

Men's Health Week 2022



Men must start addressing their health issues – Irish Pharmacy Union

- **Men should utilise convenience and accessibility of local pharmacies to tackle niggling health worries**
- **Pharmacies are an ideal place for men to start their new health journey**

Pharmacists are calling on all men to make a positive difference to their health by asking their local community pharmacist about any health issues they may have. This Men's Health Week (13-19 June), the Irish Pharmacy Union (IPU) is asking men to do at least one practical thing to improve their own health.

Tomás Conefrey, a local community pharmacist and member of the Irish Pharmacy Union (IPU), said, "Pharmacy staff are well positioned to talk to and advise men about their health needs and explore possible options. We know from our own experience that men can be reluctant to talk about their health. A quick private conversation with a pharmacist could mean the difference between a problem being addressed while it's still manageable, or it being allowed to fester with the consequential impact on health and wellbeing."

"It is important that we understand the main health concerns facing Irish men and the barriers

to seeking treatment that may exist. Pharmacists can advise men and provide treatment for a range of different health issues and minor ailments such as high blood pressure, smoking cessation and sports injuries. Men must take charge of their own health and make use of their local pharmacy for advice.”

“Too often, men put off dealing with their health issues when many of these are preventable and easily detectable. Your local pharmacist can offer advice on health problems in a private consultation room. Pharmacies can act as the first point of contact between men and the medical world, because they also supply non-medical products such as toiletries and supplements, which men can access from their local pharmacy providing an opportunity to also discuss health matters with the pharmacist,” concluded Mr Conefrey.

The Irish Pharmacy Union is encouraging men to utilise the convenience of their local pharmacy during Men’s Health Week 2022.

Men’s Health Week (13-19 June) is coordinated in Ireland by the Men’s Health Forum in Ireland. Find out more about Men’s Health Week at <https://www.mhfi.org/> and on Twitter @MensHealthIRL.