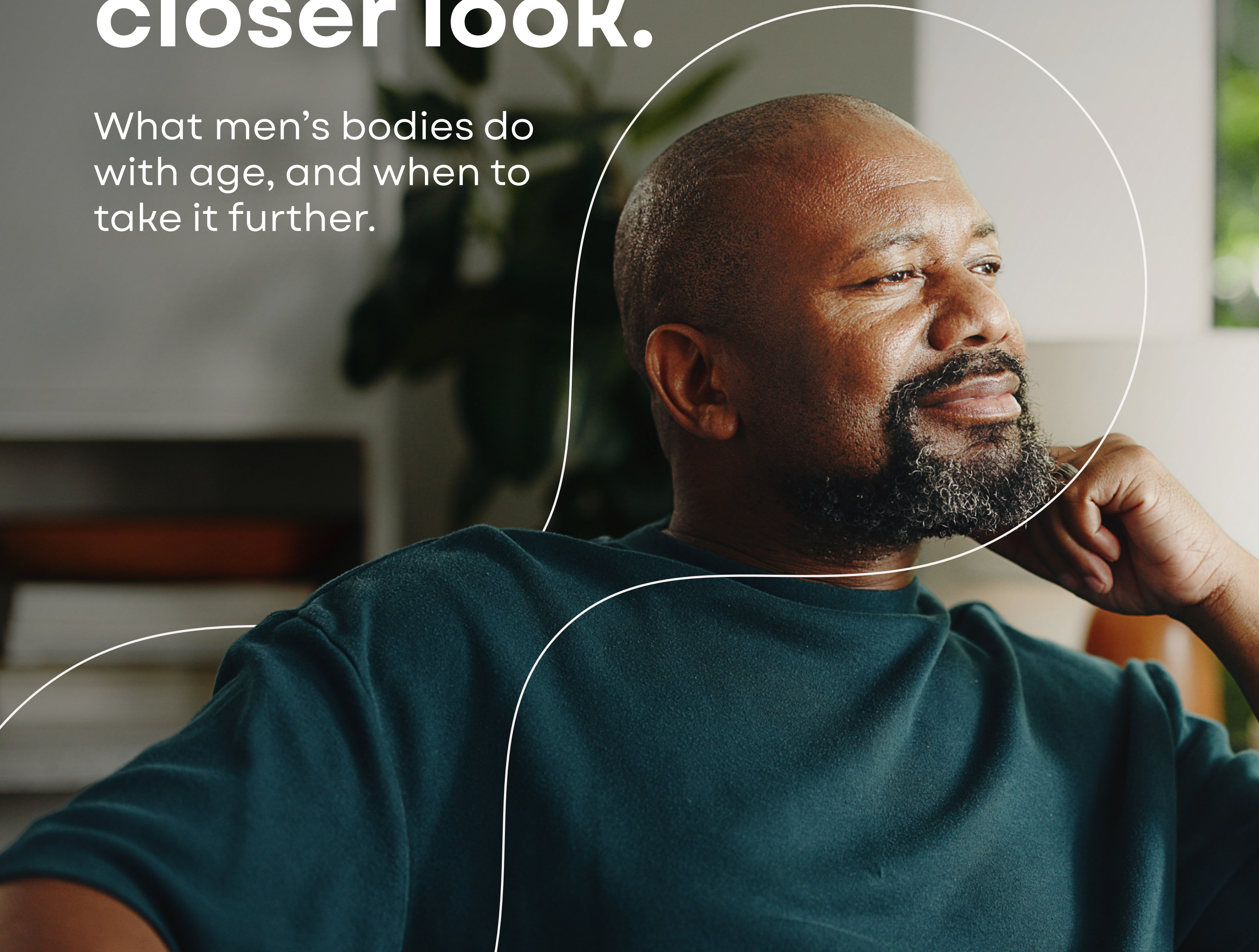
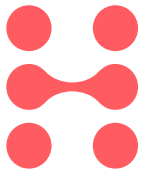


Some changes after 40 are normal. Some are worth a closer look.

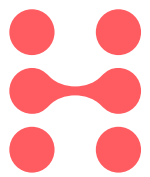
What men's bodies do with age, and when to take it further.





Lower energy isn't always just life getting busier.

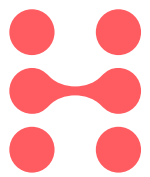
From around 40, testosterone levels start to drop more noticeably. Sleep, recovery, and mood can change too. It's a common part of getting older, and there are simple ways to manage it.



Some things are easier to sort early than late.

Going to the loo more often, especially at night. A weaker stream. Discomfort that doesn't quite settle. These changes are common after 40 and usually treatable. The sooner you raise them, the simpler the answer tends to be.

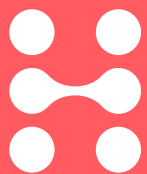




If something feels off, that's reason enough.

Persistent fatigue. Changes that don't settle.
Pain or lumps you keep noticing. None of it has to
mean the worst, and most of it has a clear answer
once you ask.

**Earlier conversations almost always mean
simpler answers.**



Don't go it alone.

Contact **HealthHero** today for more support and advice.

We're with you every step of the way.