



Men's Health



Agenda

- Why Men's Health?
- Top health concerns
- Men's hormones – what do they really do?
- Sleep – why it's time to take it seriously
- Foundations for good health
 - 10 Practical Tips



Why we should be concerned about men's health...

- On average, men die 3.7 years earlier than women.
- Men are 3 times more likely to die from suicide than women.
- 19% of men in UK, Wales and Northern Ireland, and 22% of men in Scotland, die before they retire.
- Men's testosterone levels have dropped 20% in the last 20 years.
- Global sperm health has declined by 50-60% within the last 40 years.

We know men and women are different!

When Women Pack



When Men Pack

Five minutes before departure:



But they are not always understood...

Her: he's probably thinking about other girls...

Him:
If two people on opposite sides of the world simultaneously drop a piece of bread,
then the earth briefly becomes a sandwich





Mental & Emotional Wellbeing

No-one is super-human



- Lowest diagnosis rate but higher suicide rate.
- S.A.D
- Cultural reasons
- Stigma
- Coping mechanisms
- Support structure
- Importance of talking
- Mental Health First Aiders
- Mind/The Samaritans/CALM



Heart health

- Heart Disease
 - Stroke/Heart attack
- Hypertension
 - Check your numbers
- Cholesterol
 - HDL, LDL & Triglycerides & more
- Visceral Fat
 - Abdominal fat
- Erectile dysfunction
- Low testosterone
- Stress





Male Cancers

- Prostate cancer
- Lung
- Colorectal
- Bladder
- Melanoma
- Testicular cancer
- Penile cancer





