



MEDIA RELEASE

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Bigger, bolder and hairier than ever: Movember returns for 2018

THURSDAY OCTOBER 11, 2018 – [The Movember Foundation](#), the only global charity focused solely on men's health, is returning bigger, better and hairier than ever for the Movember 2018 moustache-growing season.

Last year, nearly 309,000 Mo Bros and Sistas around the world raised more than \$80 million to help stop men dying too young, and with the foundation celebrating its 15th anniversary in Australia this year, Movember is hoping to again build on this success.

Rachel Carr, Movember Foundation Australia Country Director says: "I've seen men in my life go through really tough times and heard first-hand the impact that men's health issues such as prostate cancer, testicular cancer and suicide have on Aussie men.

"Being part of the Movember movement is about raising the volume on men's health and I'll be joining our Mo Bros and Sistas in shouting from the rooftops this Movember. There's still a lot of work that needs to be done - but with each Mo grown, dollar raised and story shared by our Movember community we get closer to our goal of stopping men dying too young."

The state of men's health:

Throughout the month Mo Bros and Mo Sistas become walking, talking billboards, sparking conversations and raising critical funds that support breakthrough men's health projects, with the goal of changing the face of men's health.

- Each year, more than 17,000 Australian men are diagnosed with prostate cancer
- Each year, more than 3,400 Australian men die from prostate cancer
- More than 2,000 Australian men die by suicide each year
- 3 out of 4 suicides in Australia are men

Ways to get involved

There are three main ways to join in on the hairy month:

- During Movember, men **Grow** a moustache for the month, getting friends, family and colleagues to donate to their effort, but it's not the only way to get involved
- Anyone can sign up for **Move**. You don't have to be an ultra-athlete or own the latest kicks. All you have to do is commit to walking or running 60km over the month. That represents 60kms for the 60 men we lose each hour, every hour, to suicide, globally.
- You can also get together with mates to **Host** a mo-moment – it could be anything from cooking up a fancy dinner, teeing up a sports match, running a baking competition or holding a shave down to get the month started. Do what you enjoy with mates to help men live happier, healthier and longer lives – easy!
- Go to movember.com to donate or participate



The Movember Foundation's top 5 tips for men's health:

1. Make 'Man Time' – stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time
2. Talk: have conversations, especially about the tough stuff
3. Move more – do more of what makes you feel good
4. Know your numbers – At 50, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you are of African or Caribbean descent or have a family history of prostate cancer, you should be having this conversation at 45. Know your numbers, know your risk, talk to your doctor.
5. Know Thy Nuts – get to know what's normal and talk to a doctor if anything feels unusual.

Connect with the Movember Foundation on [Instagram](#), [Facebook](#), and [Twitter](#).

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About the Movember Foundation

The Movember Foundation is the leading charity dedicated to changing the face of men's health around the world. With a singular goal to stop men dying too young, the foundation supports the following causes: prostate cancer, testicular cancer, mental health and suicide prevention. Since 2003, the support of more than 5 million participants has funded over 1,200 innovative projects across more than 20 countries. To donate or learn more, please visit movember.com