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Strong Enough To Look After Yourself

Men's Health Awareness Month

MedNet Men's Health (Prostate & NCD Risks) Awareness Month Newsletter

November 2026 Edition

Many men are used to being the strong one. They keep going through long working hours, family responsibilities and everyday stress, often without stopping to ask how they are doing.

Here is the uncomfortable truth:

Many men wait until something feels seriously wrong before they see a doctor. Conditions that could have been detected earlier may then be harder to manage. The good news is that many health problems are more manageable when identified early.

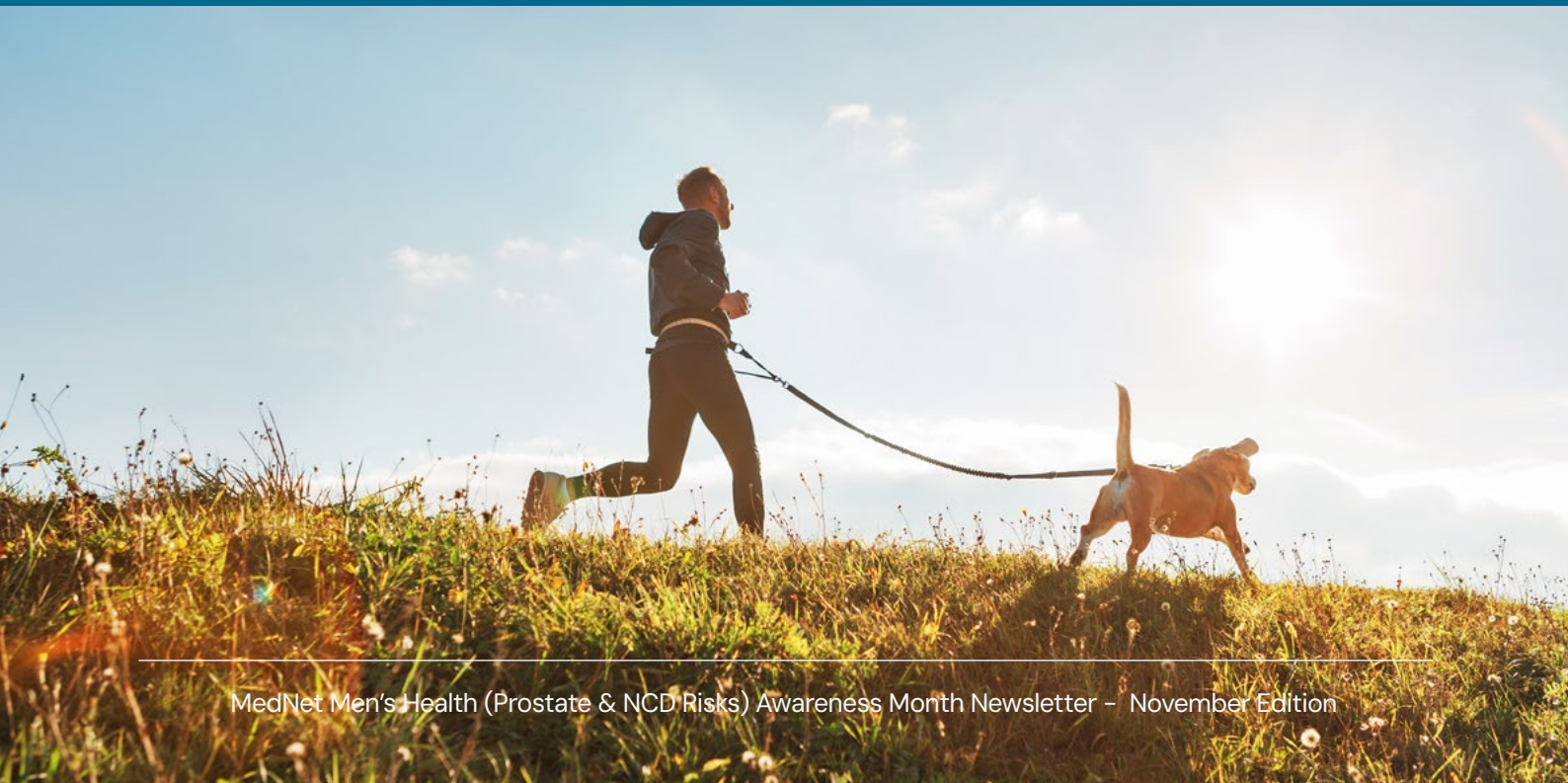
This November, take a few moments to learn the signs, understand your risk, and encourage the men in your life to do the same.

