

**MAKE THE RIGHT CHOICES  
TO PROTECT YOUR HEALTH!**

- Eat a varied diet rich in vegetables, whole grains, low-fat foods and fruits. Control portion sizes and read food labels.
- Drink at least 1 ½ litres of water per day.
- Engage in at least 150 minutes of moderate-intensity aerobic activity every week, and muscle strengthening activities on two or more days a week.
- Avoid or limit alcohol intake and stay off drugs. Binge drinking is also harmful. Never drink and drive.
- If you smoke, quit smoking or seek support. Also, avoid passive smoking.
- Practice safe sex.
- Get enough sleep regularly. Get between 7 – 8 hours of sleep each night.



**BUILD A GOOD RELATIONSHIP  
WITH YOUR FAMILY DOCTOR.**

Make sure that you have a family doctor. Discuss your family medical history and get regular medical checkups and age-appropriate screening. Certain diseases and conditions may not have symptoms, so checkups help you identify risks early or before they can become a problem!

**FOR MORE ADVICE ON A HEALTHY LIFESTYLE,  
CONTACT THE HEALTH PROMOTION  
AND DISEASE PREVENTION DIRECTORATE  
ON [HEALTH.PRO@GOV.MT](mailto:HEALTH.PRO@GOV.MT) OR ON 2326 6000.**

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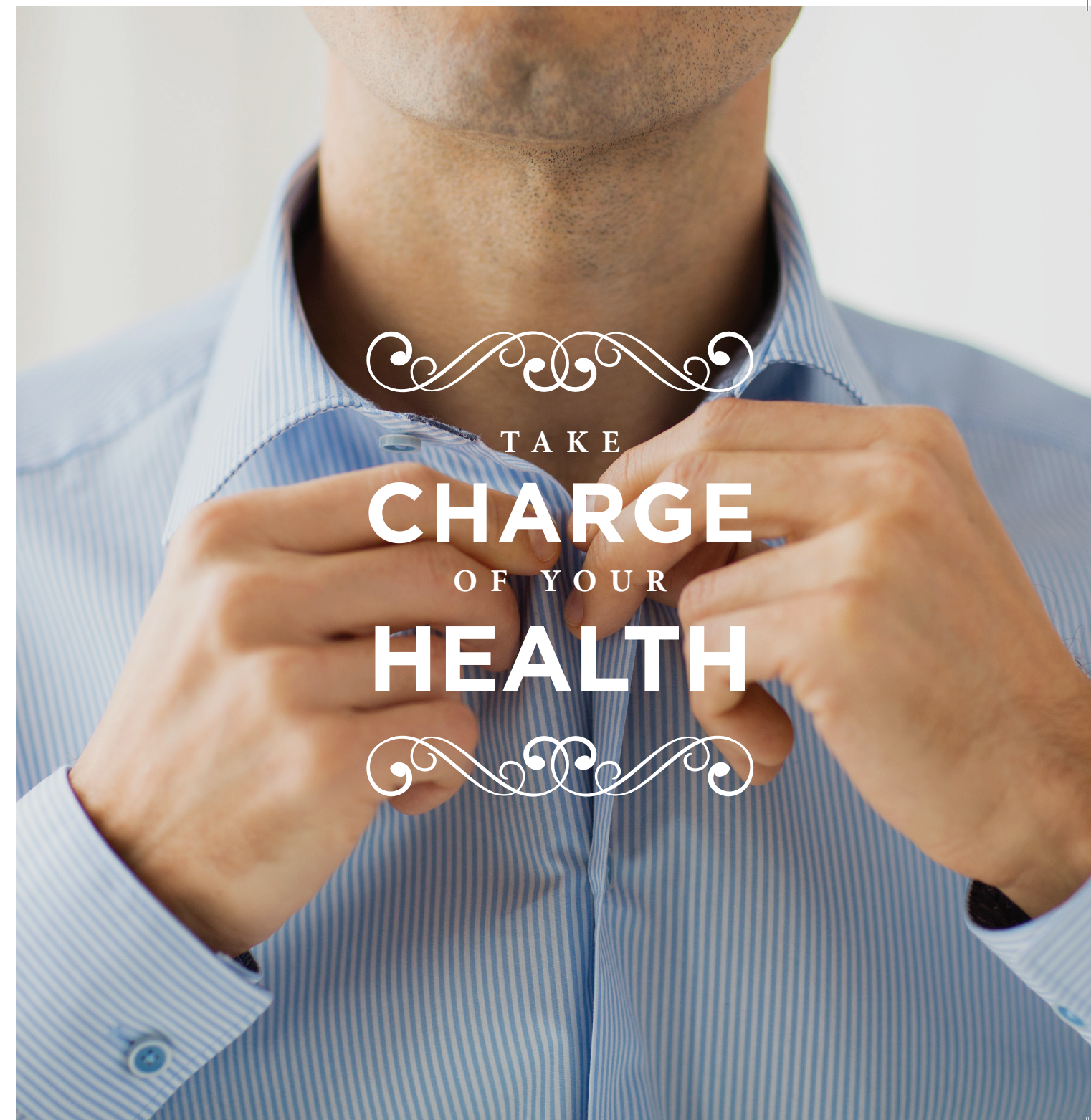
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MINISTRY FOR HEALTH





