



EVERYBODY BENEFITS: EMPLOYEE GUIDE

Men's health matters

Preventing and fighting the big C





Let's hear it for the boys

We get it. Men are notoriously bad at talking about illness or admitting to unusual symptoms - and going to the doctors to get 'checked out'. And of course, nobody wants to think or talk about cancer.

But we should and we must.

The good news is that around **38%** of all cancer cases are preventable. That's a lot of husbands, dads, sons, partners, friends and colleagues that could be saved.

That's YOU who could prevent, punch back and survive the big C.

While awareness of some cancers, such as **prostate and testicular**, are becoming better known, others that significantly affect men, such as **lung, bowel and oral** cancer, often slip under the radar until they are at an advanced stage.

Around
89,200
men die from cancer
every year in
the UK

So, let's take a look at what you can do to reduce your risk, spot the early signs and get support if you ever need it.

Every man for himself

We know life is busy – work, family, friends, responsibilities. Sometimes it's easy to bury your head in the sand hoping that symptoms will disappear.

It's easy to push your own health to the bottom of the 'to-do' list.

But taking care of yourself isn't selfish. It's essential.

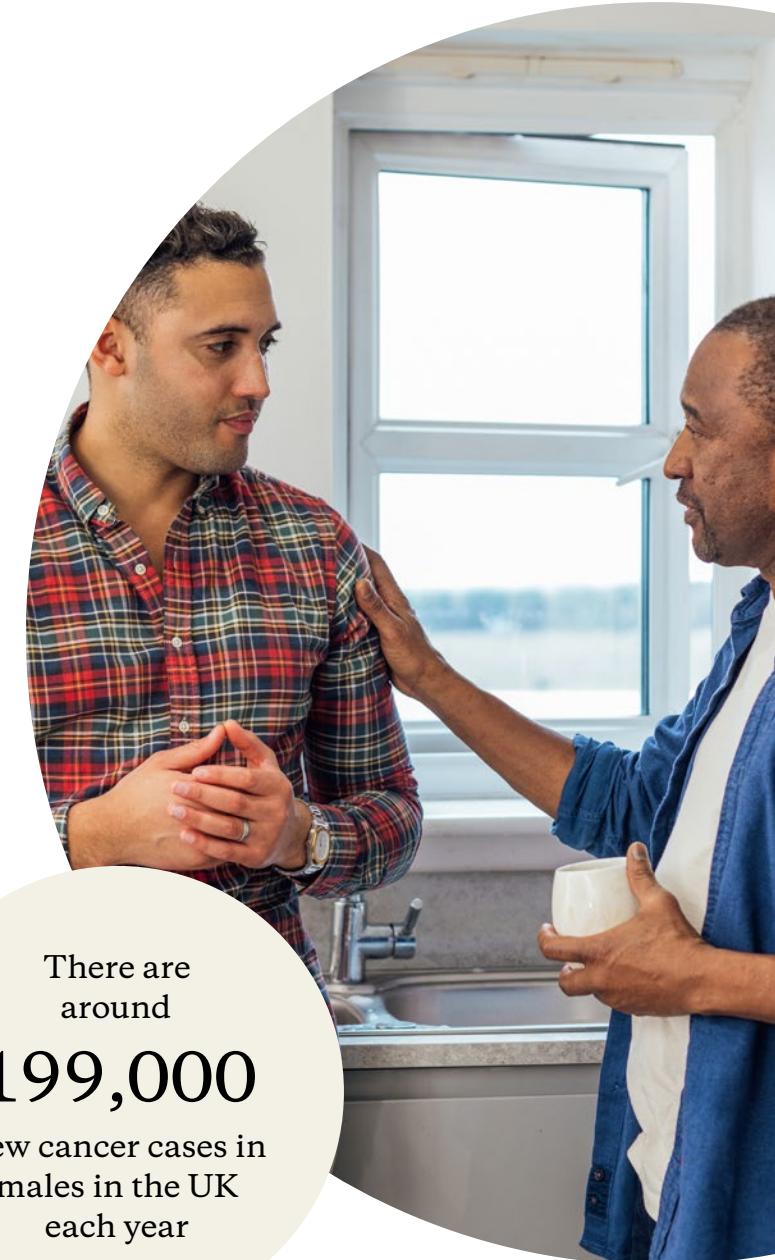
Reducing your risk – small steps, big impact

There's no guaranteed way to prevent cancer, but there are steps you can take to look after your general health and reduce your cancer risk:

1. **Quit smoking** - it's never too late to stop.
2. **Watch your alcohol intake** - cutting back, even a little, can make a difference.

3. **Stay active** – move in a way that feels good for you. It doesn't have to be the gym or joining a football team – walking or gardening still count.
4. **Eat well, most of the time** - balance is key. Try to include more fruit, veg and fibre.
5. **Protect your skin** - use sun cream, even on cloudy days.
6. **Keep up with check-ups** – free NHS health checks and screenings are there to help catch things early. Don't put them off when you get your invite!

