Men's Health





An Easy Read Guide

Men’s Health May 2026 v1.0



It's important for everyone to be healthy



For men, there are some special things to think about



Prostate Cancer UK has an Easy Read leaflet telling you what to look out for and what to do.



MacMillan Cancer Support have an Easy Read leaflet about how to check your testicles (balls)



The NHS has information about the **"AAA screening"** for men 65 and over.

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