

## Contact Numbers

Contact your doctor, practice nurse, local pharmacist or work's occupational health department for advice.

You can also get advice from:

NHS Direct (General Health Advice):	<b>0845 4647</b>
The Samaritans:	<b>0845 790 9090</b>
Coping with Cancer North East:	<b>0191 228 0259</b>
Relate, Northumberland & Tyneside (Relationships)	<b>0191 232 9109</b>
National Smokefree Helpline	<b>0800 169 0 169</b>

### Gateshead

Mind, (Mental Health):	<b>0191 477 4545</b>
NECA, (Drugs + Alcohol):	<b>0191 490 1045</b>
Victim Support Scheme:	<b>0191 477 8395</b>
STAG Project (Gay and Bisexual Men):	<b>0800 42 20 200</b>
Health Trainers (general health advice)	<b>0191 433 5793</b>

### South Tyneside

Mental Health in South Tyneside (MHIST):	<b>0191 427 7538</b>
NECA, (Drugs + Alcohol):	<b>0191 456 9999</b>
Victim Support Scheme:	<b>0191 477 8395</b>
Health Trainers (general health advice)	<b>0191 456 9551</b>

### Sunderland

Sunderland Mind (Mental Health)	<b>0191 565 7218</b>
Headlight (Mental Health)	<b>0191 510 1494</b>
Neca Washington (Drugs & Alcohol)	<b>0191 419 3680</b>
Victim Support	<b>0191 567 2896</b>
Health Trainers (general health advice)	<b>0191 502 7164</b>

### Useful Websites

Your Health, Your Choice	<b><a href="http://www.nhs.uk">www.nhs.uk</a></b>
Mens Health Forum	<b><a href="http://www.malehealth.co.uk">www.malehealth.co.uk</a></b>

This information can be made available in another format or language on request. Please contact the Public Health Improvement Information Team Tel: 283 1124 Email: [healthinfo@sotw.nhs.uk](mailto:healthinfo@sotw.nhs.uk)

Production date: June 09 Author: Public Health Development Team Code: 0609/178

What's  
wrong  
with  
**MEN'S**  
health?



**Men often don't seek early medical advice.  
As a result some will suffer from  
unnecessary poor health.  
Seeking early advice could prevent  
suffering and early death.**

***Did you know?***

On average:

- Men will live to 75 years of age (5 years less than women)
- 1 in 4 men die from coronary heart disease in the UK
- 8 in 10 men delay seeing a doctor about their problems
- 1 in 7 men will experience a mental health problem
- Prostate cancer is the most common male cancer, more than 9,500 men die from it every year
- Testicular cancer cases have doubled in the past 20 years
- The majority of men are too heavy for their health
- 28% of men still smoke
- 27% of men drink alcohol at a level which may harm their health

**Seek advice EARLY, it makes a difference!**

**Why don't men visit the doctor?**

- men don't take their health seriously enough
- macho behaviour is often encouraged
- men don't like to show emotion
- men wait to see if health 'niggles' will go away
- men tend to listen to their friends instead of seeking medical advice

**“just go...?”**

Even if symptoms feel mild, it is still worth seeking early advice. Don't worry yourself, getting the right advice and support will reduce your anxiety or stress.

**If you have any health problems or concerns...  
DON'T put it off or delay – contact a doctor,  
local pharmacist or telephone one of the  
contacts over the page.**

**“just go...?”**

**Seek advice EARLY, it makes a difference!**