Why Men's Health Awareness Matters

Feeling well does not always mean that everything is well. High blood pressure, diabetes, cardiovascular disease and some cancers can develop with few or no early symptoms. Mental health concerns may also go unspoken.

Awareness is not about fear.

It is about being informed, prepared and proactive.



Listen To What Your Body Is Telling You

Many conditions do not cause obvious symptoms at first. Contact a healthcare professional if you notice a new, unusual or persistent change, including:

- Persistent tiredness, or unexplained weight loss or gain
- A lump, swelling, pain or heaviness in the testicles
- Difficulty urinating, a weak flow, or needing to urinate much more often, particularly at night
- Blood in urine, semen or stool
- Persistent changes in bowel habits
- Frequent thirst, frequent urination, or cuts that are slow to heal
- Low mood, hopeless, irritable or loss of interest or social withdrawal lasting two weeks or more

Seek urgent medical help

Chest pain or pressure, severe shortness of breath, fainting, or pain spreading to the arm, jaw, back or upper abdomen may indicate a heart attack or another emergency. Seek emergency care immediately.

Not every change is serious, but every unusual or persistent change deserves attention.

Remember:

Not every change is serious.

But every unusual or persistent change deserves attention.



Find The Care You Need

If you notice an unusual change or want to discuss your screening needs, **MyHealthPass** can help you find a healthcare provider within your network.

You can also use **MyHealthPass** to review your policy benefits and monitor approval requests, helping you manage your healthcare journey in one place.

Understand Your Risk

Men's health conditions can affect men with no obvious risk factors. However, certain factors may increase risk:

- **Increasing age**
- **Family history** (heart disease, diabetes, or prostate, colorectal or other cancers
- **High blood pressure, high cholesterol, diabetes or prediabetes**
- **Excess weight** (especially around the waist)
- **Tobacco use** (including cigarettes, shisha and vaping products)
- **Physical inactivity and prolonged sitting**
- **Poor sleep and chronic stress**
- **Excess alcohol consumption**
- **A diet high in salt, added sugar and heavily processed foods**

Having one or more risk factors does not mean that a condition will develop, and having no known risk factors does not make anyone immune.

Know Your Numbers

Many of the most important health checks are quick, simple and painless. A routine check-up is a good time to review:



Blood pressure
high blood pressure often has no symptoms



Cholesterol and overall cardiovascular risk



Blood sugar
helps detect diabetes or pre-diabetes early



Weight and waist measurement
a good indicator of overall health risk



Mental health, sleep, tobacco use and alcohol intake



Vitamin levels
such as Vitamin D, which many people in the region are low in

Important:

Routine vitamin testing is not necessary for everyone. Vitamin D or other laboratory tests should be guided by symptoms, risk factors and a healthcare professional's assessment.

Don't wait for symptoms.

A short appointment today could make all the difference tomorrow.

Colorectal cancer

Colorectal cancer is the most common cancer in men in the UAE. Because it can develop for years without symptoms, screening is one of the most powerful tools we have. UAE guidelines recommend that screening for average-risk adults begins at age 40 and continues to age 75, using an annual stool test (FIT) or a colonoscopy every 10 years. If a close relative has had colorectal cancer, your doctor may recommend starting earlier.

Prostate health

Prostate cancer is among the most common cancers in men worldwide, and the risk increases with age. Men over 50, or younger men with a family history, should speak to their doctor about whether prostate screening is right for them. The decision is an individual one, based on your age, risk and personal preferences.

