

Movember changes the face of men's health

BY METRO CREATIVE

Studies have found that men might be more tight-lipped about their health than women. According to Kaiser Permanente, men sometimes don't talk about their health because of cultural attitudes, fear or pride. As a result, men may not be able to catch illnesses at their earliest stages, which can reduce their life expectancy.

The Movember movement was established as an effort to raise awareness about men's health and wellness. Movember gets men involved in their personal health in a fun way: by growing mustaches.

The Movember movement began in 2003 as a way to champion men's health. Since its inception, Movember has helped fund more than 1,320 men's health projects around the world,

including changing the way health services reach and support men. Travis Garone and Luke Slattery devised the idea for Movember when they met up for a beer in their native city of Melbourne, Australia. Since mustaches had all but disappeared from men's grooming trends at the time, the two friends felt that growing a mustache would be a way to spark conversation. Thirty men took up the challenge to grow mustaches and promote men's health in the initial Movember effort. Today, Movember has expanded exponentially and internationally.

The main focus of Movember — beyond growing a mustache — involves significant issues affecting men: mental health and suicide prevention, prostate cancer and testicular cancer. Participants are urged to be more physically

active and host fundraising events to raise awareness about the effect these issues have on men. Much like Breast Cancer Awareness Month in October serves to spur more women to get mammograms and take breast health seriously, Movember is a chance for men to make doctor's appointments and discuss key issues like prostate health. In fact, the Prostate Cancer Foundation is an official beneficiary partner with Movember for their U.S. campaign. To date, Movember has donated more than \$56 million to PCF to support innovative prostate cancer research.

From humble Australian beginnings, Movember has grown into a global movement working with many different organizations united by a commitment to change the face of men's health one mustache at a time.



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Movember aims to raise awareness about men's suicide

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Each year, men across the globe grow mustaches throughout the month of November.

For some, the decision may be a spontaneous gesture designed to give their faces a new look. But millions more do so in support of Movember, an annual event that aims to raise awareness of various issues pertaining to men's health, including suicide.

Men's suicide may not garner many headlines, but men are far more likely than women to take their own lives. According to the American Foundation for Suicide Prevention, men died by suicide 3.85 times more than women in 2022.

Veterans Day also occurs in November, and the month is a good time to point out that rates of suicide among

men who served in the military also are a cause for concern. According to the 2023 National Veteran Suicide Prevention Annual Report, the unadjusted suicide rate of veteran men was 35.9 per 100,000 in 2021, which marked a 3.5% increase over the previous year.

The suicide rate among veteran men was markedly higher than the rate among non-veteran adults in the United States. Suicide rates among non-veteran adults were 16.7 per 100,000 in 2021, which is less than half the rate among veteran men in the same year.

November can be a great time to raise awareness about men's suicide, and individuals and groups looking to do so can utilize events like Movember and Veterans Day to draw attention to the issue.

Fast facts about prostate cancer

BY METRO CREATIVE

Preventive health care encompasses a host of strategies designed to reduce individuals' risk for conditions and diseases that can adversely affect their quality of life. Routine exercise and a commitment to a nutritious diet are two such strategies, and each can go a long way toward protecting an individual's long-term health.

Education is another key component of preventive health care. By educating themselves about their own family histories and additional variables that may increase their risk of developing certain conditions, individuals can take steps to mitigate that risk.

The World Health Organization reports that roughly one in five people across the globe develop cancer in their lifetime. Prostate cancer poses a unique threat to men. The WHO notes prostate cancer is the second most commonly occurring cancer in men, and recognition of that threat may compel men to learn more about the disease. Data

does not tell the whole story of prostate cancer, but some fast facts about the disease can serve as a springboard to learning more about it and what, if anything, can be done to prevent it.

- The Prostate Cancer Foundation reports that one in eight men will be diagnosed with prostate cancer in his lifetime.

- Rates of prostate cancer are higher among Black men. According to the PCF, one in six Black men will develop prostate cancer in his lifetime. In addition, Black men are more than twice as likely to die from the disease.

- Estimates from the PCF indicate just under 300,000 men will be diagnosed with prostate cancer in 2024, and roughly 35,000 men will die from the disease.

- Men with first-degree relatives who have had prostate cancer may be twice as likely to develop the disease. First-degree relatives include a father, brother or a son. Men are urged to learn their family medical histories so they can

identify their own individual risk for prostate cancer.

- The American Cancer Society reports that roughly six in 10 prostate cancers are found in men older than 65. However, the ACS also notes that the chances of being diagnosed with prostate cancer increase significantly after age 50. And while instances of prostate cancer in men younger than 40 are rare, men 39 and younger can still develop the disease.

- Five-year survival rates for prostate cancer are high when the disease is detected in the localized or regional stages. Localized indicates there is no sign the cancer has spread beyond the prostate, while regional means the cancer has spread to nearby structures or lymph nodes. The five-year survival rate for these stages is greater than 99 percent.

Prostate cancer poses a notable threat to men. Understanding that threat and what can be done to mitigate it is an integral component of preventive health care.

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