

Movember Wrap-Up



November is coming to an end and with that, so is the Magna Movember campaign for 2024. Movember is an organization dedicated to spreading awareness about men's health issues and increasing accessibility to care for men. On average, men around the world die 4.5 years earlier than women, making it vital to learn about the health issues impacting men.

Let's take a look back at some of the important topics we have highlighted this month:

Prostate Cancer:

- 1 in 8 men will be diagnosed with prostate cancer in their lifetime.
- The 2nd most common type of cancer and the 5th leading cause of cancer deaths among men worldwide.
- Symptoms typically begin in the later stages of cancer development. It is important to see your doctor for regular screening through a PSA blood test and/or a digital rectal exam.

Testicular Cancer:

- The most common cause of cancer in young men in many countries.
- Highly treatable form of cancer.

Mental Health and Suicide:

- Men are less likely to talk about their mental health compared to women.
- On average, one man dies by suicide every minute of every day.
- If you notice a man or anyone in your life who seems to be struggling, reach out to ALEC (Ask, Listen, Encourage, Action, and Check-in).

Magna employees have been busy this Movember, growing mustaches or committing to movement goals to raise money for men's health issues. Together, we have raised over **CAD \$10,000** before the Magna match! ***If you would like to donate to Magna's Movember campaign, you can do so here.***

If you or someone you know is facing any of these health issues, you can use the resources below for support:

- **Movember** – Educational materials, community men's health initiatives, and fundraising.
- **Workplace Options** – Magna employee and family assistance program (EFAP) provides resources on several health topics and access to short-term counseling.
- **211 Ontario** – Free and confidential service connecting people to social, and community supports where needed.
- **988 Suicide Crisis Helpline** – Free, safe, and confidential one-on-one conversations if you are feeling lonely, depressed, or suicidal. Research your local suicide crisis helpline number if you are outside of Canada and the United States.
- **Prostate Cancer Support Toronto** – individual and group support is available and regular educational meetings are offered virtually for those outside of Toronto.
- **Testicular Cancer Society** – Ball checker app, education materials, and resources available to those diagnosed with testicular cancer.



For more information visit:
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