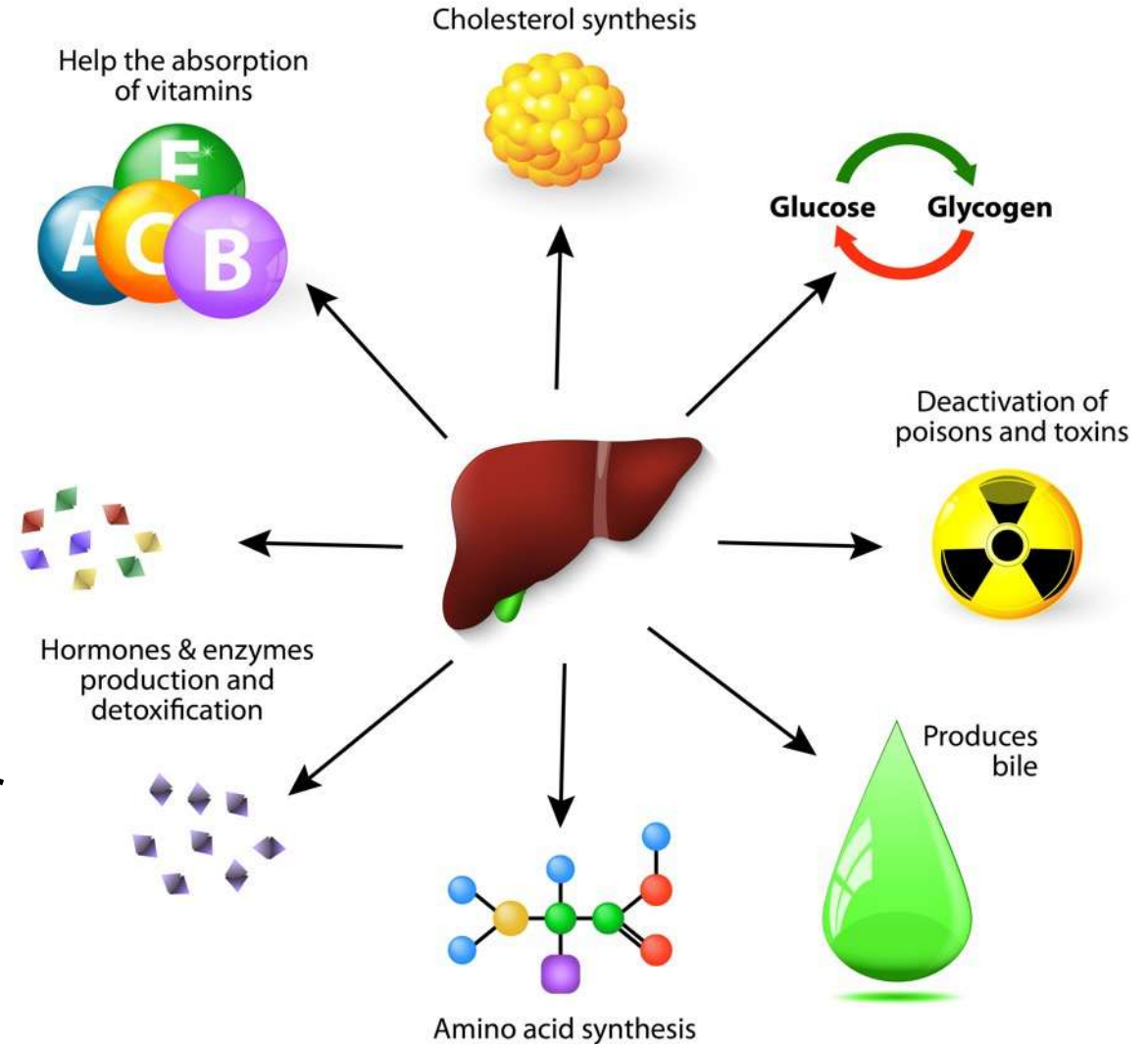
Liver Disease

Fatty Liver

- Alcoholic fatty liver disease
- Non-Alcoholic fatty liver disease

Cirrhosis

- Scarring that results from liver damage
- Alcohol or other cause





Obesity, metabolic conditions & diabetes



- Men seem to develop Type 2 Diabetes more easily than women.
- Is it connected with low testosterone?
- Testosterone regulates fat storage and insulin.



Hormone Problems – it's not just a female thing!

Andropause

- A label given to age-related decline of testosterone – 1% to 2% per year
- Less rapid than the menopause

Testosterone

- Men have a hormone cycle - 24 hour as opposed to a 28-day cycle
- Testosterone drives libido, production of sperm, distribution of body fat, muscle strength, and creation of red blood cells
- A small amount of circulating testosterone is converted to estrogen
- Low testosterone increases the incidences of metabolic syndrome, type 2 diabetes and cardiovascular disease



Man Flu – time to take it seriously

Flu, pneumonia, Covid-19



- Men are more likely to die from flu and pneumonia than women
- Rates of infection are comparable, but men seem to suffer more severe symptoms from Covid-19
- Covid-19 may deplete testosterone levels perhaps contributing to this poor prognosis



Let's talk SLEEP!





And Breathe!

4 - 7- 8 Breathing

Let all the air out of your mouth and then place your tongue at the back of your upper front teeth.

Breathe in quietly through your nose to a count of 4

Hold your breath for a count of 7

Exhale forcefully from your mouth for a count of 8

Ideally practice a couple of times a day. Never more than 4 breath cycles at a time. It takes a few times to get the hang of it and a week or so to make a real difference to wellness - so keep practicing! Don't focus on how much time you spend in phase but rather keeping the ratio correct.



Key Foundations for Good Health



10 Practical Tips



1. Regular check ups

- Blood pressure
 - Know your numbers
- GP tests
 - Blood sugars
 - Cholesterol
 - Triglycerides
 - Liver Function Test
- Report new symptoms