Remember that you don't have to make big, drastic changes overnight. Even small shifts in your habits can add up over time and will be more sustainable.



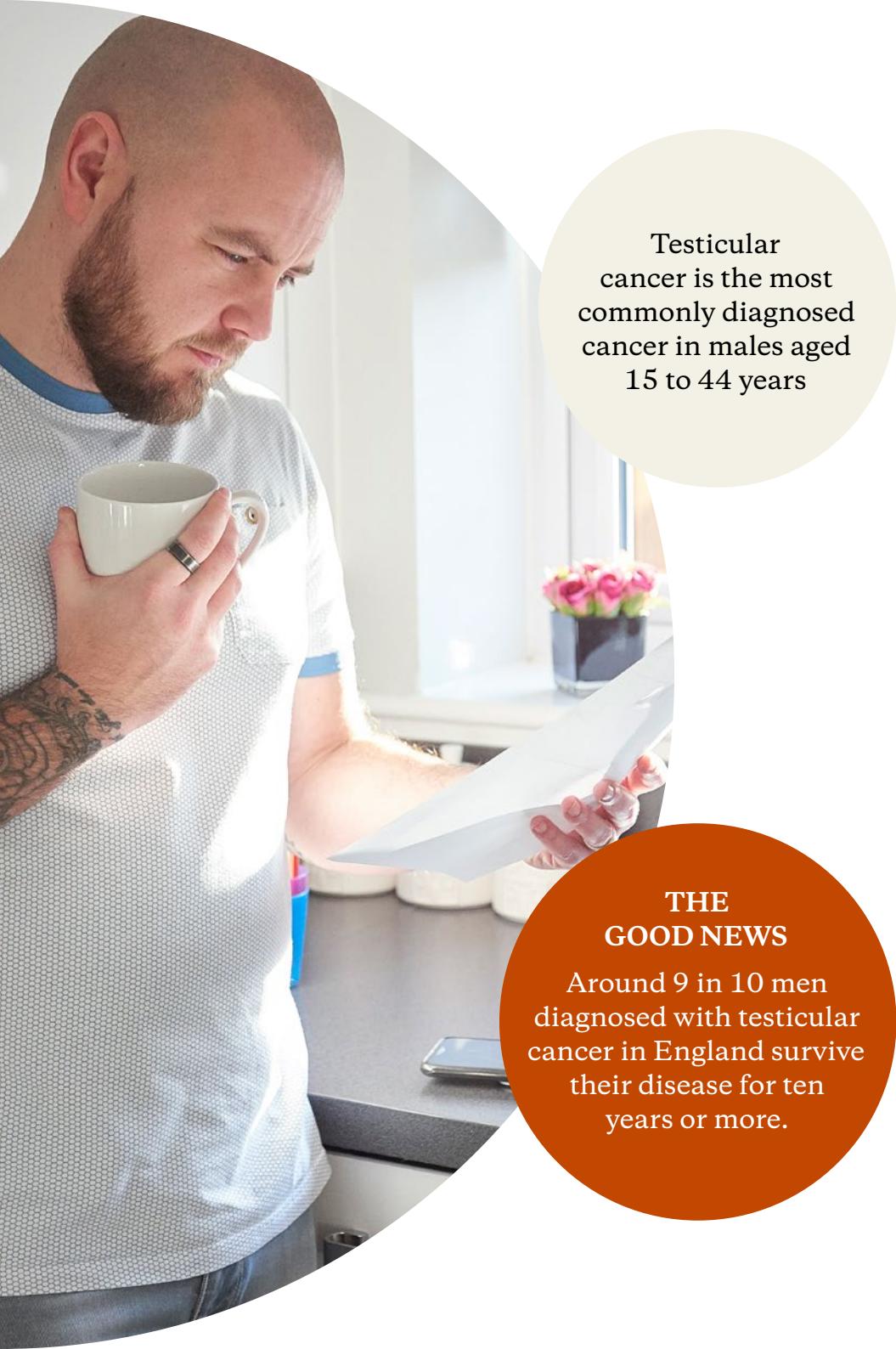
There are around
199,000
new cancer cases in males in the UK each year



Prostate cancer
has overtaken breast
cancer as the most
common cancer
in England

Spotting the C signs

You know your body best. If something doesn't feel right, it's always worth getting it checked. But remember, some of the most common cancer symptoms don't always mean cancer - but they do mean it's time to talk to your GP.



Testicular cancer is the most commonly diagnosed cancer in males aged 15 to 44 years

THE GOOD NEWS

Around 9 in 10 men diagnosed with testicular cancer in England survive their disease for ten years or more.

Testicular cancer

This cancer often affects younger men, typically between ages 15 and 49, and is highly treatable if found early – and this is one of the cancers where regular self-checks really can make a difference in early detection.