Testicular health

Testicular cancer most often affects younger men, and it is highly treatable when found early. A quick self-check once a month, ideally after a warm shower, helps you learn what is normal for you.

Heart and diabetes checks

Regular blood pressure, cholesterol and blood sugar tests help identify risks long before they cause harm.

Screening recommendations may vary depending on your individual risk factors and family history.

Simple Steps That May Help Reduce Risk

While not every condition can be prevented, healthy lifestyle choices may help lower risk:



Stay physically active: Aim for at least 150 minutes of moderate-intensity activity each week, or 75 minutes of vigorous activity, and include muscle-strengthening activities on at least 2 days



Sit less and build movement into the working day



Eat well: Eat more vegetables, fruit, whole grains, pulses and fibre; limit salt, added sugars and heavily processed foods



Maintain a healthy weight



Stop using tobacco, or do not start



If you drink alcohol, limit intake and discuss individual risks with a clinician



Sleep 7 to 9 hours a night



Manage stress through movement, rest, hobbies and social connection



Share your family's health history with your doctor



Keep vaccinations up to date based on age, health status and local recommendations

Small choices today can contribute to a healthier future.

Let's Talk About Mental Health

Strength is not about carrying everything alone.

Stress, anxiety, burnout and low mood affect men too, but they are often hidden behind "I'm fine." Struggling does not make you weak. Asking for help is a sign of strength.

If someone in your life seems withdrawn, irritable or different, check in with them. A simple "How are you really doing?" can open the door.

If you or someone you know is struggling, speak to a healthcare professional or a trusted person. If someone may be in immediate danger, seek emergency help right away.

Three Steps To Remember

KNOW	NOTICE	ACT
what is normal for your body.	new, unusual or persistent changes.	by speaking to a healthcare professional promptly.

A Message To Every Man

You work hard, you provide, you support your family and the people around you. Your health deserves attention. Booking a check-up, discussing screening or getting a persistent symptom assessed is not an overreaction. It is self-care, it is prevention, and it could save your life.

Dates To Remember

- **November (all month):** Movember, the global movement raising awareness of prostate cancer, testicular cancer and men's mental health
- **November 14:** World Diabetes Day
- **November 19:** International Men's Day

