

MEN'S HEALTH UPDATE

A round up of the latest publications, research and news for MWL staff

QUICK READS

Marriage triples risk of obesity in men – but not women, study reveals

The study found that married men were 3.2 times more likely to be obese than unmarried men, but there was no increase in obesity risk for married women



The real reason for the rise in male childlessness

Recent research has found that it's more likely to be men who aren't able to have children even if they want them – in particular lower income men

Prostate cancer surgery breakthrough offers hope for erectile function

A more precise form of prostate cancer surgery nearly doubles the chances of men retaining erectile function afterwards compared with standard surgery, according to the first comprehensive trial of the procedure



Government launches call for evidence on men's health

Call for evidence will inform England's first ever men's health strategy to tackle the life expectancy gap

How barbers could hold the key to preventing suicide in men

Many British men still don't feel like they can open up about their mental health issues, but by harnessing the unique relationship men have with their barbers, we can begin to change this



Men with higher-quality sperm live longer, study finds

Research suggests difference in life expectancy between men with highest and lowest quality is nearly three years

GUIDELINES & REPORTS

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[QNI Men's Health
Nurse-led
Projects in the
Community
REPORT](#)



[Suspected
Prostate
Cancer
TOOLKIT](#)



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ORGANISATIONS



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[Men's Health Magazine](#)

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[Cancer Research UK - Prostate Cancer](#)

[Prostate Cancer UK](#)

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[How to Recognise Stress Symptoms in Men](#)

[Signs and Symptoms of Heart Disease in Men](#)

[Erectile Dysfunction \(ED\): Symptoms, Causes, and Treatment](#)

[Hair Loss \(Androgenic Alopecia\)](#)



“Men are **3** x more likely to die by **suicide** in England than women [Samaritans \(2023\)](#).”

“Almost **double** the rate of men die from **alcohol-specific causes** than women [ONS \(2022\)](#).”

“**12.5%** of men in England have a **mental health disorder** [NHS Digital](#).”

RESEARCH



Price. T. (2025) "They're Lacking Purpose. It's a Recipe for Suicide.": Masculinity and Gender-Based Inequalities in Deaths of Despair in England. *Am J Mens Health*. Mar-Apr;19(2):15579883251329715. doi: 10.1177/15579883251329715. Available at: <https://pubmed.ncbi.nlm.nih.gov/40310495/>

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RESEARCH

Hansen, L.S, Bjerregaard, A.L, Bindslev, Iversen P. and Thualagant, N. (2025) Men and Type 2 Diabetes: How Everyday Knowledge Remains Unshared in Gendered Medical Encounters. *Int J Qual Stud Health Well-being*. Dec;20(1):2495379. doi: 10.1080/17482631.2025.2495379. Available at: <https://pubmed.ncbi.nlm.nih.gov/40293940/>



Zhen, K, Huo, L., Zhu T. and Li, Y. (2025) Different Intensities of Physical Activity and Risk of Male Genital Cancers: Exploring Potential Causal Relationships. *Am J Mens Health*. Mar-Apr;19(2):15579883251332732. doi: 10.1177/15579883251332732. Available at: <https://pubmed.ncbi.nlm.nih.gov/40265237/>

Puig, D, Ivanuta, M. and Pricop, C. (2025) Effect of Bariatric Surgery on Male Infertility: An Updated Meta-Analysis and Literature Review. *World J Mens Health*. Mar;43:e17. <https://doi.org/10.5534/wjmh.240147>. Available at: <https://wjmh.org/DOIx.php?id=10.5534/wjmh.240147>



Bergenfeld, I., et al (2025) Global trends in men's and women's acceptance of intimate partner violence, 1999–2022: an analysis of population-based survey data from 83 countries. *EClinicalMedicine*. Apr 9;83:103199. doi: 10.1016/j.eclinm.2025.103199. Available at: <https://pubmed.ncbi.nlm.nih.gov/40256774/>

Balki, E. (2025) Are Dating App Algorithms Making Men Lonely and Does This Present a Public Health Concern? *JMIR Form Res*. Apr 7;9:e70594. doi: 10.2196/70594. Available at: <https://pubmed.ncbi.nlm.nih.gov/40193188/>



Mostafaei, H. et al (2025) A Systematic Review and Meta-Analysis of Penis Length and Circumference According to WHO Regions: Who has the Biggest One? *Urol Res Pract*. Mar 7;50(5):291–301. doi: 10.5152/tud.2025.24038. Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC11923605/>

Vassallo, J.S., Shearson, K.M. and Sharples, J.M. (2025) Mechanisms of change in a gender-sensitized health intervention: the mediating role of health self-efficacy. *BMC Psychol*. Apr 9;13(1):355. doi: 10.1186/s40359-025-02658-4. Available at: <https://pubmed.ncbi.nlm.nih.gov/40205502/>



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EVENTS, CONFERENCES & TRAINING

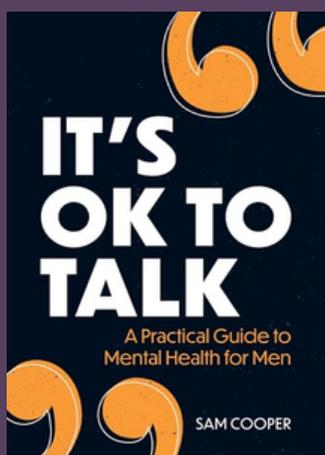
LSPM Certificate in Men's Health Care
ONLINE
Various Courses and Dates

Free L2 Men's Mental Health Course with Certificate
ONLINE
Various Start Dates

Men's Health Awareness Course for Non-Professionals
ONLINE
Various Start Dates

Prostate Cancer UK Online Learning
ONLINE
Various courses and Dates

FEATURED BOOKS



Sam Cooper

It's ok to talk: a practical guide to mental health for men

2022

ISBN: 9781800074095

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