

**SOURCES: OAUK - Men's Health Webinar**  
**How to take care of yourself**

**Health Screening**

<https://www.nhs.uk/conditions/nhs-screening/>

**Diabetes**

<https://www.diabetes.org.uk/>

<https://www.england.nhs.uk/diabetes/treatment-care/low-calorie-diets/>

**Cardiovascular Disease**

[Heart Failure](#)

[Pulmonary Embolism](#)

[Hypertension](#)

[Stroke](#)

**Prostate Cancer**

<https://prostatecanceruk.org/>

<https://fightingprostatecancer.co.uk/>