2. Embrace your Veg!



3. Boost your Fibre





4. Keep sugar and alcohol in check





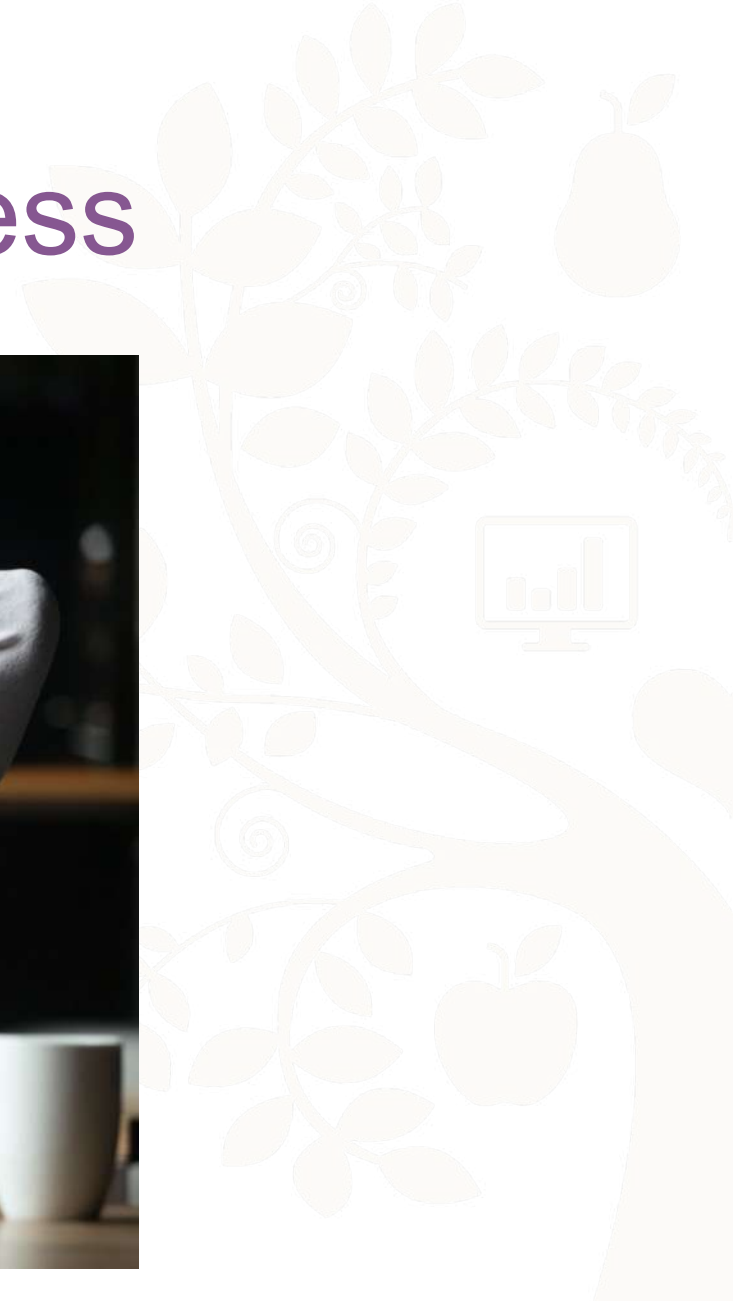
5. Exercise is important, but movement is key

- Muscle building
 - Impact on testosterone
 - Mental health benefits
- Daily exercise and athletics
 - Cut down CV risk
 - Burn bad cholesterol
- Constant low-level natural movement
 - 8-10,000 steps





6. Life-load – watch your stress





7. Support Sleep

**Encourage
circadian rhythm
- Natural Light /
Dark Room**



**Protein for
breakfast**

**Reduce
screen time**



8. Meat-savvy Diet

Have your steak and eat it!



In moderation and pick good quality meat 😊.



9. Boost protein – think plant-based

Too much of a good thing has been shown to worsen our health outcomes so replace some of your meat-based proteins with plant-based ones.

- Pulses including chickpeas, lentils, kidney beans etc
- Tofu
- Nuts and seeds
- Good quality protein powders look for ones containing pea or hemp protein
- Quinoa
- Some veg eg. broccoli and mushrooms