## DID YOU KNOW THAT...

- Men are more likely to get injured while at work than women.
- On average, men tend to have a shorter life expectancy than women.
- Deaths before the age of 65 years are more common amongst men.

Part of the reason for these health gaps is because women tend to care more for their health than men do. The leading causes of death amongst men are due to cardiovascular diseases and cancer. Males who die at a young age, mostly die due to cancer, road traffic accidents, and intentional self-harm. The lifestyle and health behaviours we choose play a critical role in influencing health, illness and mortality.

## LIVE BETTER *by preventing...*

### CARDIOVASCULAR DISEASES

The leading causes of cardiovascular deaths are heart disease, such as heart attack or heart failure, and cerebrovascular disease, such as stroke. Living a healthy lifestyle and preventing, or treating any medical conditions through regular medical checkups, help to prevent cardiovascular disease.

### CANCERS

Lung, colorectal, pancreas and prostate cancers are the leading causes of death from cancers amongst men. Cancer is in many cases preventable and early detection increases the chance of cure substantially.

### LUNG CANCER

Usually symptoms of lung cancer do not appear until the disease is already in an advanced stage. The best way to reduce your risk of lung cancer is not to smoke and to avoid breathing in other people's smoke.

### COLORECTAL CANCER

Signs and symptoms of colorectal cancer (cancer of the large bowel) include: a change in bowel habits that lasts more than a few days; and losing weight without any apparent reason. Individuals should begin regular screening at the age 50. Those who have a family history, or other risk factors for colorectal cancer should talk with their doctor about early and more frequent screening.

### PANCREATIC CANCER

Individuals who have pancreatic cancer usually have no symptoms until the cancer has already spread to other organs. Smoking is the most important avoidable risk factor for pancreatic cancer. It is responsible for 20% to 30% of pancreatic cancers.

### PROSTATE CANCER

Early prostate cancer usually causes no symptoms. Being physically active, maintaining your appropriate weight and eating a healthy diet decreases your risk of prostate cancer.



### ROAD TRAFFIC ACCIDENTS

Men are far more likely than women to be injured or killed in an accident, largely because men tend to engage in riskier behaviour. To prevent road traffic accidents, you should always:

- wear a seatbelt;
- wear a safety helmet when riding a motorcycle/bicycle;
- follow posted speed limits;
- not drink and drive, or drive when tired;
- and avoid distractions (such as use of mobile phones) while driving.

### WORK RELATED ACCIDENTS

Work related accidents can be prevented by taking measures to eliminate, control, and where not possible, reduce the level of risk to an acceptable level. When risks are not eliminated always take appropriate protective measures, such as, hard hats, masks etc. Alcohol and drugs may increase the risk of injury and must be avoided. Be ready for emergencies. Keep a medical supply kit. Make a plan. Be informed.



### MENTAL WELL-BEING

Certain situations, such as: financial problems; relationship break-up; and chronic pain or illness may increase the risk of mental ill-health. In order to avoid this you should:

- find a balance between work, home, and play;
- prioritize – do the most important things first;
- know your limits – don't take on too much;
- take care of yourself – exercise, eat well and get plenty of rest;
- talk to a trusted friend about any problems;
- and do not self medicate (no alcohol, tobacco or drugs).

ALWAYS  
SEEK  
HELP