

# Press Release.

## New Report Identifies Major Opportunity for UK Pharmacies to Advance Men's Health.

**UK, 15 June 2026 – Opella.** While nine out of ten men surveyed (92%<sup>1</sup>) use their local pharmacy, almost three-quarters (74%<sup>2</sup>) of them leave without ever discussing their health with a pharmacist, a new report has revealed.

This disconnect highlights a significant opportunity to catch illnesses earlier and alleviate pressure on the NHS.

The report, "An Unfilled Prescription," published by the Men's Health Forum and supported by global consumer health leader Opella, highlights a critical opportunity to convert men's regular presence in pharmacies into greater engagement with preventative health services.

With UK men's life expectancy four years shorter than women's, and over a third dying before their 75th birthday, the findings underline the valuable role the pharmacy sector can play as part of a wider effort to improve men's health.

The research identified the main barriers preventing men from living healthier lives, which, according to the men surveyed, include:

- Discomfort discussing health issues in a public retail space (22%<sup>3</sup>).
- A perception that seeking help is a sign of weakness (33%).
- A common tendency to delay seeking medical advice (36%).

This silence, however, can have serious consequences. Over half of the men surveyed (57%<sup>4</sup>) reported that failing to seek advice led to negative impacts on their lives, including missed work (15%) and strained personal relationships (12%).

### **Jim Pollard, Men's Health Forum.**

"With the UK Government rightly hoping to leverage pharmacies to relieve pressure on the NHS, this report is a clear call to action.

We are committed to ensuring all men can live healthier, longer lives, and the key message for men is that pharmacy is for you. It is a far better source of health advice and information than, for example, AI, which simply cannot be recommended. By addressing the specific barriers preventing men from seeking advice, we can unlock the potential of pharmacies to become the front door to the health system for them."

In response to the findings, the Men's Health Forum has developed a practical five-step plan to help pharmacies better engage men and transform their stores into trusted health hubs.

The plan was developed with feedback from pharmacists, nearly all of whom reported facing barriers to engaging male customers.

The report calls on pharmacies to:

### **1. Create a Welcoming Space.**

Designate a clearly advertised private consulting room to ensure confidentiality.

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<sup>1</sup> All 'Yes' options combined when asked "Do you ever use your local pharmacy? (Select all that apply)"

<sup>2</sup> Inverse of those who selected 'Speak to a pharmacist when I have a question or concern.' when asked "What kinds of things do you currently do to look after yourself? (Select all that apply)"

<sup>3</sup> Those who don't use the pharmacy to get help or advice when they have a healthcare concern

<sup>4</sup> All 'Yes' options combined when asked "In the past, have you experienced negative consequences as a result of not seeking advice or practicing self-care for a health concern? (Select all that apply)"

## 2. Appoint a Champion.

Nominate a 'Men's Health Champion' trained in discussing men's health issues.

## 3. Offer Dedicated Services.

Introduce dedicated services like 'men's health MOTs' and other tailored check-ups.

## 4. Improve Access & Guarantee Privacy.

Review opening hours and implement online booking systems to offer flexibility and discretion.

## 5. Engage the Community Proactively.

Actively reach out to men in the local community rather than waiting for them to ask for help.

### **Nick Linton, UK Country Head, Opella.**

"Community pharmacies are the frontline of our health service, and we are committed to supporting them. We welcome these recommendations, which provide clear, actionable guidance. Ensuring pharmacy meets its full potential will require a collaborative effort across government, regulators, and companies like Opella, and we are ready to play our part."

The report found that men are willing to engage if the environment is right. Around a quarter of men surveyed said they would be more likely to talk to a pharmacist if they knew the conversation was private (24%) and that they could be referred to the NHS if needed (26%).

### **Jim Pollard at Men's Health Forum, conclude:**

"It is vital that we get this right. We stand ready to work with pharmacies to make sure this opportunity isn't missed."

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### **About Opella.**

Opella is the self-care challenger with the purest and third-largest portfolio in the Over-The-Counter (OTC) & Vitamins, Minerals & Supplements (VMS) market globally. Our mission is to bring health in people's hands by making self-care as simple as it should be. For half a billion consumers worldwide – and counting. At the core of this mission is our 100 loved brands, our 11,000-strong global team, our 13 best-in-class manufacturing sites and 4 specialized science and innovation development centers. Headquartered in France, Opella is the proud maker of many of the world's most loved brands, including Allegra, Buscopan, Doliprane, Dulcolax, Enterogermina, Essentiale and Mucosolvan. B Corp certified globally, we are active players in the journey towards healthier people and planet.

Find out more about our mission at [www.opella.com](http://www.opella.com).

### **About Men's Health Forum.**

The Men's Health Forum's mission is to improve the health of men and boys in England, Wales and Scotland. To this end, we carry out research, raise awareness, work to change health policy, share and encourage the latest good practice, work with other charities and provide health information and advice to men through our website, training, Men's Health Week and our Man Manuals.

Find out more at <https://www.menshealthforum.org.uk>.

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### **Methodology:**

The research was conducted by Censuswide, among a sample of 1675 respondents aged 18-65. The data was collected between 24.10.2025 - 27.10.2025. Censuswide abides by and employs members of the Market Research Society and follows the MRS code of conduct and ESOMAR principles. Censuswide is also a member of the British Polling Council.