

Live safely

- Avoid risky driving behaviours like speeding or driving under the influence.
- Always use a seatbelt.
- Use appropriate safety gear at work and during recreational activities.

Build a strong doctor-patient relationship

- Find a doctor you trust and schedule regular check-ups.
- Discuss your family medical history and any health concerns you have, including mental health.

Get help when you need it:

Do not hesitate to seek professional help for physical or mental health challenges.

Build your Resilience
Mental Health helpline
1579

QUIT LINE 8007 3333
Smoking Cessation helpline
8007 3333

NUTRITION 8007 3307 HELPLINE
Nutrition helpline
8007 3307

SEXUALHEALTH MALTA
Sexual Health helpline
2326 6000

HU KONTROLL
Self-Management Programme
(for persons with chronic conditions) 2326 6000

This leaflet is packed with tips to help men like you take charge of their health and well-being.

Health Promotion & Disease Prevention Directorate

GOVERNMENT OF MALTA
MINISTRY FOR HEALTH AND ACTIVE AGEING

Health Promotion & Disease Prevention Directorate



Men's Health

Your Guide to Health

For more information:

hpdp.gov.mt
or
2326 6000

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Did you know that:

Men are more likely to get injured at work or on the road and less likely to visit a health professional. Men have a lower life expectancy than women, and are also more likely to die before 65 years. The lifestyle and health behaviours we choose play an important role in affecting health, illness and mental health.

Focus on prevention

Eat healthy: Choose a balanced diet rich in fruits, vegetables, and whole grains. Reduce processed foods, sugar, and unhealthy fats.

Maintain a healthy weight: Being overweight increases your risk for many health problems, including diabetes and heart disease.

Manage stress: Find healthy ways to manage stress, such as exercise, relaxation techniques, or talking to a friend.

Avoid alcohol: Alcohol consumption can damage your health. If you do not drink, do not start.

Do not smoke: Smoking is a major risk factor for cancer, heart disease, and other chronic conditions.

Stay active: Aim for at least 150 to 300 minutes of moderate-intensity exercise (such as cycling, football) per week, plus strength training (lifting weights, pilates) exercises twice a week.

Reduce your risk of disease

Get screened: Early detection is key. The National Screening Centre provides free screening services. Screening for colorectal cancer is provided from 55 to 74 years old.

Screening for Abdominal Aortic Aneurysm (AAA) is recommended for all males aged 65 and over.

Reduce heart disease: Manage your blood pressure, cholesterol, and weight.

Check your prostate: Men aged 50+ should be tested for prostate cancer.

Check your testicles: Look for lumps, pain, changes in size or skin texture.

Get enough sleep: 7 to 8 hours per night is crucial for overall health and well-being.

Take care of your sexual health: Regular check-ups can help detect and treat sexually transmitted infections (STIs) early on.

Be socially connected: Strong social connections are essential for good mental health. Make time for friends and family, build positive relationships, and don't be afraid to reach out for support.

Support your mental health: Taking care of your mental health is just as important as physical health. Signs of anxiety or depression can include anger, irritability, changes in sleep or appetite, feeling hopeless, or withdrawing from social activities. Don't ignore these signs. Talk to your doctor or a mental health professional. There is no shame in seeking help.



Live a long and healthy life!