



Movember Issue

HEALTHY LIVING

Hitting Below the Belt: The Fight Against Prostate & Testicular Cancer

Movember is a global movement to change the face of men's health, one moustache at a time. All across the world, from its birthplace in Melbourne, Australia, over three million "Mo Bros" and "Mo Sistas" have joined in to raise awareness for prostate and testicular cancer and men's mental health since the charity's inception in 2003. Last year alone, Movember raised a staggering \$146.6 million CAD worldwide, with men sporting facial hair the likes of which is usually only seen during the Stanley Cup Playoffs.

The reasons for supporting Movember are quite clear when you hear the frightening facts about prostate and testicular cancer in men. *Movember Canada* states that:

- 1 in 7 men worldwide will be diagnosed with prostate cancer in their lifetime, and 1 in 28 will die from it, with a man dying from prostate cancer every 22 minutes
- 23,600 new cases of prostate cancer will be diagnosed worldwide in 2013, and 3,900 men will lose their battle with it
- Testicular cancer is the most prevalent cancer among men aged 15 to 29, with 940 new cases of testicular

cancer to be diagnosed in Canada in 2013

The good news is that both prostate and testicular cancer boast a 95 percent survival rate if detected and treated early. So what are the risk factors and warning signs that you should look out for, according to *Movember Canada*?

Prostate Cancer

Risk Factors

- **Age:** The older you are, the more likely you may be diagnosed with prostate cancer.
- **Family History:** If your father or brother developed prostate cancer before age 60, you are twice as likely to be diagnosed.
- **Ethnicity:** Prostate cancer incidence rates nearly double in African Canadian men.
- **Lifestyle:** Lack of physical exercise and unhealthy eating habits make you a target for prostate cancer.

Warning Signs

- The scariest aspect of prostate cancer is that there are usually no symptoms in men unless it is very advanced. Only then do men experience urinary problems such as slow flow, hesitancy in flow, frequent and urgent urination, need to urinate during the night, blood in the urine or semen, and problems performing sexually including the reduced ability to get an erection and painful ejaculation.

Testicular Cancer

Risk Factors

- **Age:** Men between the ages of 15 and 29 have the

NOVEMBER 2013

Healthy Heart, Healthy Mind, Healthy Living

highest risk of developing testicular cancer.

- **Family History:** If your father or brother has had testicular cancer, you are more likely to be diagnosed with it.
- **Previous Medical History:** If you have already experience testicular cancer in one testicle, you are 25 percent more likely to develop cancer in the other one too. Undescended testes at birth and Down syndrome may also increase your chances of developing testicular cancer.

Warning Signs:

- The warning signs for testicular cancer are much easier to spot than the ones for prostate cancer, and include swelling or a lump in either testicle (usually painless) or a change in testicular size or shape; aches or pains in the lower abdomen, groin, testicle, or scrotum; a heavy feeling or sudden build-up of fluid in the scrotum; and even enlargement or tenderness of your breast tissue.

So if you find yourself mentally checking off any of the above risk factors and/or warning signs, do yourself, and your loved ones a favour and go get checked out. Better to be safe (and healthy) than sorry.

Movember Facts & Figures



- **Founded in 2003 in Melbourne, Australia** by Travis Garone & Luke Slattery
- Supported by **3 million "Mo Bros" & "Mo Sistas"** from **21 countries worldwide**
- In 2012 alone, **1.1 million Mo Bros and Mo Sistas raised \$146.6 million CAD worldwide**

Source: Movember Canada

TRG
GROUP BENEFITS

HEALTHY MIND



Unspoken Issues: Breaking the Stigma on Men's Mental Health

While there are always exceptions to the rule, we have to face facts: most men do not talk about their feelings. Whether the reason is perceived social conventions, the belief that actions speak louder than words, or even the notion that they will say something "wrong", men have been taught to "keep it all in".

The lack of communication can exacerbate mental health problems. When you have been told (wrongly) that emotions make you weak and that you should "man up", the stigma of mental illness can cause a level of shame and embarrassment that no man should ever have to face alone.

According to *Movember Canada*, this year in Canada:

- 1 in 5 men will experience a mental health issue
- Depression will affect 840,000 men
- 2,800 men will commit suicide
- 4 out of 5 suicides among young people will be committed by men, despite their lower reported rates of depression
- Men's depression will rank third in disease-burden (defined by *Wikipedia* as the impact of a health problem as measured by financial cost, mortality, morbidity or other indicators)

In addition, depression in men does not always present with the “typical depression symptoms” of low mood, anxiety, and loss of interest, which makes it harder to diagnose. Instead, males may engage in risky physical and sexual activities, abuse alcohol and/or drugs, or throw themselves into work, socially isolating themselves in order to avoid their very real personal demons.

While risk factors range from previous periods of depression and/or anxiety, living with a serious medical condition, genetics, and even lack of physical exercise, the first step to diagnosis and recovery is always talking to someone. This can be a loved one, a doctor, or even an anonymous voice on the end of a support line – the important thing is that you are willing to get help. Because despite what your head might tell you, you should know in your heart that you are not in it alone.

HEALTHY HEART



Five Ways to Stay Warm, Healthy, & Active this Winter

Snow, slush, arctic winds, and rain. Suffice to say, winter poses unique challenges for those trying to maintain their weekly workouts while battling the elements.

But what if you embraced the chilly environment instead of fighting it? Time to trade in your running shoes and

follow our five ways to stay warm, healthy, and active this winter, courtesy of *Men's Fitness* and *NutriStrategy*:

- **Cross-Country Skiing:** What other winter sport lets you bask in the beauty of nature while giving you a total body workout? Not only is cross-country skiing the ultimate cardiovascular workout, it also tests your endurance, strength, and mental focus, clearing your mind of everything but the snow and your skis.
Calories Burned Per Hour: 735 (skiing at a vigorous pace)
- **Downhill Skiing and Snowboarding:** Probably the most popular of the winter sports, downhill skiing and snowboarding are both fantastic ways to have fun while increasing your heart rate and strengthening muscles. Be careful not to put too much pressure on your knees though and engage your core instead.
Calories Burned Per Hour: 490 (skiing at a moderate pace)
- **Snowshoeing:** After years of playing second fiddle to skiing and snowboarding, snowshoeing is coming back with a vengeance. Working cardio, strength, agility, balance, and endurance, what could be easier than strapping on a pair of snowshoes and enjoying your local winter wonderland.
Calories Burned Per Hour: 694
- **Skating:** Do up those laces and make like Sidney Crosby at your neighbourhood arena (or lake). Skating is a great cardio and endurance workout, toning your legs, thighs, and core, especially if you add hockey equipment to the mix.
Calories Burned Per Hour: 735
- **Snow Shoveling:** While not a sport per se, shoveling your walkway (or digging out your car) after a huge snowstorm could boost your upper body and cardio workout for that day, akin to a short kettlebell routine at the gym. Just remember to switch your hands every five minutes so that both arms get equal time.
Calories Burned Per Hour: 490

**for an average 180-pound male*