

# Monitor your man's health!



WE LOVE THE MEN IN OUR LIVES, AND SOMETIMES WE NEED TO GIVE THEM A LITTLE ENCOURAGEMENT TO HELP THEM TAKE GOOD CARE OF THEMSELVES, SAYS DR ELLIE CANNON...

November is Movember, the month where we should all be concentrating on men's health issues. Typically, men can ignore health concerns and are far less likely to turn up at the doctor's surgery with a problem. So, it may be up to you to push your other half into seeking help or spotting symptoms that could be a worry...

## IT'S GOOD TO TALK

Sadly, three out of four people who commit suicide are men, with as many as one in eight males having experienced a mental health issue. But guys are not always great at admitting how they feel, plus they may see psychological issues – such as depression, anxiety or stress – as a sign of weakness or failure. If you're worried about your man's mental health, start a conversation today. Do your best to get him to open up and seek help.

## HEALTHY HEART

Everyone over 40 is entitled to a free health check at their GP's surgery to look at blood pressure, waist measurement and cholesterol. Heart disease is more common in men, and your man is at risk if he smokes, doesn't exercise or comes from a family with heart disease. Grab a tape measure and check his waist. It should be less than 94cm (37in) – otherwise he needs to hit the gym!



## RED ALERT

Men aren't used to seeing blood in the bathroom so, hopefully, if a man does pass blood in the loo, it will make him take action fast. Passing blood in the urine or from the bowels is never normal and should always make your man head to the GP. Blood in the urine, particularly in those over 50, can be a sign of bladder cancer, which is three times more common in men than it is in women.

## WEIGHT-LOSS WORRIES

Loss of appetite is always significant, along with losing weight without trying. It can be a sign of a physical or mental health issue, as it's a classic symptom of thyroid problems, cancer and depression. If it's part of a mental health issue, such as depression, you may find your man just forgets to eat or shows no interest in choosing food. This is not a symptom to ignore.



## SCREEN TIME

Don't let him ignore screening tests! Men over 60 are offered screening for bowel cancer via a self-test kit that comes in the post and must be sent back. All men in their mid-60s are offered abdominal aortic aneurysm (AAA) screening. This scan measures the large blood vessel (aorta) in the tummy to see if it's enlarged. Detection allows for treatment of this life-threatening condition.



MEN ARE SHY WHEN IT COMES TO THE GP – WE CAN HELP



## PASSION GAUGE

In a healthy, happy relationship, women don't usually expect their partners to say no to sex. But a man's libido can be reduced by certain conditions, including depression, when they lose enjoyment in everything. For guys, losing their libido sometimes occurs as a side effect of medicines, as a sign of type 2 diabetes or as a result of changes in testosterone levels. A lack of sexual interest is always worth discussing with his GP.

## NIGHT-TIME TOILET TRIPS

Are you being disturbed at night because your partner keeps getting up to visit the toilet? Passing water at night is one of the classic signs of prostate problems – not prostate cancer, but what's known as 'benign prostate enlargement'. This can cause all kinds of changes to a man's bladder habits that he may have noticed, such as a weak urine flow or straining to pee. There's plenty of help available, including medication, and he may need a prostate blood test.

# Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

The temperature may have dropped, but our skin complaints often rise during the colder months. Here's how to deal with winter skin syndrome...

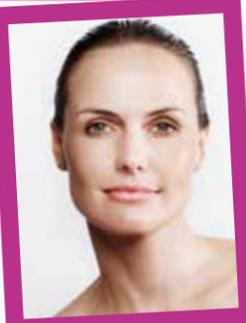
## LIFT AND GLOW

Winter is the perfect time to undergo skin-resurfacing procedures, as it's important to avoid sun exposure for at least three months afterwards. A Fractora treatment can be used all over the face and neck, tightening saggy skin, improving pigmentation,

filling out fine lines, zapping thread veins and boosting collagen. Radio frequency energy is passed through a series of bipolar pins. This heats the skin and causes tiny holes that the body repairs. Downtime is seven to 10 days, after which you'll see tighter, firmer, clearer skin. From £700.

## DARK CIRCLE DIMINISHER

Eye bags are much darker in winter, partly due to tiredness caused by a lack of vitamin D. Another reason can be tiny capillaries leaking blood under the skin's surface but a new treatment, Xela Plus Therapy, can help fade these bags. Blood is drawn from the arm, treated and mixed with hyaluronic acid. This is injected around the eye to stimulate cell regeneration over three sessions. Results last around 12 months. From £750.



## FEND OFF FLAKY SKIN

Skin can easily become dry, flaky and sensitive due to central heating and changes in temperature. Biomimetic Mesotherapy involves microinjecting (lots of tiny injections) a cocktail of

peptides into the skin to increase moisture, tightening skin as well as targeting wrinkles and age spots. Results are long-lasting, with a top-up recommended after a year. From £300.

## AND DON'T FORGET...

- Give scaly legs the boot. One culprit is a hot, steamy shower, so set the water temperature to lukewarm – hot H<sub>2</sub>O drains the skin's moisture barrier. Swap soap or gel washes for a creamy formula with hydrators such as shea butter.
- Look for moisturising products containing ingredients such as hyaluronic acid and urea, as these bind moisture to the skin. Then add another layer, such as Rosina's Rose Perfecting Oil, £22 (rosinaslotionspotions.com) to give your skin extra support.
- Dry lips? Drink plenty of water to stay hydrated, use a humidifier at home and liberally apply beeswax or Vaseline to your lips.

For more information on Lesley and her team of doctors, please visit [harleystreetskinclinic.com](http://harleystreetskinclinic.com)