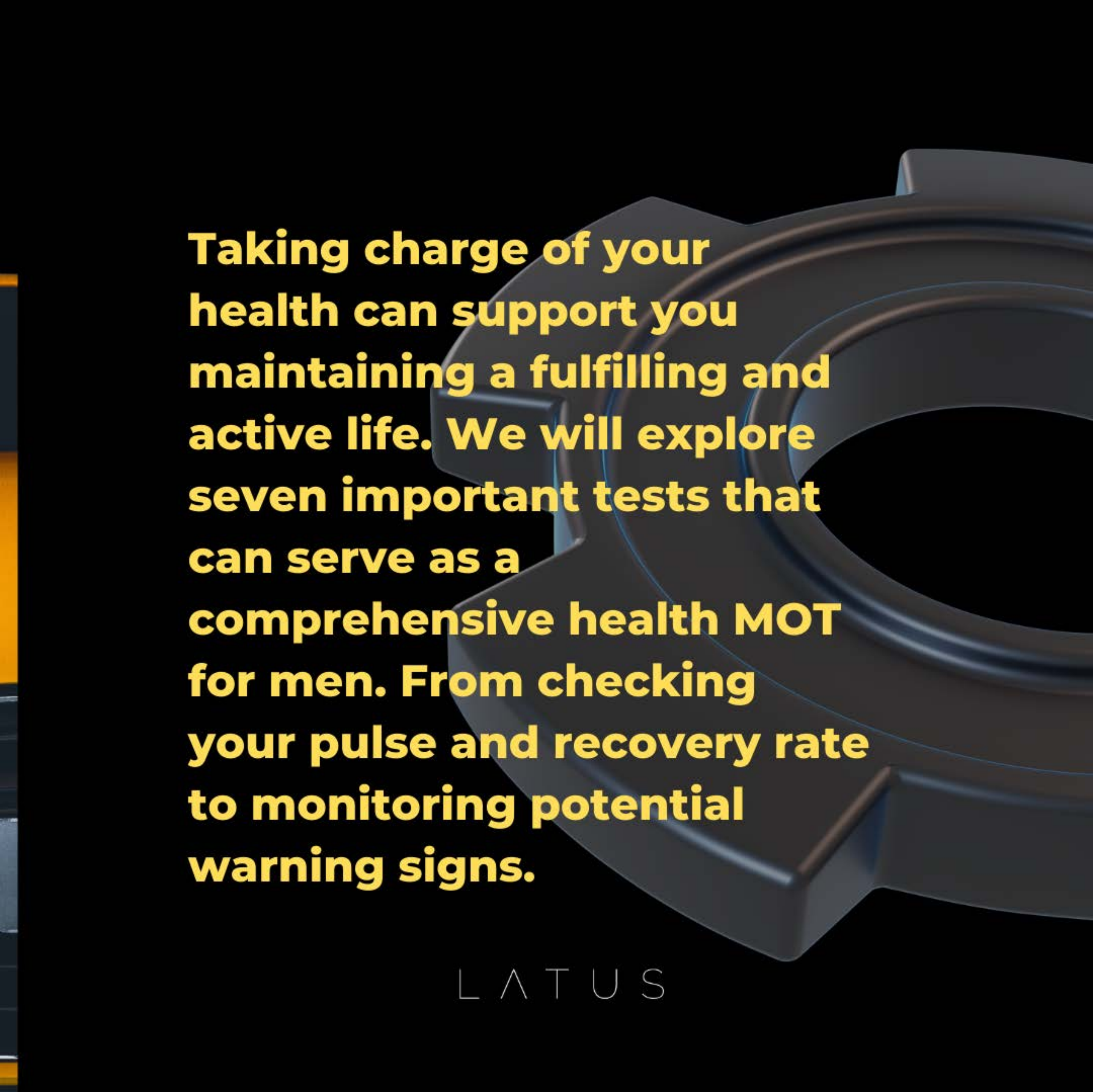


L A T U S

Men's Health Week

The men's MOT





Taking charge of your health can support you maintaining a fulfilling and active life. We will explore seven important tests that can serve as a comprehensive health MOT for men. From checking your pulse and recovery rate to monitoring potential warning signs.