Size does matter

Let's start by reassuring you that most men have different size testicles and often one hangs lower than the other. This is totally normal – but be aware of changes in size or an unusual or significant difference between one testicle and the other.

The most common symptom is a noticeable lump or swelling in the testicle but also look out and feel for the following:

- A feeling of heaviness or aching in the scrotum or lower abdomen
- A change in the shape, size or texture of a testicle
- Tenderness or sudden fluid collection in the scrotum

ACTION

Check your testicles regularly - ideally after a warm shower and see your GP if you notice any of these symptoms.

→ Here's a guide on how to check thoroughly.

Prostate cancer

This is the most common cancer in UK men, especially in those over 50, black men or with a family history of the disease. It often develops slowly and you may not show symptoms at first. When signs do appear, they can include:

- Difficulty starting or stopping urination
- A weak or interrupted urine flow
- Needing to urinate more often, especially at night
- A feeling that the bladder hasn't fully emptied
- Blood in urine or semen
- Pain during urination or ejaculation

ACTION

There is currently no screening programme in the UK for prostate cancer. But if you're over 50, speak to your GP about whether a PSA blood test might be right for you.

25%

rise in prostate cancer cases over the past five years

THE SILVER LINING

Almost 8 in 10 men diagnosed with prostate cancer in England survive their disease for ten years or more.





Lung cancer is the most common cause of cancer deaths in males, with around

18,600
deaths every year

THE POSITIVE NEWS

Almost 65% with stage 1 lung cancer will survive their cancer for 5 years or more after they're diagnosed, reinforcing that early detection is critical to improving your survival chances.

Lung cancer

Lung cancer is often linked to smoking however non-smokers can also develop the disease. It's one of the deadliest cancers in the UK, mainly because it's often diagnosed late. Symptoms to look out for include:

- A persistent cough that doesn't go away
- Coughing up blood
- Chest pain that worsens with deep breathing or coughing
- Shortness of breath or wheezing
- Unexplained fatigue or weight loss
- Repeated chest infections

ACTION

If a cough lingers longer than three weeks, book a GP appointment - even if you feel fine otherwise.

Bowel cancer

Also known as colorectal cancer, this affects the large bowel and is more common in men over 50. Symptoms include:

- A persistent change in bowel habits - such as going more often or looser stools
- Blood in your poo or on the toilet paper
- Abdominal pain or discomfort
- A lump or pain in the tummy area
- Unexplained weight loss or fatigue

ACTION

The NHS Bowel Cancer Screening Programme can significantly improve treatment outcomes. If you're aged 50-74, you'll automatically receive a home kit every two years which detects hidden blood in your stool, which can be an early sign of cancer.



THE POSITIVE NEWS

Bowel cancer survival has more than doubled in the last 40 years in the UK. If diagnosed early, more than 90% of bowel cancer cases can be treated successfully.



THE GOOD NEWS

More than 85% will survive their cancer for 5 years or more after stage 1 diagnosis.

Oral cancer

Also called mouth cancer, this includes cancers of the lips, tongue, cheeks, roof or floor of the mouth and throat. It's more common in men – particularly those who smoke, chew tobacco or drink heavily.

Look out for:

- Mouth ulcers or sores that don't heal within three weeks
- Lumps or thickened patches in the mouth or throat
- Red or white patches on the tongue or gums
- Persistent sore throat or hoarseness
- Pain when chewing or swallowing
- Numbness of the tongue or other areas in the mouth

ACTION

Routine dental check-ups can help spot early signs of oral cancer, so don't skip them. Your dentist isn't just there to treat your teeth. They could also save your life!

Support is all around - you're never alone

If you're worried and just want someone to talk to, medical and emotional support is all always available.

- ✓ Speak to your GP - they're there to help, no matter how small your concern.
- ✓ Talk to HR or your manager - conversations are confidential and they will support you however they can.

- ✓ Use an Employee Assistance Programme (EAP) - if your company offers this, you can access free, confidential help from trained professionals.
- ✓ Confide in someone who's been there - support groups and charities are an amazing source of strength and practical advice:

- Prostate Cancer UK
- Macmillan Cancer Support
- Testicular Cancer UK
- Movember Foundation



Speak up and stand up to cancer

It can feel uncomfortable to talk about cancer. But starting the conversation, booking that appointment, or simply reading a guide like this can be a powerful first step.

- ✓ If you're unsure, check it out.
- ✓ If something doesn't feel right, speak up.
- ✓ If you need support, please ask.

The most important thing to remember is that every conversation that leads to a check-up counts towards another life saved.

So let's banish the bravado, end the embarrassment and stamp out the stigma.

The more we normalise discussions about male cancers, the more lives will be saved.





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Sources

Cancer Research
NHS
Prostate Cancer UK
Bowel Cancer UK