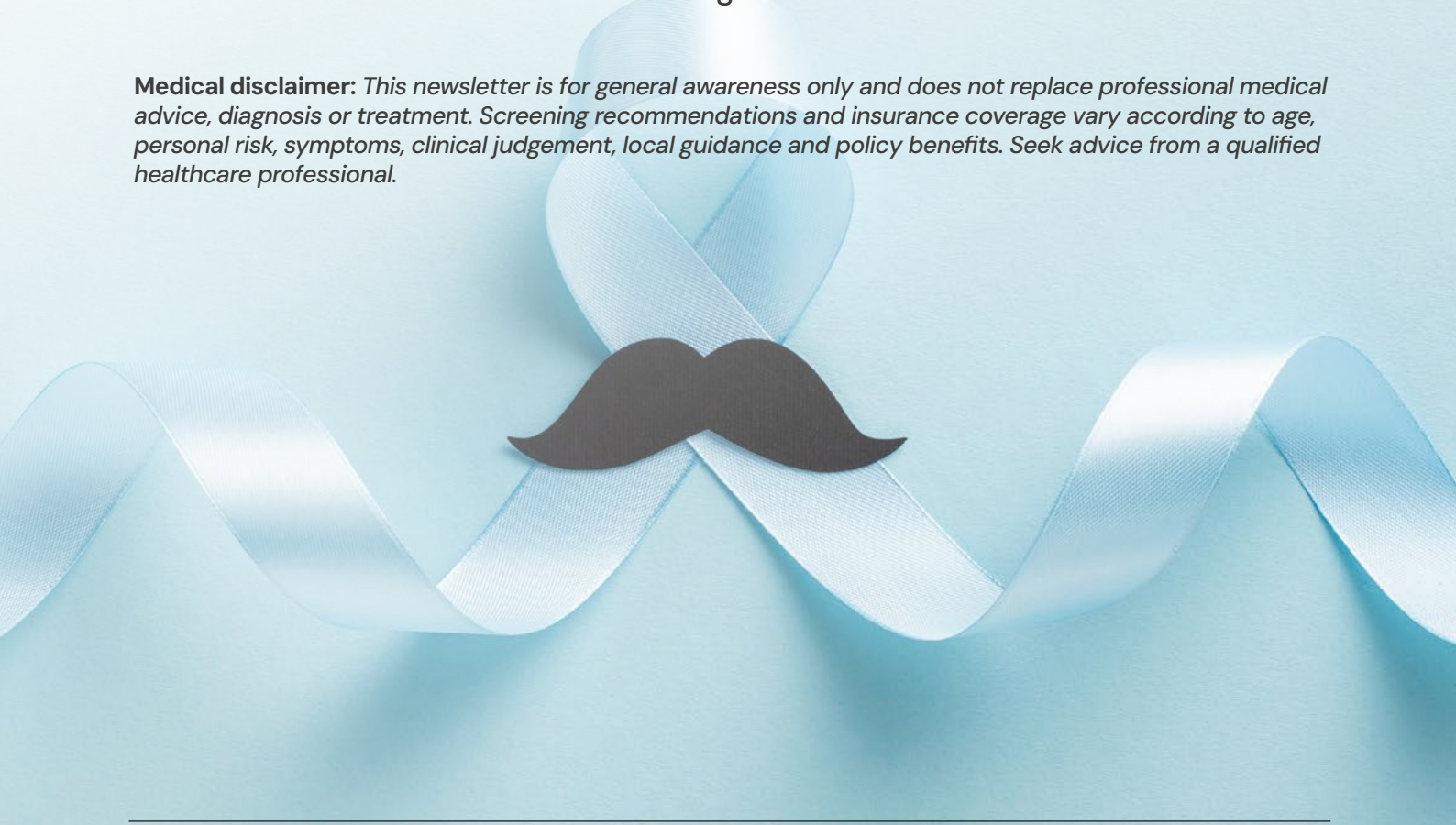
This November, Make The Promise

Book a health consultation if you are due. Ask which screening is appropriate for you. Encourage a relative, friend or colleague to take action too.Know Your Health. Break the Silence. Take Action.

References and Further Reading

- UAE Ministry of Health and Prevention: The National Guideline for Colorectal Cancer Screening and Diagnosis, 3rd edition.
- Dubai Health Authority: Dubai Periodic Health Screening Guideline, 2024.
- World Health Organization: Physical activity: adults should undertake 150–300 minutes of moderate-intensity aerobic activity weekly, or the vigorous-intensity equivalent, plus muscle strengthening on at least 2 days.
- U.S. Preventive Services Task Force: Prostate Cancer Screening: individualized PSA decision-making for adults aged 55–69 years; routine screening is not recommended from age 70.
- Centers for Disease Control and Prevention: Prostate Cancer Screening: benefits, limitations and shared decision-making.

Medical disclaimer: *This newsletter is for general awareness only and does not replace professional medical advice, diagnosis or treatment. Screening recommendations and insurance coverage vary according to age, personal risk, symptoms, clinical judgement, local guidance and policy benefits. Seek advice from a qualified healthcare professional.*



Offers

Take advantage of special prices on PSA tests and urologist consultations, available from our network providers.



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T&C: Self-pay exclusive offer. Valid from November 01 - December 15, 2026.

