

Men die an average of five years younger than women, for reasons that are largely preventable.



THE GOAL OF MOVEMBER is to raise awareness around serious, but treatable men's health issues. Unfortunately, the majority of men don't know the medical [risks](#) they face, what screenings they should be undergoing at their particular age, or how to get those screenings done. Meaningful conversation is an important first step.



GROW A MO TO START A CONVERSATION and help educate your fellow dudes. Rockin a mo for a few weeks is an easy and fun way to let everyone know that you're keen to raise awareness of men's health issues, are open to talking about mens' health, and are working to take better care of yourself. To help spread the good word, keep a photo of the QR code at the top of this page on your phone, it links to this doc.

At the end of Movember there will be a student and faculty judged **Best in Show Mo** contest decided by this [rubric](#). There will also be a couple of simple games to see you can **Match the Mo** within a pool of faculty mos and another of celebrity mos. Get a little crazy and grow a mo!



STAYING HEALTHY IS A LIFESTYLE, not a once-a-year fad like New Year's Resolutions. But, you don't have to join a gym or go on a full paleo or Atkins diet. Check out [this list of 40](#) relatively easy tweaks you can make to your routines, as well as some "oh, yeah" reminders, so that you can take better care of yourself every day. Hopefully you'll find that you're already doing many of these things and can find a few more that fit into your regular day-to-day. Get after it!



YOU SHOULD VISIT YOUR DOCTOR on a regular basis to make sure there aren't any more serious health issues brewing beneath the surface. While there are many regular screenings we all do, there are some specifically that Movember would like to highlight. Here are lists of recommended screenings for [18-39 year old](#) men, for [40-64 year old](#) men, and for [all age](#) men. Included on all lists are regular screenings for prostate cancer ([facts and figures](#)) and testicular cancer ([facts and figures](#)). These are especially important as prostate cancer is the second most common cancer in men and testicular cancer is the most common among young men. These screenings can even be [done in the shower](#).



NOT ALL HEALTH ISSUES MEN FACE ARE PHYSICAL. Mental health affects nearly 1 in 10 men, but less than half of those who are dealing with anxiety or depression seek support. Men also have suicide rates that are about 3.5 times that of women. Stigmas and stereotypes of traditional male roles often get in the way of seeking much needed help. Check out [this list](#) of ways that you can keep yourself and others to stay mentally healthy everyday. There is also information [here](#) on how to seek support dealing with issues of mental health if needed.



MAKE SURE YOU WALK THE WALK, not just talk the talk about taking care of yourself. You can read through this doc, you can share it with others, you can get up early and go for a run, and hit the salad bar on the regular. But, men are much less likely than women to visit the doctor and are much more likely to have a serious condition by the time they make their first visit. Make sure you're getting appropriate and timely facetime with medical professionals to get all the recommended screenings taken care. Cancers detected early have a 95% survival rate at 5 years compared to 28% if not detected until later stages.

***Certified staff at ISB have a 27,000 THB per school year Wellness allowance that can be used on these screenings. Thanks to June D'Mello for the help with the following links.*

Bumrungrad Hospital ([link](#)) - Midway down the page select "Male", highlight your age and then click on "see packages". Booking an appointment is very intuitive.

Samitivej Sukhumvit ([link](#)) - Midway down the page you'll find "Happy Life" and "Premium Life" programs linked depending on age. It's intuitive from there.



MAKE A DONATION that will go to funding research on prostate and testicular cancer as well as supporting men with mental health issues. I have set up a **Team ISB** account at [Movember.com](#) with a goal of \$500. It's easy to donate and the funds go to reputable organizations around the world. [Donate here](#).

Cheers, to a Mo better life!

