

October 2025

# Pendeen Health Matters

*In this edition of 'Health Matters' we are focusing on prostate & testicular cancers & men's mental health*

## Movember

You may notice more moustaches appearing in November, from modest efforts to full-blown handlebar creations! It's all part of Movember, an annual campaign encouraging men to grow a moustache to raise awareness of three vital issues: prostate cancer, testicular cancer and men's mental health.

Movember started in Australia in 2003 and has since grown into a global movement, funding research, health projects, and community programmes aimed at helping men live longer and healthier lives. At its heart, Movember is about conversation - encouraging men to look after themselves, talk about what's worrying them, and get checked when something doesn't feel right.

### Prostate cancer – Don't leave it too late

Prostate cancer is the most common cancer in men, affecting one in eight during their lifetime. It usually develops slowly, and early stages often have no obvious symptoms, which is why routine checks are so important.

Men aged 50 or over, or 45 and over, if there's a family history, should speak to their GP about a PSA blood test. This simple test can detect early signs of prostate problems, often before symptoms appear.

Typical warning signs include:

- Needing to urinate more often, especially at night
- Difficulty starting or stopping the flow
- Weak flow or feeling the bladder isn't fully empty
- Pain or blood in urine or semen (less common, but serious)

Many of these symptoms can have harmless causes, but it's always worth checking. The earlier prostate cancer is found, the better the outcome.

## Testicular cancer – Know what's normal

While less common, testicular cancer mainly affects younger men, especially those aged 15 to 45. The good news is that treatment is highly effective, particularly when caught early.

Men should check themselves regularly, ideally once a month, after a warm shower when the skin is relaxed. Roll each testicle gently between the fingers and thumb. You're looking for any new lump, swelling, or change in size or shape. Most changes aren't cancer, but it's important to see a doctor promptly if something feels different.

Movember's message is simple: get to know your body. If something feels unusual, don't delay or dismiss it - take action.

## Men's Mental Health – Talking saves lives

Physical health isn't the only concern. Across the UK, suicide remains the leading cause of death for men under 50. Too many men suffer in silence, believing they must "tough it out" rather than ask for help.

Movember's mental health campaign encourages open conversations and stronger connections. It's about looking out for each other, noticing when someone seems quiet, withdrawn, or not themselves, and taking the time to check in. Sometimes just asking "How are you really doing?" can start a life-saving conversation.

If you're struggling, or know someone who might be, reaching out to your GP, a trusted friend, or a helpline such as Samaritans (116 123) can make a huge difference. **It's not weakness to talk; it's courage.**

## How you can get involved

There are lots of ways to support Movember and men's health locally:

- Grow a moustache - start conversations, raise awareness, and have a bit of fun in the process.
- Host a coffee morning or pub quiz - small gatherings can raise funds and get people talking.
- Move for Movember - walk, run, cycle, or golf 60 km during the month, one for each man lost to suicide every minute across the world.
- Share information - talk to friends, family, and neighbours about the importance of health checks.

## A Community Effort

Here at Pendeen Surgery, we pride ourselves on looking out for others. Movember gives all of us a chance to think about the men we know and to make sure they all take their health seriously.

So, whether you're growing a fine bit of facial fluff, organising a local event, or simply reminding someone to book a check-up, you're helping to change lives.

Hopefully this Movember won't just be about moustaches, but about starting conversations that matter and making sure that people we know check themselves or talk to someone if they are not feeling well.