

Awareness Month

Prostate Cancer

NEWSLETTER

Compiled: MDS Lancet Editorial Board

The Essential Role of Men in Society encourages men to talk about their health, get check-ups for a healthier future.

Men are crucial contributors to our society and nation, serving as leaders, workers, role models, fathers, and husbands across diverse socio-cultural backgrounds. In recognizing the significant efforts men make to uphold our communities, it's essential to acknowledge and tackle the various health challenges they encounter.

Additionally, there is a growing incidence of mental health issues among men, with some studies indicating that men experience higher suicide rates compared to women. (1)



Health Risks

Men face an elevated risk of chronic non-communicable diseases, including:

- Hypertension
- Obesity
- Type 2 diabetes mellitus
- Cardiovascular diseases

Unique Vulnerabilities:

**They also experience specific risks such as:
Prostate cancer or
Certain workplace
injuries**

Globally, men tend to have lower life expectancy compared to women. This is because men are more prone to indulge in high-risk habits such as smoking, drinking, poor diet and violent activities. Men also tend to visit the hospital less when faced with health challenges.(1) In view of this, the month of November has been set aside to highlight the importance of men's health and to promote and support the health and wellbeing of men and boys in our communities. The theme for this year is "Closing, the Empath Gap" which focuses on addressing through advocacy, awareness and action. These include regular health checkups, regular exercising and eating healthy balanced diet.

How are
we
Doing?

We value your opinion and would love to hear about your experience.

Do you have 2 minutes?

Let's Get Started

Scan our QRcode



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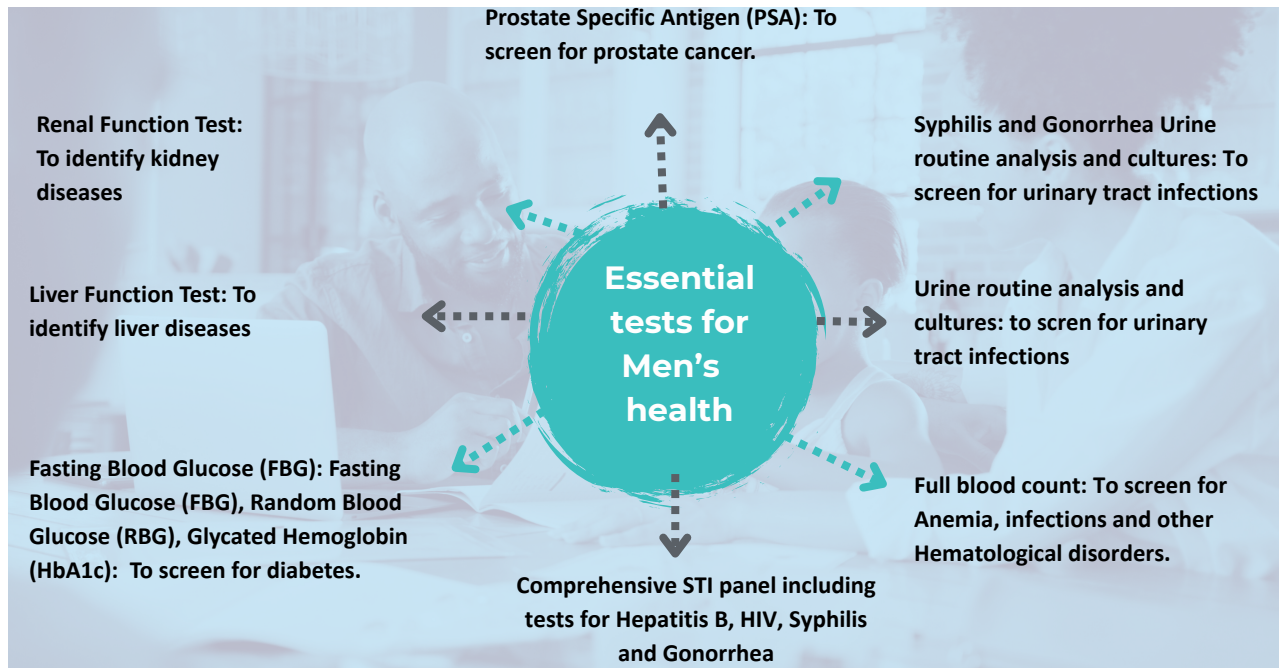
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We have carefully selected a panel of laboratory tests for men

At MDS LANCET, our mission is to deliver quality industry leading diagnostic test for the early identification and management of diseases. We have a carefully selected panel of laboratory tests to screen for men's health conditions and these include:



We also have available various routine and specialized laboratory tests to meet your diagnostic needs. Kindly visit any of our branches for more information.



References:

1. Men's health. (2018, September 16). Men's Health. <https://www.who.int/europe/news-room/fact-sheets/item/men-s-health>
2. Men's Health Week 2023 - Awareness Days Events Calendar 2023. (2023, June 4). Awareness Days. <https://www.awarenessdays.com/awareness-days-calendar/mens-health-week-2023/>



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