



Men's Health Myth-busting

From a men's health expert

1

“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. Use this [free guide](#) to find out how.



2

“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.



3

“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.



4

“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.



5

“Eating more protein means you will gain muscle mass”

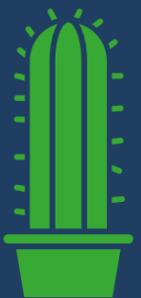
- Protein alone won't turn you into Mr Universe overnight! Protein only helps you build muscle if you are doing cardio workouts and strength training.
- In fact, eating too much protein can lead to weight gain, constipation and even kidney damage.



6

“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.



7

“Weaker erections aren’t a sign of erectile dysfunction”

- Erectile dysfunction can take more forms than you think, it's not just about an inability to achieve or maintain an erection.
- Erections being weaker than they used to be is also a form of erectile dysfunction.
- Erectile dysfunction can be caused by a range of factors, including lifestyle factors, low testosterone levels and stress.



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