



MOVEMBER

IS ALL ABOUT MEN'S HEALTH

More than half of premature death in men are **preventable**



MAN UP: GET CHECKED TODAY!

SCREEN

RISK ASSESSMENT, CHECK BLOOD PRESSURE, BLOOD CHOLESTEROL & SUGAR LEVELS, PROSTATE SCREENING, COLON SCREENING

STOP SMOKING!

EAT HEALTHY
EXERCISE REGULARLY

(ASK YOUR FAMILY DOCTOR FOR THE SCREENING & FURTHER LIFESTYLE CHANGE CONSULT)

DRIVE SAFELY
USE HELMETS & SEATBELTS

DID YOU KNOW?

Average life-expectancy at birth



72.6 years



77.2 years

Malaysian men lives 5 years less than their women

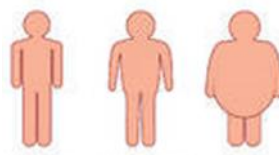
(Source: Dept Statistics Malaysia – 2016)

The leading cause of **death** in Malaysian **men**:

1. Cardiovascular Diseases
2. Cancers
3. Infectious disease
4. Accidents



(Source: WHO Global Burden of Disease 2008; Malaysia NMHS 2011)



2 out of 3 Malaysian men are either overweight or obese

4 OUT OF 10 MALAYSIAN MEN SMOKE

(Source: Malaysia NMHS 2015)



9 ARE DIAGNOSED WITH LUNG CANCER & **8** MEN DIE FROM IT **EVERY DAY**

7 are diagnosed with colon cancer & **4** men die from it **every day**



1 out of 3 men has **HYPERTENSION**

1 out of 6 men has **DIABETES**

20 Malaysian die from road traffic accidents daily, **4 out of 5** are men

