

## Press Release



5<sup>th</sup> June 2003

### **MEN'S HEALTH MATTERS! Advice from your local pharmacist**

**The National Pharmaceutical Association, representing the nation's community pharmacists, is joining the rest of Britain in supporting National Men's Health Week - which runs from the 9<sup>th</sup> - 15<sup>th</sup> June. The theme, which is timed each year to coincide with Father's Day, is to heighten men's awareness and knowledge of preventable health problems and sexual health – encouraging them to seek treatment promptly.**

John D'Arcy, NPA Chief Executive, commented: "We fully endorse the aims of this important awareness campaign, which we hope will inspire men in Britain to take more care over their health. We know that men are more likely than women to smoke, drink too much alcohol, take too little exercise, eat an unbalanced diet and suffer from stress – which makes them more vulnerable to major illness. Yet, unlike women, men appear unwilling to seek advice about their health. And traditionally it's usually women - wives, partners and mothers – who visit the local pharmacy, seeking advice and appropriate medication for the men in their life. But it's crucial that men overcome their reluctance to improve their health and sexual wellbeing. Pharmacists are ready and willing to help them"

The NPA's message to men is – 'Even the more serious male illnesses such as prostate or testicular cancer can be treated, if caught in time - so don't wait until the damage is done before you take an interest in your health. **If you are worried about any aspect of your health, but are unsure whether you should see a doctor, ask your pharmacist for advice.'**

In a pharmacy will you find an accessible healthcare professional, with the expertise to provide you with personalised and confidential advice and care in choosing your medicines and answer your health concerns. Pharmacists are there for your convenience. You don't need to take time off work to see them, you don't need to book an appointment, and many are open until late into the evening. Private consultation areas are available if you prefer a discreet word with the pharmacist – and, like your doctor, they treat each patient with the strictest confidentiality.

Even if you don't think you have any major health concerns, but simply want to find out more about keeping yourself in peak fitness and sexual health, community pharmacists are there to discuss any worries you may have, and encourage you to build healthy

behaviour into your lifestyle. You can ask your pharmacist for information about the health effects of smoking, alcohol, your diet and medicines for minor ailments such as toothache, headaches, migraines, and colds. They can also help with sports injuries; give advice on how much sleep you need, and help you fulfil your recommended dietary requirements as well.

Mr D'Arcy added a final reminder: "If you have any ailments or sexual health worries, don't put it off. Seek help from your pharmacist, GP or other health professional. Men's health matters to them – and it should to you!

**- ends**

**Notes to Editors:**

1. For more information, or to interview a local NPA spokesman, please contact the NPA Press Office, on: 01727 858687, ext 3227, 3265, 3311 and 3340