

WE'RE THE MOVEMBER FOUNDATION

The leading charity changing
the face of men's health.



WE FOCUS ON THREE IMPORTANT MEN'S HEALTH ISSUES:

PROSTATE CANCER

TESTICULAR CANCER

MENTAL HEALTH AND SUICIDE PREVENTION

WHAT'S THE BIG DEAL ABOUT MEN'S HEALTH, ANYWAY?

Health doesn't sit highly in most men's priority lists. At least until later years, or when a problem gets really serious.

The result? Men's health is in crisis. Men are dying an average of 6 years earlier than women. For largely preventable reasons.

We all want more time with our dads, brothers, partners, friends and sons. So it's time to create change.

We need to stop men dying too young.

THE FACTS

In the U.S:

1 IN 9

1 in 9 men will be diagnosed with prostate cancer in their lifetime.

YOUNG MEN

Testicular cancer is the most commonly diagnosed cancer in young men.

3 OF 4

3 out of 4 suicides are men.

WHAT WE'RE DOING ABOUT IT

The Movember Foundation is leading a transformation in how men look after their health and get support.

We're helping men. Helping them think about their health. Open up about problems. And get better treatments when life gets tough.

Globally, we're working with the very best researchers. Increasing collaboration. Reducing overlap. Creating solutions for men – right here, right now.

But to do it, we need your help. Learn more at movember.com



GET INVOLVED

The moustache is world-famous.
But there's more than one way
to get involved this Movember.

GROW A MOUSTACHE

Raise funds for men's health with a Mo of your own.

MOVE FOR MOVEMBER

Get Moving to raise funds for men's health.

HOST A MO-MENT

Raise the roof with a get together and raise
much-needed funds for men's health.

Take your pick and get fundraising.

WHY GET INVOLVED?

Every whisker, drop of sweat and
get-together counts.

*"Movember has helped change the way
we see men's health... with my grandfather
battling prostate cancer, it's a cause
I'll always be a huge supporter of."*

– Mo Sista, Sabrina

*"A lot of guys don't want to admit they have
a problem, but by talking to others we can
prevent so many men from dying too young."*

– Mo Bro, Eric

WHERE THE MONEY GOES

We challenge the status quo – using donations to invest quickly in projects that work:



TrueNTH

A revolutionary project that helps
men living with prostate cancer
find better support and care –
from the time of diagnosis, to
during treatment, and beyond.

TrueNTH TESTICULAR CANCER

A website that gives men with
testicular cancer a community
to reach out to, the info they
need, and the knowledge that no
matter how hard it gets – they
can get through the experience
feeling better than before.



GAP

An international research
initiative tackling the toughest
challenges in prostate and
testicular cancer.

Sign up or donate at movember.com