike instead of by car a week.

Men who increase their activity level over a 5 year period cut their chances of dying early by almost half!

Walking instead of driving improves your health, your bank balance and the environment.

Exercise will make you feel better, look better and perform better.

Many jobs require significant exercise. But if your job doesn't, there are simple things you can do to make exercise part of your normal working day.



Travelling to and from work;

- Walking or cycling to work can immediately improve your daily activity
- If your employer doesn't already have schemes in place, ask them if they can help to encourage walking and cycling to work through incentives.

At work:

- Pass the lift and take the stairs
- Take opportunities to walk around the office
- Go for a walk at lunch time

HSE Physical Activity guidelines

Visit the website [here](#)

Sport Ireland

Visit the website [here](#)

Meet Up Ireland

Visit the website [here](#)

Sexual Health

**Haven't been tested in a while?
Speak to your Doctor today.**

It's all well and good to say you use a condom, but mistakes happen and condoms are only 90% effective against sexually transmitted infections (STI's). You might not always know you have an infection, but a simple test will tell.

If you are worried or haven't been tested in a while you can request a confidential check-up and treatment if needed.

For details of your nearest clinic call the HSE Helpline 1800 459 459

Alternatively, you can contact your GP or local family planning clinic.

HIV Ireland

Visit the website [here](#)

Irish Family Planning Association

Visit the website [here](#)

Sexual Health

Visit the website [here](#)

Gay Men's Health Service

Visit the website [here](#)



Stress

Walk out before you blow up

Let's be honest, life without stress is impossible. It can even help you to perform better and give you new found motivation!

However, a build up of pressure can lead to dangerous stress. Feelings of stress such as worry, tension or the feeling of being unable to cope can build up and be detrimental to your overall health.

Minding Your Head

Visit the website [here](#)

The Samaritans

Freephone 116 123

Visit the website [here](#)

Your Mental Health

Visit the website [here](#)

Fight Stress

- Time out
 - Get yourself out of a stressful situation for a few moments
 - Take time out every day
- Exercise
 - Exercise helps to blow off steam – so go for a quick walk
 - Join a gym and get moving
- Chill Out
 - Learn some simple relaxation techniques
 - Plan time to relax, book a holiday, invest time in improving your wellness
- Cut it Out
 - Avoid excessive drinking, smoking and caffeine
 - Learn some new recipes and ways to improve your health
- Talk it Out
 - Talk to a friend or family member
 - Talk to your boss or reassess what's causing the stress and how you can make changes to reduce this.



Smoking

Be one of the 7,451 people a year who quit

Ok, so you've heard it all before. But don't skip on just yet. This advice could add years to your life!

Smoking is the single greatest cause of DEATH.

Yes, it actually is! Not only does it reduce your life expectancy but it impacts on the people around you including children.

Smoking causes lung cancer, heart disease, stroke, cancer, bronchitis, emphysema and impotence.

But enough of what you already know....every second you decide not to light that cigarette your health starts to improve STRAIGHT AWAY! Yes really!

National Smokers' Quitline

1800 201 203

Visit the website [here](#)

Irish Cancer Society

Visit the website [here](#)



20 Mins

Your blood pressure reduces



48 Hrs

Nicotine has officially left the body!



2-12 Weeks

You WILL feel fitter and healthier



5 Years

Your risk of lung cancer reduces and this risk is HALVED by the time you reach 10 years!



Skin

Skin Cancer is one of the most common Cancer's in Ireland

In your lifetime, 1 in 8 men will develop skin cancer. Even cloudy days deliver 90% of the sun's dangerous UV. Did you know even some football jerseys are so thin they let most of the UV rays through! Although your sunburn may heal, the skin damage is done and will last for much longer. So cover up and close up!

- Non-Melanoma is the most common form of skin cancer. It's commonly found on the forehead, tip of the chin, nose, ears, forearms and hands – basically, anything exposed!
- Malignant Melanoma is a serious form of skin cancer. Although less common, it is on the increase. It often appears as a changing mole or freckle but it can also develop from normal-looking skin!

WATCH OUT

- Size
 - Bigger than the butt end of a pencil (more than a quarter-inch diameter).
- Colour
 - Shades of tan, brown, black and sometimes red, blue or white.
- Shape
 - Ragged or scalloped edge.
- New
 - A new growth or sore that does not heal within 4 weeks.
- Ouch
 - A spot or sore that continues to itch, hurt or bleed.
- Constant
 - Constant skin ulcers that are not explained by other causes.

If you have any of the above issues, contact your GP for a referral to a dermatologist.



Back

You've got back ache, don't let it become a pain in the arse. Get it checked.

If you've ever suffered from a bad back you'll know just how painful it can be - and because others cannot 'see' the pain, you tend to get very little sympathy. Bad backs are also one of the greatest causes of absenteeism in the workplace.

If your job involves lifting heavy objects, sitting at a desk or being immobile for long periods of time, checking your back makes good sense. Chronic back pain can result in bad posture, poor lifting technique and accidental injury. There are a few things you can do to minimise your risk to back injury;

When lifting heavy objects;

- Keep back straight
- Know your limits
- Complete a manual handling course

When using a computer;

- Adjust your chair so that your eyes are level with the top of the VDU, your forearms are approximately parallel to the desk and your legs can move freely
- Take mini-breaks - don't sit in the same position for too long. Make sure you change your posture as often as possible.

Arthritis Ireland

Visit the website [here](#)

Health and Safety Authority

Visit the website [here](#)



Make a Positive Change to Your Health