



take5 look good, feel great



Eyre Biobotanics Enzyme Facial Cleanser, £14, mankind.com, cleanses and exfoliates to leave skin clear and refreshed.

TRIED & TESTED
Gradual tanners

Malibu Tropical Skin Gradual Tanner £4.99
3/5
Realistic results

Vanti-T Bronzing Custard Gradual Tanner £10.50
5/5
Gorgeous smell, even colour

Marks & Spencer Sun Formula Holiday Tan Top-Up £5
3/5
Gives good, natural cover

BeautyLab peptide Tanning £17 beautylab.co.uk
4/5
No streaks

Joico Skin Luxe Golden Shimmer £12.95
5/5
Luxurious feel, natural glow

Is he MAN enough?

Why conquering a fear of the doctor could help save your man's life

A third of men never go to their GP for any illness, according to a study by the Everyman cancer campaign. A further 28% say they don't have time to see a doctor when they know they should. The new research marks this July's 12th annual Everyman Male Cancer Awareness Month. The X Factor presenter Dermot O'Leary is patron of the charity and is supporting this year's campaign encouraging men to prioritise their health. Having had personal experience of a loved one who has suffered from cancer I am proud to be a patron of the charity Everyman," he says. There are 34,000 new cases of prostate cancer every year and the figure is rising. It is a cancer that mainly affects the over-50s. Symptoms include having to rush to the toilet to pass urine or

needing to go more often, blood in urine or semen, and stiffness or pain in the back, hips or pelvis. Testicular cancer is the most common cancer among men aged 15 to 44 - but with treatment the overall cure rate is 95%. Men should visit their GP if they find a lump or either testicle gets bigger, if they have a feeling of heaviness in the area or a dull ache in the abdomen or groin. And it's not just doctor check-ups men need to get on top. Only 36% of men under 35 have annual eye tests, according to Specsavers, yet eye tests can also detect conditions including brain abscesses, spinal tumours, glaucoma and diabetes. It's also important to go to the dentist regularly, especially as a new study published in the Journal of Sexual Medicine found a link between erectile dysfunction and gum disease.



AWARD-WINNING COLUMNIST

'It felt like a hard-boiled egg'

Russell Cox, 26, a sales executive from Staffordshire, was diagnosed with testicular cancer in June 2007. In May 2007, two days into a holiday in Kenya with my girlfriend of two years, Rachel, 29, I noticed something didn't feel right with my right testicle. It's hard to explain but it felt like a hard-boiled egg. Obviously I was worried, so I called my mum in the UK. She thought it might be a cyst and told me not to worry but to get it checked out when we got home. There was nothing we could do so we carried on enjoying our holiday. One night, watching the animals as the sun was setting, I felt the perfect romantic setting so I asked Rachel to marry me. We had a fantastic trip but as soon as we got home I made an emergency appointment with the GP who referred me to hospital for an ultrasound scan. When the consultant told me I had cancer I was shocked. The first thing that went through my mind was, 'how long have I got left?' Then I started worrying about how Rachel and my parents were going to cope. I had more tests and found out it was the less aggressive form of cancer - but within a week I was having my testicle removed and a prosthetic implant fitted. We called it 'Stephen' for a laugh. There were lots of hospital follow-ups for tests and a day of chemotherapy. Thankfully the cancer hadn't spread. I was worried my fertility might be affected - but luckily everything is in working order. Now I see my doctor every four months for a blood test and have a CT scan every six months. I know lots of men put off going to the doctor for problems down there but I would urge them to get checked out straight away. That one moment of embarrassment could save your life. Rachel was an absolute rock and I couldn't have got through it without her. Marrying her on Valentine's Day this year was the happiest day of my life. I feel so lucky to be alive, so during the wedding I kept taking a moment to stand back and think 'wow'.



RACHEL SAYS:
When Russell first discovered something wrong with his testicle I assumed it wouldn't be serious, so when he was diagnosed with cancer it was a massive shock. We should have been excitedly planning our wedding but instead we were at the hospital day after day. Getting married was really emotional. If Russell hadn't caught the cancer in time, it could have been a funeral instead.

For more information on male cancer visit everyman-campaign.org

Get groomed Products to help men look and feel great

Elomis Shave & Protect Collection, £25 from Debenhams and John Lewis, contains travel-size versions of the Foaming Shave Gel, Cleanse Facial Wash, Moisture Boost and Energising Skin Scrub.

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Tigi B For Men Charge-Up Thickening Shampoo, £6.50 from salons (0844 844 0945), hydrates and thickens hair if your tello is worried about looking thin on top.

Bulldog Natural Skincare For Men is a great range including everything from face scrub to shower gel and sensitive post-shave balm. Prices start from £2.99 and the range is available in Sainsbury's, Waitrose, Superdrug, Debenhams, Whole Foods and Planet Organic.

GivENCHY's new fragrance Pi Neo, £24.47 for 30ml from The Perfume Shop and available at fragrance counters from July 10, is a cool and fresh scent with top notes of mandarin oranges and woody notes of cedar.