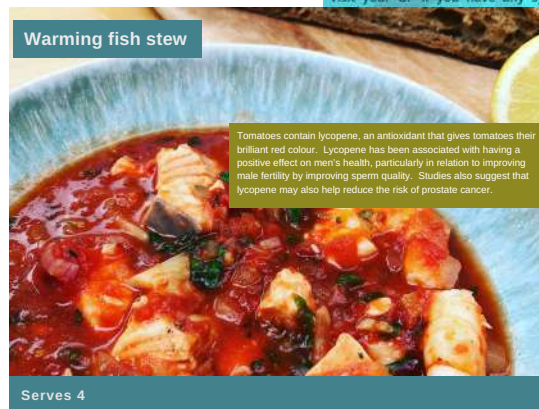


10. Key Nutrients

- Zinc
- Vitamin D
- Lycopene
- Omega 3 fatty acids
- Potassium
- Magnesium



Resources



Ingredients

- 1 tablespoons olive oil
- 2 leeks, finely sliced
- 2 sticks celery, finely sliced
- 1/2 large bulb fennel, finely sliced
- 75g green beans, finely chopped
- 3 cloves garlic, finely sliced
- 1 red chili, finely chopped (desseaded)
- 150 ml white wine
- 800g can chopped tomatoes or passata
- 400ml fish stock, preferably organic
- 250 g salmon fillet, skinned, cut into chunks
- 300g halibut, cod or similar white fish, skinned, cut into chunks
- 16 raw peeled prawns, halved
- 12 scallops, quartered
- 100g baby spinach, finely chopped
- 1 large handful fresh flat-leaf parsley, finely chopped
- 1/2 lemon, juiced
- Ground rock salt and pepper to taste

Method

1. In a large saucepan gently heat the olive oil and add the leeks, celery, fennel, beans, garlic and chilli. Cook until softened.
2. Add the wine, tomatoes and stock and bring to a gentle boil.
3. Add the salmon, halibut, prawns and scallops and cook until cooked through, around 10-12 minutes.
4. Add the spinach for the last few minutes then remove from heat and add the parsley and lemon juice.
5. Taste and season accordingly.

lness.co.uk
substitute for professional medical advice.

TOP TIPS FOR HEALTHY BLOOD PRESSURE

WHAT IS BLOOD PRESSURE?

Pressure exerted by blood against the artery walls measured in millimetres of mercury (mmHg).

Artery

When it's too high it can cause damage, harden the arteries and decrease flow of blood and oxygen to the heart.

Endothelium

Nitric Oxide (NO) regulates blood pressure by dilating the arteries.

GET REGULAR BLOOD PRESSURE CHECKS

Visit your GP if you have any symptoms such as

heartbeat, buzzing

ry, chest pain,

Headache, dizziness

fatigue, The pressure in

the arteries when the

heart beats

HYPERTENSION

AGE 1

2

140 and above

90 and above

VITAMIN D

VITAMIN C

Strengthen

a vascular

walls

Certain medications

e.g. birth control pill

Age: our ability

to produce NO

diminishes

High blood pressure affects 1 in 4 men and 1 in 5 women. Often undetected, it can increase significantly the risk of coronary heart disease, stroke and kidney disease. Diet and lifestyle can play a huge part in reducing these risk factors, whether alongside medical treatment once diagnosed, or as a lifelong preventative measure.

RISK FACTORS: WHAT CAN INCREASE BLOOD PRESSURE?

Trans-fats and excess saturated fats: fat deposits in arteries

Too much alcohol

Dehydration

Pregnancy

Not enough potassium from fruit and veg to balance the sodium

Salt >6g/day: due to fluid retention

Refined carbs/sugar: Fat deposits in the arteries; insulin narrows blood vessels

Smoking Damages the endothelium. Nicotine causes vasoconstriction.

Black liquorice Avoid daily consumption

Chronic stress: Narrows blood vessels

Being overweight

Sedentary lifestyle: 30-50% greater risk

Coffee >5 cups due to increased adrenaline

Underlying conditions: kidney disease, thyroid issues, sleep apnea

Certain medications e.g. birth control pill

Age: our ability to produce NO diminishes

2 PROVEN APPROACHES TO CHOOSE FROM:

1 DASH DIET

Dietary Approaches to Stop Hypertension

Focuses on fruits, vegetables, whole grains, poultry, fish, nuts, low-fat dairy, low meats, low sugar-sweetened beverages, low saturated & total fat, low salt.