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Check Your Pulse and Recovery Rate

Resting Pulse: Place the finger of one hand on the thumb side of the tendons running through the opposite wrist. You should be able to feel the radial artery pulsating. Count the number of beats you feel over four 15-second periods and add them up. This will give you your resting pulse, which is a good indicator of your heart's efficiency.

Step on and off a step for three minutes, maintaining an average pace of one step every three seconds. After completing the exercise, rest for 30 seconds, and then take your pulse again. This will give you your pulse rate after exercise, reflecting how well your heart recovers from physical activity.

Very Fit

Age	Resting	After exercise
Teens/20s	59 or less	75 or less
30s	63 or less	79 or less
40s	65 or less	81 or less
50s+	67 or less	83 or less

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Unfit

Age	Resting	After exercise
Teens/20s	86+	102+
30s	86+	104+
40s	90+	106+
50s+	90+	108+

If you are close to or in the unfit range you should consider whether you have enough exercise and consult your GP before taking on any new routines.

Average

Age	Resting	After exercise
Teens/20s	60-85	76-101
30s	64-85	80-103
40s	66-89	82-105
50s+	68-89	84-107

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Are you overloaded?

Using a measuring tape, wrap it around your belly at the widest point, typically around your belly button.

Based on your waist measurement, you can gauge your weight status and potential health risks:

If your waist measurement is over 37 inches, it suggests that you may be overweight, putting you at an increased risk of heart disease, diabetes, and cancer.

If your waist measurement exceeds 40 inches, it indicates that you could be obese, which poses serious risks for the aforementioned conditions.

In both cases it is advisable to consult with a GP or a health professional for further evaluation and guidance.

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Look out for dashboard 'warning lights'



moles changing shape or appearing



unexplained lumps



shortness of breath/breathing difficulties



unexplained pain (especially in the chest)



swelling or itching,



a cough that won't go away,

Gear Stick

Erectile problems are frequently encountered, and it is normal to experience difficulties in achieving or maintaining an erection on certain occasions. However, persistent challenges in obtaining or sustaining an erection are a matter of concern.

These issues extend beyond their impact on one's sexual life, as they can serve as early indicators of various significant health conditions. For instance, difficulties with erections can serve as warning signs for conditions such as heart disease, diabetes, high blood pressure, and depression. They may also be indicative of underlying problems like high cholesterol or low testosterone levels.

In such cases, it is crucial to consult a healthcare professional, such as your general practitioner (GP), for appropriate guidance and assistance.

