



Men's Health Week

Gut & Below – Digestion and Men's Cancers

Fuel It Right. Check It Often.

From digestion to disease prevention, what happens “**down there**” matters more than most men realise. Your **gut, testicles, and prostate** play crucial roles in overall health – and small changes in these systems can be early signs of bigger issues.

Emergency services work can mean long hours, high stress, irregular meals, and sometimes skipped checkups. But your **fuel system** and **early warning signs** are worth paying attention to – now, not later.



Men's Cancers – Know What to Watch

Bowel Cancer – Australia's Second Deadliest Cancer

- **Over 15,000 Aussie men** are diagnosed each year.
- Often starts with **no symptoms**.
- Early detection significantly improves outcomes for bowel cancer. Screening and timely diagnosis allow for less invasive treatment and better survival rates.

What You Can Do:

If you're **50 to 74**, complete the **free bowel cancer screening test** mailed to your home.

Watch for changes in bowel habits, blood in stool, or persistent cramps.

Talk to your GP if you have **family history**, even if you're under 50.

Didn't receive your free testing kit? You can request one at ncsr.gov.au.

Prostate Cancer – Know Your Numbers

- Prostate Cancer is the most common cancer in Aussie men.
- It's often **slow-growing**, but some cases can be highly aggressive.

What You Can Do:

From age **50 (or 40 if family history)**, talk to your GP about a PSA blood test.

Don't wait for symptoms – early prostate cancer is often silent.

Watch for: weak stream, frequent night-time urination, and discomfort.

Do you have a brother or dad who's had it? You're **2.5x more likely** to develop it.

Testicular Cancer – Younger Men, Take Note

- Most common cancer in **men aged 20–39**
- Highly treatable when caught early

Self-Check Guide: “2 Minutes to Check Your Balls”

Once a month, in the shower:

- 1**
Roll each testicle gently between thumb and fingers
- 2**
Feel for **lumps, swelling or hard areas**
- 3**
Notice any **change in size, shape, or heaviness**
- 4**
Don't panic about small lumps like the epididymis (normal)
- 5**
If in doubt – see your GP

Two minutes, once a month – it's that simple



Nutrition & Your Gut – Fuel for Performance

Your digestive system affects your energy, mental clarity, immunity, and even your mood.

Common Gut Disruptors:

- High-processed food (common on the road or overnight)
- Skipping meals or over-relying on caffeine
- Excess alcohol
- Stress and sleep loss

Alcohol – Know Your Limits

Alcohol can damage gut health and increase the risk of several cancers, including **bowel, liver, and prostate**.

National Guidelines:

- No more than **10 standard drinks per week**
- No more than **4 in a single day**
- A few alcohol-free days each week

Moderate, don't eliminate (unless you need to).
If you're drinking to wind down, ask: *What else could help me de-stress?*

Gut & Below Self-Check

- Do I get **regular fibre, water and real food** in my diet?
- Do I drink within the **recommended alcohol limits**?
- Have I done my **bowel cancer test** (if 50+)?
- Have I had a **PSA test** discussion with my GP (if 50+)?
- Have I done a **testicle self-check** this month?

Resources & Support

- **Bowel Cancer Australia** – bowelcanceraustralia.org
- **Prostate Cancer Foundation of Australia** – pcfa.org.au
- **Healthy Male** – healthymale.org.au
- **Cancer Council Tasmania** – 13 11 20 | cancertas.org.au
- **GP or Men's Health Clinic** – ask about **Medicare-covered checkups**

Final Thought:

Prevention is a Power Move

You're trained to spot risks before they escalate. **Your body is no different.** From gut health to cancer checks, your **lower half** deserves your attention – not just when something goes wrong, but **right now**.



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