



HEALTHY LIVING

Movember!

The Month of the Moustache

It all starts with a little stubble on the upper lip. By the afternoon, it would have grown noticeably enough for others to ask about your impending moustache. And there is no better time to explain your facial hair than now.

Movember is an annual event in November when “Mo Bros” grow and groom their moustache as a way to raise awareness and funds for men’s health, namely prostate cancer, testicular cancer and mental health. “Mo Sistas” are also encouraged to take part in the event by helping their participating “Mo Bros” with fundraising efforts and spreading the word for men to be more proactive about their health.

The global Movember community continues to grow and have amounted to 719,217 participants and over \$100 million in 2014. In Canada alone, there were 115,358 participants who have raised over \$24 million in that same year.

Why is Movember important? The reasons are plentiful, including the following:

- 1 in 8 Canadian men will be diagnosed with prostate cancer in his lifetime.

- Men aged 15-29 may be diagnosed with testicular cancer as it’s the most common type among young Canadian men.
- 1 in 5 Canadians will go through a mental health problem in one year. 3 out of 4 suicide deaths are men.

Thanks to the Movember movement...



99% of participants talked to someone about their health



75% became more aware of the health issues they face

Source: Movember Canada

TRG
GROUP BENEFITS

HEALTHY HEART

Knowledge is Power

How to Save Your Life

Actor Ben Stiller recently opened up about his 2014 prostate cancer diagnosis. He was 46 when he was diagnosed but had no markers for being high risk to develop the disease. He’s not at an advanced age, nor is he African or Afro-Caribbean. His family history is clear of prostate cancer and he didn’t even have any

symptoms at the time of diagnosis. He found out his diagnosis after taking the prostate-specific antigen test, better known as the PSA blood test.

While there are pros and cons for taking the PSA test, Stiller's disclosure has helped bring prostate cancer to the spotlight and has taught us one very valuable lesson – to be proactive about your health. This lesson is applicable to all health concerns, whether it is prostate cancer, testicular cancer or mental health. And it starts with awareness.

Courtesy of the Canadian Movember Foundation, here are some symptoms to look out for:

Prostate Cancer:

- Frequent urination, especially at night
- Struggling at the start of urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning sensation when urinating
- Blood in urine or semen
- Difficulty in having an erection
- Painful ejaculation
- Pain or stiffness in the lower back, hips or upper thighs

Testicular Cancer:

- A swelling or a lump or any pain when feeling the testicle
- Heavier than usual testicles
- A change in shape and size of the testicle

Poor Mental Health:

- Feelings of irritability, hopelessness
- Feelings of aggression
- Increase in drinking
- Isolation from friends and family

As always, contact a healthcare professional if something doesn't seem right. After all, it is your life that we are talking about.

HEALTHY MIND

Staying Mentally Healthy

Why It Matters

“Shake it off.”

“Don't think about it.”

“C'mon, man up.”

Do these expressions sound familiar to you? Chances are, they were uttered by one man to another man as a means of coping with a problem. And that's precisely the problem. Men do not talk about mental health concerns as it might label them as being weak if they were to open up.

Everyday stress is inevitable but sometimes life can be harder than usual. Difficulties with work and finance can arise. Relationships can break down. Illnesses can take over. In other words, significant things can happen without warning and can take a serious toll on your mental health.

Movember Canada shares these alarming statistics:

- 1 in 10 Canadian men will experience major depression in their lifetime
- 1 in 5 Canadians will experience a mental health problem per year
- A daily average of 7 men commit suicide in Canada

The most crucial initial step to prevent a mental health issue from escalating is to talk. Men, in particular, are encouraged to open up rather than struggle alone. If you are not ready to seek professional help, start the conversation with a friend or family member. Avoid isolating the problem just to yourself and share what's been top of mind when you are feeling stressed.

If you are on the listening end of the conversation, you are already doing your part and possibly saving a life too.