

Men's Health Evening

14 October 2015

Thank you to everyone who attended, it was good to see so many men interested in how they could support their own health – and hearing from others who wanted to attend but who were unable to make the date.

There was a short presentation from Vernon Burford of the PPG on '**Men's Health Made Easy**', and we were then really fortunate in being able to welcome Professor Christopher Eden who gave a very interesting presentation on Prostate Cancer and Erectile Dysfunction.

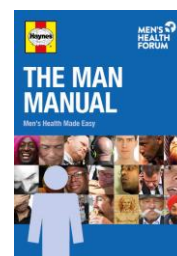
An extract of Professor Eden's presentation on Prostate Cancer is attached.

MEN'S HEALTH MADE EASY

Summarised from a valuable publication called 'The Man Manual', a great hands-on maintenance guide for men of all ages.

Staggering statistics

- One man in 5 will die before reaching 65
- Two men in 5 will die before reaching 75
- Three quarters of those dying from heart disease under 75 are **men**



DON'T LET IT BE YOU!

Reading THE MAN MANUAL (just 36 pages) and making a few little lifestyle changes can seriously improve your odds.

For details see www.menshealthforum.org.uk. THE MAN MANUAL costs about a fiver and is available on Amazon.

With a little care the high performance machine that is the male body will run smoothly for a lifetime with just basic maintenance and minimal need for spare parts.

To avoid sending the audience to sleep, Vernon delivered a poetic introduction to the PPG:

I often resort to poetry
For boring things like the PPG!
You can't avoid it as here you sit
And, after all, it's for your benefit.

Of course about it you should know
In case an interest you might show.
We meet each month to cover issues and events
And always report each month's contents.

Whilst every practice has a PPG
The Wilson one is great you see.
We're well supported by doctors and staff
And it's not unusual for us to have a laugh.

We're very active, I think most agree
We try to take health matters to the community.
This is great but more than this
We encourage health education within the practice.

We run self-help projects for our fellow patients
But do our best to avoid complacency
So if you have a great thought or idea
We want you to tell us 'cos we want to hear.

You wish to influence health and social care?
Come to us and we'll be there.