

Men's health myth-busting



From a men's health expert

- ✘ "Testicular cancer is a young man's disease"**
 - Testicular cancer is more common in men under 40 (peak at 35), but it can affect men of any age.
 - Guys, make sure you're checking your nuts and bolts regularly.
- ✘ "Men can't get breast cancer"**
 - Women are more likely to get breast cancer, but men have breast tissue too, which can be affected by cancer.
 - Warning signs to watch out for include a lump in the underarm area or chest, a change in breast size, and an itchy rash around the nipple area.
- ✘ "Tight pants and sitting in hot tubs affect your fertility"**
 - Studies have shown that your choice of underwear and pants has no real effect on your fertility.
 - As long as you're not overdoing it in the hot tub or resting your laptop on your lap for days at a time, you have nothing to worry about.
- ✘ "Baldness comes from the mother's side"**
 - There is some truth to this - most male pattern baldness comes from genetic factors and is heavily influenced by maternal genetics.
 - However, your paternal genetics still have an effect, as do other factors - including stress and illness.
- ✘ "Eating more protein means you will gain muscle mass"**
 - Protein alone won't turn you into Mr Universe overnight! Protein only helps you build muscle if you are doing cardio workouts and strength training.
 - In fact, eating too much protein can lead to weight gain, constipation and even kidney damage.



- ✘ "If your doctor doesn't mention it, your testosterone levels are fine"**
 - When doctors take a blood test, they don't usually check all bodily functions.
 - But did you know, low testosterone is a normal part of ageing for men - it can lead to erectile dysfunction, slower metabolism and lower libido.
 - Want to get checked? You can ask your doctor to check your testosterone levels as you get older.

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