



The Road to Well-Being: Movember Raises Awareness

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In 2003, two friends in Melbourne, Australia were enjoying a casual outing. Over a couple of cold beers they chatted about the moustache and how it had nearly vanished from fashion trends. The friends created a challenge with 30 mates to revive the trend.

The gang and its new look stirred attention and conversation. They leveraged this newly found energy and **Movember** was born.

A year later, the **Movember Foundation** was registered as a charity committed to raising men's health awareness. The team of 30 moustache-growing mates ("Mo Bros") and supportive female counterparts ("Mo Sistas") had grown to almost 500. Tens of thousands of dollars had been donated and used to fund men's health projects, including the Prostate Cancer Foundation of Australia (PCFA). Movember's first contribution to PCFA was the largest single donation ever received by the organization.

Movember strives to start conversations about men's health all over the world; not just during the month of November, but all year long. It's creating positive change and education around the biggest health issues faced by men, which include prostate cancer, testicular cancer and poor mental health.

- On average men die six years earlier than women.
- Poor mental health affects men more than women and three quarters of suicides are by men.
- Prostate cancer is the second most common cancer in men worldwide and the number of cases is expected to grow to almost 2 million cases by 2030.

Movember's growth is staggering. 2014 statistics show that since its inception in 2003, the organization has:

- Officially launched in over 20 countries.
- Raised over AU\$685 million.
- Funded over 800 men's health projects.

Beckman Coulter Joins the Cause

We are proud to share that Beckman Coulter associates across Australia and New Zealand, plus Chaska, Minnesota, participated in their sites' Movember campaigns last month. With focus on good-humored fun and involvement, Beckman Coulter Mo Bros and Mo Sistas came together to learn about men's health issues and share personal experiences.

The [Beckman Coulter Foundation](#), as a part of their OUS expansion efforts, matched associates' Movember contributions (US\$):

- Australia and New Zealand (75 Bros and Sistas): \$7,500 associate donations plus \$5,000 from the BC Foundation
- Chaska (14 Bros and Sistas): \$530 associate donations plus \$430 from the BC Foundation

Special "thanks" to Geoffrey Burge, Jay Dickman and Martin Veringa for coordinating the campaign in Australia and New Zealand, and to Christen Schultz and Jason Day for volunteering their time for the Chaska campaign.

Be Aware

The Movember Foundation encourages men to take charge of their health and overall well-being and suggests:

- Stay connected with friends and family.
- Stay active and keep moving.
- Recognize the impact of significant life events. Talking about it will help you cope with change.
- Know your family history. Learn about your relatives and your risk for certain illnesses.
- Don't ignore signs from your body. Early detection is critical. If something doesn't feel right, get it checked before it's too late.

Visit the [Movember Foundation's website](#) for information about the organization and their events, men's health, as well as interesting and amusing moustache facts, grooming tips and more!

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