MOVEMBER®

ACCORD & MOVEMBER

23rd SEPTEMBER 2020

AGENDA

01
OUR STORY

02
PROSTATE CANCER

03
TESTICULAR CANCER

04
MENTAL HEALTH AND SUICIDE PREVENTION

05
OUR GOALS

MEN DIE 6 YEARS EARLIER THAN WOMEN

PROSTATE CANCER

1 in 8 men diagnosed in their lifetime

TESTICULAR CANCER

The most common cancer in young men

MENTAL HEALTH AND SUICIDE PREVENTION

3 of 4 suicides are men

Our fathers, partners, brothers, sons and friends face a health crisis that isn’t being talked about. Men are dying too young.

THAT’S WHY MOVEMBER IS TAKING ACTION.

2003

Two mates meet up for a beer in Melbourne, Australia, and the idea that sparks a global men's health movement is born. 30 moustaches to 5 million.

CHANGING THE FACE OF MEN'S HEALTH

PROSTATE
CANCER

THE PROBLEM

1 in 8

Men diagnosed in their lifetime

9.9M

Globally living with and beyond the disease

AT 50

Talk to your doctor

OR AT 45

If you're of African or Caribbean descent, or have a family history

EARLY DETECTION

98%

CHANCE OF SURVIVAL
BEYOND 5 YEARS

LATE DETECTION

26%

CHANCE OF SURVIVAL
BEYOND 5 YEARS

TESTICULAR
CANCER

THE PROBLEM

YOUNG MAN'S DISEASE

Testicular cancer is the most common cancer among young men

RATES HAVE GROWN

The number of men being diagnosed with testicular cancer has doubled over the past 50 years

MEN AGED 18-34 MOST AT RISK

KNOW THY NUTS

OUR GUIDE TO CHECKING YOUR NUTS

Testicular cancer is the most commonly diagnosed cancer in young men. Getting to know what's normal, and what's not, for your nuts is important. It's easy - just three simple steps.

01

Get steamy. A warm shower will put your nuts in the mood.

02

Roll one nut between thumb and fingers to check for lumps, swelling, or pain.

03

Repeat with the other nut.

HAVE A FEEL EVERY MONTH OR SO

Your nuts should feel smooth, firm and sensitive but not painful.
If something changes or doesn't feel right, talk to a doctor. Don't panic, but do get it checked out.

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To find out more visit movember.com

MENTAL HEALTH AND SUICIDE PREVENTION

THE PROBLEM

3 OUT OF 4

suicides are men

MEN AGED 15-29

Globally, suicide is the leading cause of death

DURING LOCKDOWN

Movember's recent study released for Mental Health Awareness Week

...of British men admitted to finding it helpful when people ask if they're having a difficult time....

...yet nearly half said no one had checked to find out how they were coping during the COVID-19 pandemic.

CONVERSATIONS CAN BE LIFE SAVING

of men say their friends can rely on them for emotional support…

…but only 48% say they can rely on their friends for emotional support

MOVEMBER®
CONVERSATIONS
Check in with someone who's going through a tough time.
I ♥ DAD
Learn how at movember.com/conversations

A — Ask the question

L — Listen, without judgement or distractions

E — Encourage action

C — Check in

Many thanks to R U OK? for developing the ALEC model and materials that have been used to build the above content.

WHAT CAN YOU DO?

GROW

MOVE

HOST

MO YOUR OWN WAY

MO SISTERS
WE NEED YOU.

2030 GOALS

OUR GOALS

50%
REDUCTION

in deaths from **prostate** and **testicular cancer**

25%
REDUCTION

in the rate of **male suicide**

50%
REDUCTION

in number of men experiencing ongoing mental and physical **side effects** from cancer treatment

WHAT NOW?

1. KNOW THY NUTS
2. KNOW THE NUMBERS
3. TALK MORE
4. GET MOVING
5. STAY CONNECTED

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THANK YOU