

MUST-KNOWS ABOUT PROSTATE CANCER

Learn them.
Live them.
Pass them along.

01 THE MOST COMMON CANCER IN MEN

Globally, approximately 1 in 8 men will receive a diagnosis of prostate cancer in their lifetime.

02 EARLY DETECTION IS KEY

The difference between early and late detection can be life and death.

03 CHECK IF YOU'RE AT HIGHER RISK

If you have a father, brother or uncle with prostate cancer, or have Black or African ancestry, speak to your doctor at 40.

04 AGE IS A FACTOR

If you're neither of Black or African descent, and don't have a family history of prostate cancer, being 50 or over increases your risk.

05 TAKE ACTION

Scan the QR code to know the facts. Then book an appointment with your doctor to talk about the most suitable next step.



Scan the QR code
to find out more



MUST-KNOWS ABOUT TESTICULAR CANCER

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01

IT GETS GUYS YOUNG

Testicular cancer is the #1 cancer among men aged 15 – 40.

02

GIVE YOUR NUTS A FEEL IN THE SHOWER

Start today, then do it once a month so you'll be able to notice any changes. (And don't be embarrassed – no one will even know.)

03

KNOW THY NUTS

What you're looking for is a lump or pain that wasn't there before. Notice a change? Book an appointment with your doctor.

04

KNOW THE THREE EASY STEPS

Get more easy tips on how to check your nuts. Scan the QR code to find out how, plus all the facts.



Scan the QR code
to find out more



MUST-KNOWS ABOUT MENTAL HEALTH

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01

GLOBALLY, ON AVERAGE, 1 MAN DIES BY SUICIDE EVERY MINUTE OF EVERY DAY

Globally, 2 out of 3 suicides are by men.
But it doesn't have to be this way.

02

CONNECTIONS STRENGTHEN US

Make time to catch up with a buddy you
haven't seen in a while. Connection benefits
mental health and wellbeing.

03

LEAN ON ALEC

ALEC are the steps to reach out to a friend
who may be struggling. That's Ask. Listen.
Encourage action. Check in.

04

TALKING HELPS

A lot of us are tough. But tough doesn't
mean holding everything in. Something
bugging you? Reach out to a friend. They'll
be very glad you did – research proves it.

05

CONVERSATIONS CAN BE EASIER

Starting tough conversations with a man
whose struggling can be daunting. We've
made an online chat tool to help you
practice. Scan the QR code start now.



Scan the QR code
to find out more