Check the Water

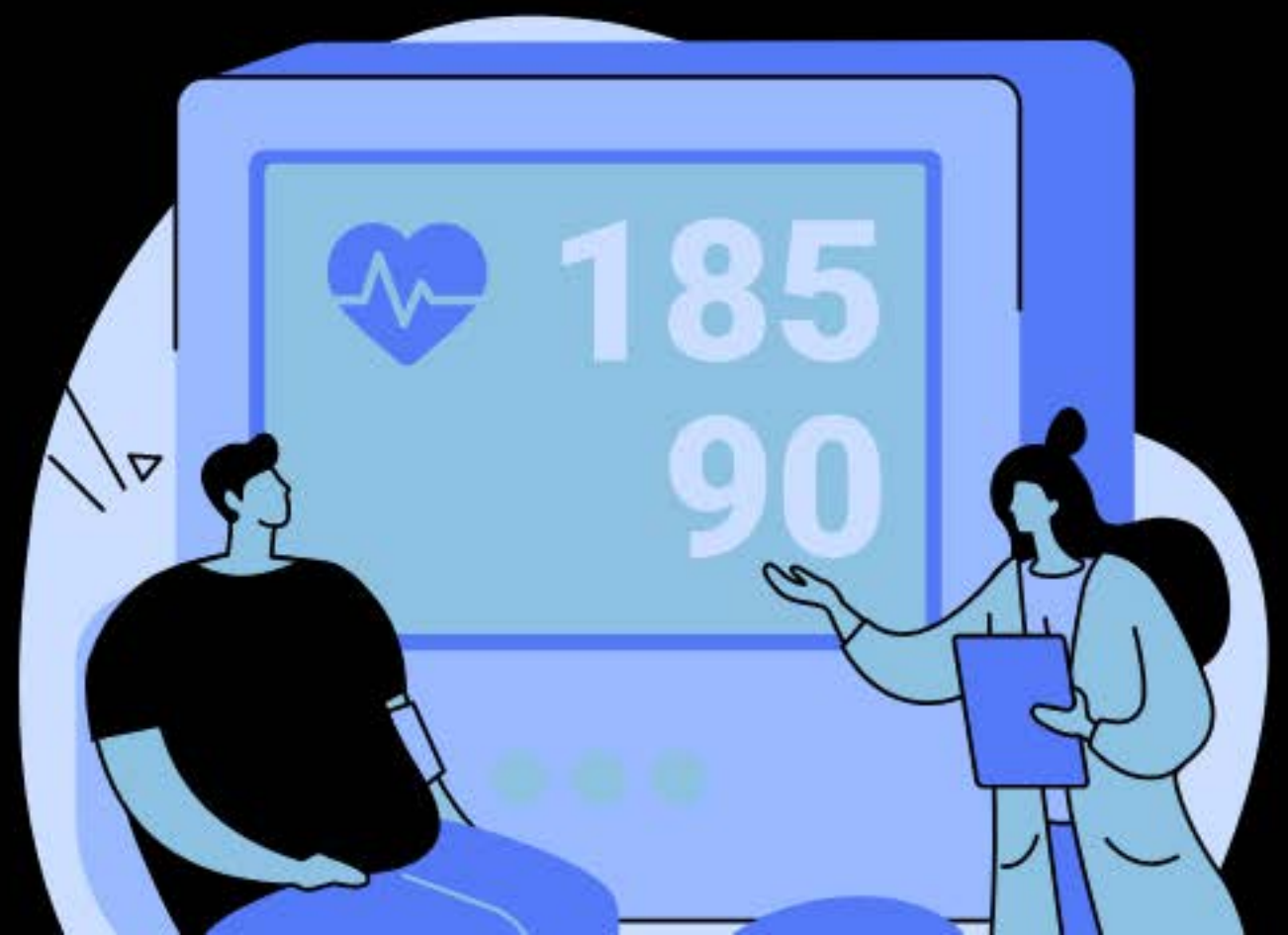
Changes in urination frequency or ease, along with increased nighttime awakenings, can indicate potential health issues. One possible cause is prostate enlargement, which is not necessarily

indicative of cancer but should still be evaluated. Symptoms such as more frequent urination, especially at night, and a weaker urine flow may be associated with prostate enlargement. It is advisable to check for prostate symptoms and consider utilising Prostate Cancer UK's cancer risk checker tool for further assessment.

Additionally, frequent urination, particularly at night, in combination with other symptoms like being overweight, experiencing fatigue, and noticing slow wound healing, may be indicative of diabetes. To assess the risk of diabetes, it is recommended to undergo blood sugar testing.

Check Your Pressure

You can check your blood pressure at the GP's office or by using a home blood pressure tester. Blood pressure is measured as two numbers: the systolic (when the heart contracts) and diastolic (when the heart rests). A healthy reading for a young man is around 120/70. However, if the systolic number approaches 140 or the diastolic number reaches 90, it's important to monitor your blood pressure more frequently. Temporary increases can occur due to stress, but consistent readings of 140/90 or higher should prompt a visit to your GP for further evaluation.





For More Tips and Resources Visit:

latushealth.co.uk