

MEN'S HEALTH

CELEBRATING MEN AND BOYS

(ON THE OCCASION OF INTERNATIONAL MEN'S DAY,
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OVERVIEW

Every year, International Men's Day (IMD) is observed on 19th November to recognise the positive role men play in families, workplaces, and society.

The theme for IMD 2025 – **"Celebrating Men and Boys"** – focuses on acknowledging men's contributions while promoting their overall wellbeing. It also calls attention to building healthy habits early in life so that today's boys grow into healthy, resilient men.



In keeping with this year's theme, this advisory highlights key aspects of men's health – particularly the prevention and early detection of diabetes, heart disease, stroke, obesity, prostate disorders, pollution-related illnesses, smoking, and mental health concerns. Proactive attention to these conditions can greatly reduce long-term health risks.



WHY FOCUS ON MEN'S HEALTH?

Men often put professional or family responsibilities ahead of personal wellbeing. Many avoid routine check-ups or seek medical help only when symptoms become severe.

Simple lifestyle measures, regular health monitoring, and timely medical consultation can prevent or delay most chronic illnesses that commonly affect men after the **age of 30**.

KEY HEALTH CONCERNS FOR MEN

HYPERTENSION (HIGH BLOOD PRESSURE)

A silent but serious condition that can damage the heart, brain, and kidneys if untreated.

STROKE

Usually a result of long-standing hypertension, diabetes, or blood-vessel blockage; quick medical action is critical.

OBESITY

Abdominal fat is especially dangerous, raising the risk of diabetes, heart disease, and joint issues.

DIABETES (TYPE 2)

Often develops slowly and without obvious symptoms. Poor diet, excess weight, and lack of activity are major triggers.

MENTAL HEALTH ISSUES

Stress, anxiety, depression, and burnout are growing concerns that need equal attention as physical health.

HEART DISEASE

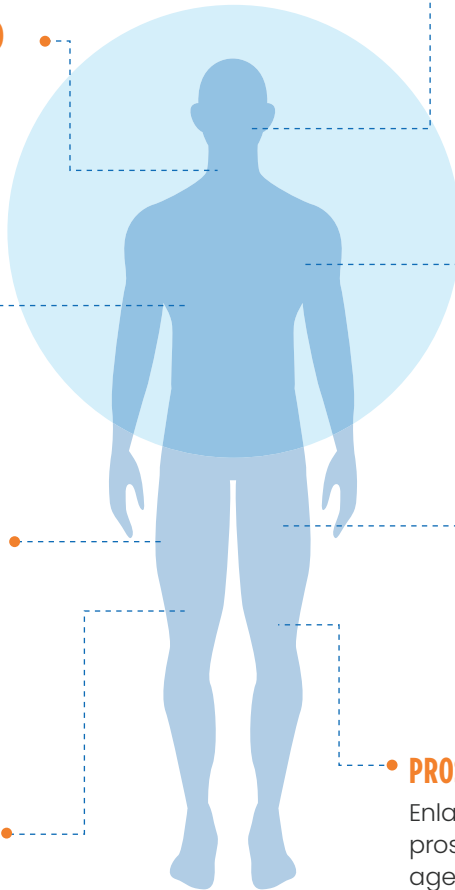
Remains one of the top causes of death among men, linked to high cholesterol, smoking, stress, and uncontrolled blood pressure

SMOKING & POLLUTION (ESP. DUE TO PARTICULATE MATTER) RELATED ILLNESS

Both cigarette smoke and polluted air contribute to heart, lung, and vascular diseases.

PROSTATE PROBLEMS

Enlargement or cancer of the prostate typically appears after age 50; early screening saves lives.



WHO MAY BE AT HIGHER RISK

Are over
40 years old



Have a family history of diabetes, hypertension, or
prostate cancer



Lead an inactive or
desk-bound lifestyle



Use tobacco
or drink alcohol frequently



Experience prolonged stress or
inadequate sleep

Eat diets high in salt, sugar, or
processed foods



Sleep poorly or feel
mentally exhausted



EARLY WARNING SIGNS TO WATCH

01



Constant tiredness, irritability, or disturbed sleep

02



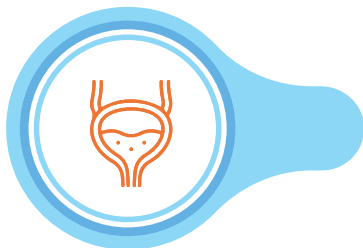
Sudden weight changes or reduced stamina

CONDITION-SPECIFIC SIGNS

Chest pain, shortness of breath, or irregular heartbeat → possible heart disease



Painful or slow urination, blood in urine → possible prostate disorder



Persistent cough or breathing trouble → possible pollution (esp. due to particulate matter) or smoking effect



Low mood, loss of interest, or anxiety → possible mental health concern



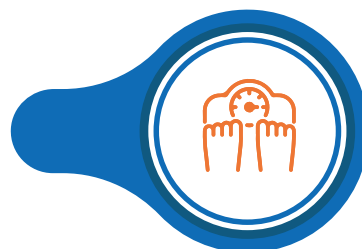
Headache or blurred vision → possible high blood pressure



Frequent urination and thirst → possible diabetes



Facial droop, limb weakness, or slurred speech → possible stroke



Increased waistline, joint discomfort, or snoring → possible obesity

TALK ABOUT HEALTH

- Discuss any symptoms early instead of ignoring them
- Encourage peers and family to prioritise regular check-ups

EAT SMART

- Emphasise fresh fruits, vegetables, whole grains, and lean protein
- Cut down on refined sugar, saturated fats, and packaged snacks
- Stay hydrated and moderate caffeine and alcohol

GET CHECKED REGULARLY

- Schedule annual health check-ups
- Track blood sugar, blood pressure, cholesterol, and BMI
- After 50, discuss prostate screening (PSA test) with your doctor

HEALTHY HABITS FOR PREVENTION

STAY PHYSICALLY ACTIVE

- Aim for 30–45 minutes of brisk activity five days a week
- Include strength or resistance training twice a week
- Take stretch or walk breaks every hour if sitting long

MANAGE STRESS AND SLEEP

- Try yoga, meditation, or deep breathing exercises
- Keep a regular sleep schedule (7–8 hours nightly)
- Spend quality time with friends and family

QUIT TOBACCO AND LIMIT ALCOHOL

- Avoid all forms of tobacco; seek professional help if needed
- Keep alcohol consumption within recommended limits

WHEN TO SEEK IMMEDIATE MEDICAL CARE

- ▶ Sudden **chest pressure** or heavy sweating
- ▶ **Numbness or weakness** on one side of the body
- ▶ Vision or **speech changes**
- ▶ Difficulty urinating or **blood in urine**
- ▶ Persistent fatigue, **weight loss**, or appetite changes



KEY MESSAGE

On this International Men's Day, let's celebrate men not just for what they achieve but for how they care for themselves and others.

Health is every man's best investment — and the foundation of a longer, happier life.

**TAKE CHARGE. GET CHECKED.
STAY STRONG. CELEBRATE HEALTH!**

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