2 MEDITERRANEAN DIET

DRINK WATER

WINE IN MODERATION

Exercise daily: Consult your GP if

Practice relaxa: Breathing, yoga

Healthy Nasi Goreng



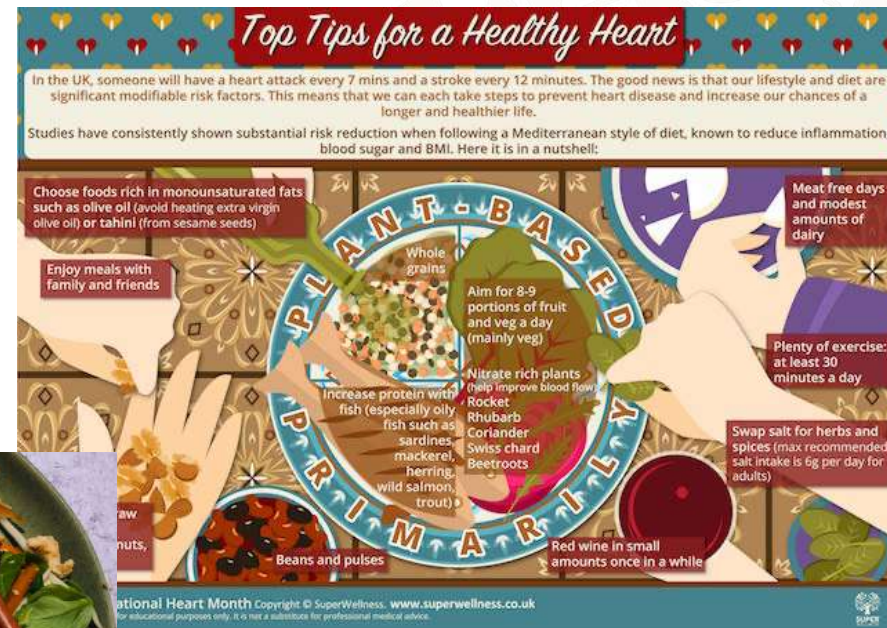
Makes 4 servings

Ingredients

- INGREDIENTS**
- 1 tablespoon olive oil
 - 4 eggs
 - 500g chicken, minced
 - 2 tablespoons grated fresh ginger
 - 4 spring onions, thinly sliced
 - 4 cloves garlic, peeled and chopped
 - 4 cups brown basmati or wild rice, cooked
 - 4 tablespoons tamar (gluten free) soy sauce
 - 1 carrot, cut into thin matchsticks
 - 1 zucchini, cut into thin matchsticks
 - 1/2 green cabbage, shredded
 - 3 cups bean sprouts
 - 3 red chillies, thinly sliced
 - Small bunch Thai basil
 - Small bunch coriander, leaves picked
 - Handful chopped peanuts and cashews
 - 1/2 cucumber, sliced and quartered

Method

1. In a large wok or fry pan, heat half the oil, heat half the oil, eggs until cooked through. Set aside and warm.
2. Return the wok to the heat and add the oil, stirring to break up any clumps. Add the ginger, spring onions and garlic and mix well.
3. Continue cooking until the chicken is cooked through. Add the rice and tamar and cook for a further 5 minutes. Add the carrot, courgette, and cashews and cook for a further minute.
4. Divide the mixture between bowls, top with bean sprouts, chilli, basil, coriander, chop and cucumber to serve.



TIPS for reducing VISCERAL FAT

VF cells are more biologically active than other fat cells and secrete harmful hormone and chemicals:

Low levels of testosterone in men

Inflammatory markers such as cytokines

Releases lipids into bloodstream and liver

Increases angiotensin, a protein that causes blood vessels to constrict and blood pressure to rise

Increases health risks for:

DEMENTIA

High VF in your diet is a more likely to develop dementia by mid-70s

DIABETES TYPE 2

Drop in insulin sensitivity

ASTHMA

Drop in lung function

MAY LOWER BONE MINERAL DENSITY

Drop in bone density

HEART DISEASE & STROKE

Risk increases by 10% per 2 inches extra waist size

WHAT INCREASES VF STORAGE?

