

Men's Health Week

15-21 June 2020



Smoking

You're 4 times more likely to quit with our help.

Men's Health Forum Ireland

Read about the health issues affecting men.
Get the free newsletter.

Have a concern but don't want to bother your GP?

Why they want to see you.

Parenting

Rewarding and demanding - advice & support is at hand.

Is your waistline creeping up on you?

Your waist size is an important health indicator

Know your numbers

- Blood pressure
- Blood sugar
- Cholesterol

Testicular Cancer

Know the signs & symptoms

Diabetes

100,000 people in NI have diabetes & this number is set to rise. More info...

Mental Health

Its ok not to be ok.
Who to reach out to.

Sexual health

Your sexual health impacts on your mental & physical health.

Take Care in the Sun

How to look after your skin, what to look out for.

A-Z Symptom Checker

This tool will inform you about illnesses, conditions/symptoms

Prostate Cancer

Learn more about prostate cancer & the signs to look out for.

Sit less, move more

Being active matters, learn how much physical activity you need.

Alcohol

- a powerful drug. Drinking too much can seriously affect your health

Bowel cancer

Diagnosed early, bowel cancer is highly treatable,