

International Men's Health Week

MEN'S HEALTH WEEK

Monday 14th -
Sunday 20th June 2021



Making the Connections
Check In. Check Up. Check It Out.

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#MensHealthWeek
#CheckItOut



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Avail of support and expertise at your local pharmacy

13 June 2021: Men across the country are being urged to take time over the next week to focus on their own health. Supporting International Men's Health Week, the Irish Pharmacy Union (IPU) has advised men that their local pharmacy can provide a range of advice and supports to help with many aspects of health.

Dublin based pharmacist and IPU member, Tomás Conefrey said: "Too often men have the bad habit of suffering in silence. The results of this are clear - men have a shorter life expectancy than women, and are more likely to succumb to many serious illnesses.

"This week, as we mark International Men's Health week, we encourage men to take a moment to consider their physical and mental health. It's not only ok to ask for help, it's strongly encouraged. As GPs and the health service continue to grapple with the pandemic, your local pharmacy is available to provide expert advice to support your health in a number of areas."

Mr Conefrey cited advice on weight loss and help to quit smoking as two areas where men might find a visit to the pharmacy useful. "Weight loss is a top priority for many men, but lots don't know where to start. Your pharmacist can provide you with advice on how to beat the bulge including on nutritional supplements. Maintaining a healthy weight reduces the risks of high blood pressure, cholesterol and elevated blood glucose levels that can lead to diabetes.

"Another key service available in pharmacies is Nicotine Replacement Therapy. Research has shown that effective support when trying to quit smoking is far more effective than relying on willpower alone. There are many options available, and your pharmacist can help you navigate these."

Mr Conefrey concluded by encouraging everyone to reconnect with the men in their lives. "During this Men's Health Week we should all find ways to re-establish connections that may have been lost over COVID. Most importantly offer help to those who need it."

Men's Health Week (14 -21 June) is coordinated in Ireland by the Men's Health Forum in Ireland.