

Things You Might Not Know About Men's Health

Researchers funded by the CIHR - Institute of Gender and Health are addressing key challenges to improve boys' and men's health through the lifecycle.

Visit our website to learn more.

BOYHOOD

"Boys don't cry" can be the hardest lesson to unlearn. Teaching boys to be tough can lead to emotional suppression.

Watch this video to learn more.



1 in **20** boys experience sexual abuse. A new app, **JoyPop**, will help youth build resilience.

ADULTHOOD

What do **frequent cycling**, using a **cellphone** and wearing **tight pants** have in common?



They all negatively affect a man's fertility! **Learn more.**



HIV can be prevented.

Taking the HIV preventative medicine, PrEP, allows HIV-negative gay, bisexual and other men who have sex with men, to have almost no chance of becoming infected with HIV. **Learn more.**

30% of a man's overall health is determined by his genetics.

70% can be controlled through lifestyle choices.



ADOLESCENCE

FATHERHOOD

Children of fathers over **50** years old have an increased risk of developing autism and schizophrenia.

Tick tock goes the biological clock!



Men account for **4/5** deaths by suicide in Canada. Men are less likely to seek support because of stigma around depression. **Learn more.**



GETTING OLDER...

The top **3** reasons why men have a shorter life expectancy than women are suicide, cardiovascular disease and motor vehicle accidents.

