

Young men are faced with many challenges as they mature from childhood to adulthood and move from school into the workforce.

The good news is many of the health risks faced by men under 25 are within their control. The not so good news is young men pay very little attention to the health risks they face and inadvertently put themselves at risk.

The major health issues faced by men under 25 include:

01

Depression

More women report being depressed yet more men kill themselves. Untreated depression is a leading risk factor for suicide. Suicide is the major killer of young men. Depression is a very common illness that can affect anyone, male or female, of any age and at almost any time. It's more than feeling blue or down in the dumps for a few days. Depression is a longer-lasting condition that can, in many cases, completely dominate daily life.

02

Road accidents

Do you drive safely? Do you take risks on the road? Do you drink and drive – bloody idiot! Accidents are the second biggest killer of young men.

03

Testicular Cancer

Cancer is very, very rare among young people. Testicle cancer, the most common cancer among young men, can be cured if caught early.

04

Smoking

Best not to start, obviously. But if you have, best to quit as soon as possible. It gets harder as you get older. Why quit? One in two smokers will be killed by their habit. This is because smoking causes:

- A one-third of all cancer deaths
- B 85% lung cancer deaths
- C four out of five deaths from bronchitis and emphysema
- D one in four deaths from heart disease

05

Sexually Transmitted Infections (STIs)

STIs are very common and can affect you whether you're straight, gay or bisexual. And you don't need to have sex with lots of people to be at risk of catching an STI – just one brief encounter with a person who has an STI may be enough.

Infections can be transmitted in several ways:

- A through vaginal sex
- B through oral sex
- C through anal sex
- D through skin-to-skin contact

Some of the more common symptoms of an STI may include:

- A a yellow discharge from your penis
- B inflammation of your testicles
- C irritation of your penis
- D pain when urinating

If you have any of these problems, or any other suspicious symptoms, your best bet is to get them checked by a doctor.

The best ways to avoid an STI is:

- A To be celibate (not considered a desirable option by most people).
- B To practice safer sex (this means always using a condom for penetrative sex).
- C To get regular check-ups by your Doctor. This is important because not all STIs produce symptoms.

It's important to remember that most STIs can be easily treated.