

MEN'S HEALTH FACTS THAT YOU NEED TO KNOW... BUT ARE HARD TO HEAR



THE MAIN KILLERS ARE CARDIOVASCULAR DISEASE AND CANCER

Men are nearly three times more likely than women to die prematurely from Cardiovascular disease. While we can't change our family history, many of the risk factors for this group of conditions can be modified.



MEN DIE YOUNGER THAN WOMEN

Men die on average **3.8 years earlier** than women



Lots of men get cancer – **1 out of 3 men will get cancer**. Most common form of cancers in men include: Lung, bowel, skin and prostate



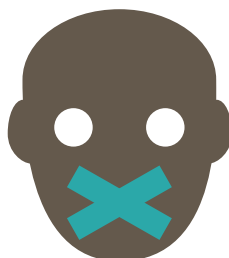
A lack of social support is even associated with a higher rate of death from cancer, cardiovascular disease among others.

SUICIDE RATES ARE FOUR TIMES HIGHER IN MEN THAN IN WOMEN

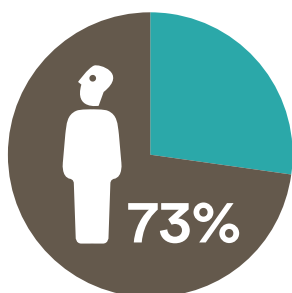
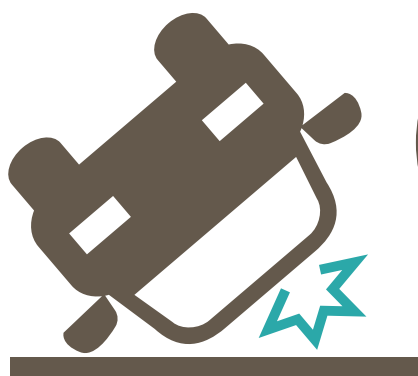
Over the past 10 years, the suicide rate among middle aged men (40 -59 years) in the ROI has been the highest of all age cohorts. In Ireland, 75% of suicides are male.



MEN ARE LESS LIKELY TO ACKNOWLEDGE OR DISCUSS MENAL HEALTH PROBLEMS THAN ANY OTHER HEALTH CONCERNS



MEN ACCOUNT FOR 73% OF ALL WORLDWIDE ROAD TRAFFIC DEATHS



93% OF WORKPLACE DEATHS ARE MEN

Men are considerably more likely than women to have a non-fatal accident or to die at work. In the EU member states, almost four out of every five non-fatal accidents at work and more than 95pc of fatal accidents at work involved men.