



MEN'S HEALTH MONTH · NOVEMBER 2026

Men's Health Pocketbook

The signs it is time for a check-up, what to ask when you get there, and the numbers worth knowing.

Save it to your phone. Share it with someone who keeps putting theirs off.

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Is it time for a check-up?

Tick what applies to you, or to the man you are thinking of.

- ☐ Tired most days, or waking unrefreshed⁵
- ☐ Loud snoring, or dropping off during the day⁵
- ☐ Trousers tighter around the waist than a year ago⁶
- ☐ A blood pressure reading you have never had, or one that was high³
- ☐ Irritable, angry, overworking or drinking more than you used to¹⁵
- ☐ Low drive, low energy or low mood for more than a few weeks¹¹
- ☐ A lump, swelling or change in a testicle⁴
See a doctor this week, not at the next check-up
- ☐ A father or brother with prostate cancer, heart disease or diabetes¹²
- ☐ More than a year since your last check-up

One tick is a reason to book. Several is a reason to book this month. A lump is a reason to book this week.

What to ask your doctor

AREA	ASK ABOUT	WHY
Metabolic	Waist circumference, fasting glucose or HbA1c, triglycerides	Fat around the organs and rising blood sugar are the early signs of type 2 diabetes and heart disease ^{6,7}
Heart and arteries	LDL and non-HDL cholesterol, ApoB, hs-CRP	Particle count and non-HDL describe artery risk better than total cholesterol alone ^{8,9}
Blood pressure	Clinic reading, plus your home readings	Often silent, and a leading driver of heart attack, stroke and kidney damage ^{3,10}
Hormones	Morning testosterone, repeated if low; thyroid if symptoms suggest it	Low energy, libido, sleep or mood can be hormonal, or sleep apnoea, weight or stress ¹¹
Prostate and testicles	A monthly self-check; a PSA conversation from 50, or 45 with a family history	The conversation weighs the benefit against finding a cancer that would never have caused harm ¹²

Numbers to know

Under 130/80

The blood pressure goal for most adults¹⁰

5.7 to 6.4%

The HbA1c range called prediabetes⁷

7 to 9 hours

Sleep recommended for adults¹⁶

150 to 300 min

Moderate activity a week, plus strength work on two days¹⁷

Before you go

Bring these and the conversation covers the right ground.

- ✓ Your home blood pressure readings, with dates
- ✓ Your waist measurement
- ✓ A list of medicines and supplements you take
- ✓ What runs in your family
- ✓ The questions you want answered, written down



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This pocketbook is general information and is not intended as medical advice. We strongly recommend talking to your practitioner at your next visit for advice that is right for you.