PROLONGED STRESS

Cortisol hormone leads to VF storage

POOR SLEEP

Increases cortisol and interferes with appetite and growth hormone

SMOKING

Increases insulin resistance which leads to VF storage

ALCOHOL

3-drinks daily = 80% more likely to have a 'beer belly'

FRUCTOSE

Excess intake directly converted by the liver into fat

HORMONES

Drop in oestrogen at menopause

Low testosterone relative to oestrogen in men

Drop in growth hormones

AGE

From 40+

HOW DO YOU MEASURE VF?

BMI IS NOT ALWAYS INDICATIVE OF VF

MEASURE YOUR WAISTLINE REGULARLY

At the level of the navel

CT SCAN OR FULL-BODY MRI

Most precise but expensive

BIO-IMPEDANCE TESTING

Good for progress tracking and motivation

HOW TO REDUCE VF?

Reduce or cut out smoking and alcohol, sugar and trans fats

Protein with every meal

Meat, fish, eggs, legumes, nuts, seeds

Resistant starch

Potatoes (cold), green bananas, beans, peas, lentils

Keep moving

Min 30mins most days

Aerobic and strength training, both

Minimise fructose

Max 2 pc of fruit per day

Avoid fruit juice, smoothies

Minimise refined carbs

More effective than low fat diet

Soluble fibre

For every 10g added daily, VF reduced by 3.7% over 5 years

Omega-3 fats

Increase adiponectin, a key hormone for fat burning

Intermittent fasting

Get 7-9 hours sleep in regular times

Probiotics / fermented foods

Gut bacteria influence fat deposition

Supplementation can reduce VF

Calcium & Vitamin D

Supplementation can reduce VF

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Further info...

Breathing Techniques:

Sleep support -

- Abdominal breathing or diaphragmatic breathing
- Body scan technique

Calming / support anxiety -

- Box breathing
- 4-7-8 breathing

Mental Health Support:

- Worrying more than usual
- Finding it hard to enjoy your life
- Having thoughts and feelings that are difficult to cope with, which have an impact on your day-to-day life

www.mind.org www.mentalhealth.org.uk
www.thecalmzone.net

Book Recommendations

- When it is Darkest – Rory O'Connor
- Man Down – Matt Rudd
- The Life-Changing Magic of Sheds – Henry Cole



Thank you for listening!



Q & A





Research

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- **Journal of Clinical Lipidology** 2011 *Clinical utility of inflammatory markers and advanced lipoprotein testing: advice from an expert panel of lipid specialists.* Michael H Davidson¹, Christie M Ballantyne, Terry A Jacobson, Vera A Bittner, Lynne T Braun, Alan S Brown, W Virgil Brown, William C Cromwell, Ronald B Goldberg, James M McKenney, Alan T Remaley, Allan D Sniderman, Peter P Toth, Sotirios Tsimikas, Paul E Ziajka, Kevin C Maki, Mary R Dicklin
- **Journal of Lipids** 2015, *Emerging Risk Biomarkers in Cardiovascular Diseases and Disorders*, Ravi Kant Upadhyay
- **The Aging Male** 2020, *Effect of serum total testosterone and its relationship with other laboratory parameters on the prognosis of coronavirus disease 2019 (COVID-19) in SARS-CoV-2 infected male patients: a cohort study.* Cayan et al.



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- **Endocrine Reviews 2016** *Sex differences in Risk, Pathophysiology and Complications of Type 2 Diabetes*, Kautzy-Willer A, Harretier J and Pacini G
- **American Journal of Lifestyle Medicine Review 2018** *Lifestyle and the Prevention of Type 2 Diabetes: A Status Report* Galavaiz, Narayan, Weber,
- **Journal of Bioscience, Biotechnology & Biochemistry 2018** *Role of androgens in energy metabolism affecting on body composition, metabolic syndrome, type 2 diabetes, cardiovascular disease, and longevity: lessons from a meta-analysis and rodent studies.* Harada N.
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- **Advances in Clinical & Experimental Medicine 2020** *Do nutritional behaviours depend on biological sex and cultural gender?* Grzymisławska M



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