

# MOVEMBER

## Movember Aims To Address Men's Health Issues

If you notice a number of men sporting mustaches in November, your eyes aren't deceiving you. While it's possible these gentlemen may be channeling their inner Tom Selleck or Freddie Mercury, it's more likely they're raising awareness for men's health issues.

Each November, "Movember" encourages a greater understanding of men's health issues, such as prostate cancer, testicular cancer and men's suicide. The Movember Foundation, which was founded in 2003 by brothers Adam and Travis Garone, was organized to help change the face of men's health and raise money to fight various diseases. With that goal in mind, mustaches simply made sense as a face-changing symbol.

The Illinois Department of Public Health warns that men have shorter life expectancies than women, and certain health issues can decrease life expectancy. The Centers for Disease Control and Prevention indicates the leading causes of death for men include heart disease, cancer, unintentional injuries (falls, fire and impaired driving), and stroke. However, there are other key issues that are unique to men, and these issues garner much of Movember focus.

### Prostate cancer and testicular cancer

Testicular cancer and prostate cancer are the two most common cancers among American men (testicular cancer is No. 1). If prostate cancer is detected early, 98 percent of men can survive longer than five years. Those diagnosed early for testicular cancer have a 95 percent survival rate, according to The Movember Foundation.

If something doesn't feel right during self-examinations or if men recognize symptoms like urinary leakage, pain or urgency, they should visit their physicians immediately.

### Suicide

It is a shock when people take their own lives, especially when there were no apparent signs of distress. While suicide has been magnified by the high-profile suicides of celebrities like television host Anthony Bourdain, singers Chester Bennington and Chris Cornell, and Swedish DJ Avicii, there is still work to be done in regard to raising awareness about suicide and its prevalence. In 2016, the most recent year for which the World Health Organization has suicide data, there were an estimated 793,000 suicide deaths across the globe. Men are more likely to commit suicide than women. The American Foundation for Suicide Prevention says that, in 2017, men died by suicide 3.5 times more often than women. The rate of suicide is highest among middle-aged white men. While rates of depression are higher among women than men, one reason why suicide may be higher for men is because "boys don't cry" is a mantra that has been embedded from youth. A reluctance to express and communicate emotion may be why many men choose life-ending measures instead of

showing perceived emotional weakness and seeking help.

Men's health is something to take seriously. A UK British Medical Journal study found general primary care consultation rates were 32 percent lower in men than women. This Movember, men can make their health a priority by communicating their needs and perhaps seeking the life-saving help they need and deserve.

Many sports fans are well acquainted with Movember®, a grassroots effort that aims to raise awareness about men's health. Movember® participants, the most famous of which may be Green Bay Packers quarterback Aaron Rodgers, grow mustaches each November to raise awareness about mental health and suicide prevention, prostate cancer and testicular cancer. Since the campaign's inception in 2003, Movember® has funded more than 1,250 men's health projects around the world. While the Movember® movement is a fun way to raise awareness about men's health, prospective participants should know that there's rules they must follow to be true men of Movember®. The first rule is that, once they register at [Movember.com](http://Movember.com), participants must begin the month of November with a clean shaven face. Over the next 30 days, each participant, or "Mo Bro," must grow and groom his mustache. Beards and goatees are forbidden, as are fake mustaches. As Movember® progresses, Mo Bros must use their budding lip brushes to create conversation and raise funds for men's health. Finally, each Mo Bro must conduct himself like a true gentleman. More information about Movember® can be found at [www.us.movember.com](http://www.us.movember.com).

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