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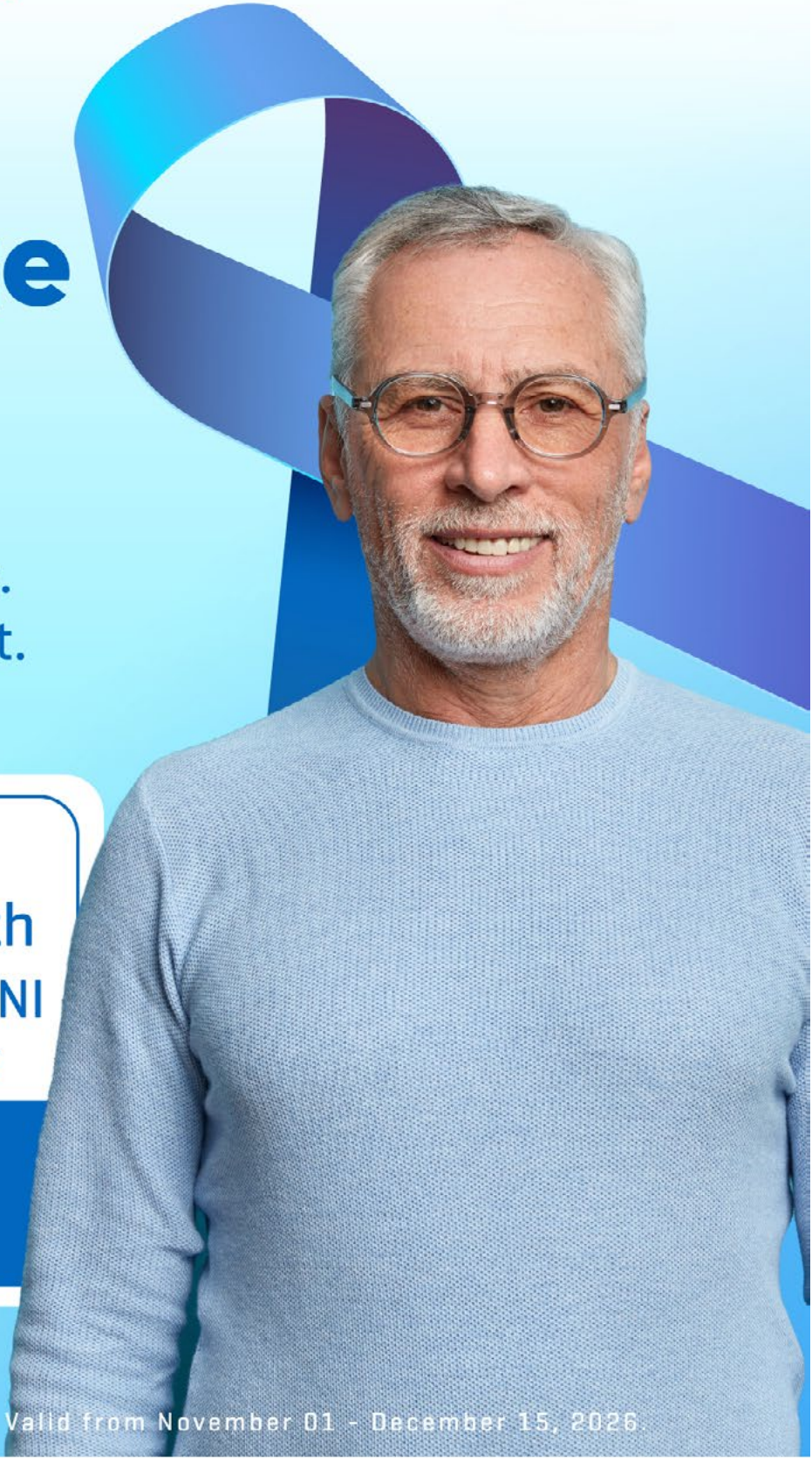
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Care You Feel. Integrity You Trust

Men's health deserves attention, awareness, and action. Understanding prostate health, recognising early warning signs, and staying informed about the risks of non-communicable diseases (NCDs) such as diabetes, hypertension, heart disease, and obesity are important steps towards protecting long-term health and wellbeing.

This Men's Health Month, let's encourage open conversations about prostate health, promote awareness of regular check-ups and screening, and highlight the importance of prevention and early detection in reducing the impact of prostate conditions and other NCD risks.

MedNet Team

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