Traditional Western concepts of masculinity has proven to be a barrier to men’s physical and mental wellbeing. Men are less likely than women to seek help for health problems, especially for emotional problems. Young men, in particular, are prone to risky behavior and men tend to consume more alcohol, have a higher fat diet and smoke significantly more tobacco than women.

Did you know that:

- Men’s life expectancy is, on average, just under six years shorter than women’s.
- Men are twice as likely as women to die from heart disease,
- Men are almost twice as likely to develop Diabetes.
- Men smoke more than women, and are almost two and a half times more likely to develop lung Cancer.
- More men are overweight than women (62% compared to 45%). Men are more likely to have a high-fat diet.
- Men are four times more likely to commit suicide than their female counterparts.
- Because more outdoor workers are men, they are more likely to develop skin Cancer.
- One in eleven men develop Prostate Cancer.

Fast Facts: Prostate Cancer

- Prostate Cancer affects 1 in 11 men in Australia.
- The most common symptoms are: Difficulty urinating, blood in urine or semen, pain ejaculating.

EARLY DETECTION IS VITAL. IF YOU SUSPECT THERE MAY BE A PROBLEM, SEE YOUR DOCTOR ASAP. MOST PROSTATE PROBLEMS ARE NOT CANCER AND CAN BE DEALT WITH EASILY.