

June is Men's Health Month



Take Charge of Your Health, Gents!

Whether you're a dad, brother, uncle or son, your health matters. Too many men delay check-ups or ignore warning signs. Let's change that this month!

What are the big health issues facing Men?

- **Heart disease & high blood pressure (Hypertension):** These are silent killers. Many men live with dangerously high blood pressure without knowing it. Get your blood pressure measured!
- **Diabetes:** Rates are rising, especially with poor diets and lack of exercise. Early detection can prevent serious complications. A blood glucose test is simple and quick to do.
- **Prostate & Testicular Cancer:** Prostate cancer is one of the most common cancers in South Africa. Screenings from age 50 (or earlier with a family history) are important. Younger men (15–35) should do regular self-checks for testicular lumps.
- **Mental Health:** Depression, anxiety, and suicide affect men at high rates, especially because many feel pressure to "tough it out." Talking helps. Seeking support shows you're strong, not weak.
- **HIV & TB:** Men are less likely than women to get tested or stay on treatment. Know your status and take your medication if you're living with HIV or TB.

Step up with these health habits!



Go for annual health checks: Visit your GP or local clinic. Screen for blood pressure, cholesterol, glucose, and HIV.



Get moving: Aim for 30 minutes of walking, jogging, cycling, or any activity you enjoy.



Eat better: Cut back on processed foods and sugar. Fill your plate with colourful vegetables, lean meats, and whole grains.



Quit smoking & cut down on alcohol: These increase your risk of cancer, liver disease, and heart issues.



Manage your stress: Find what brings you peace, it can be prayer, a braai with friends, exercise, or talking to someone, find what keeps you mentally strong.

Your health doesn't just affect you – it impacts your family, your work, and your future. Be the man who leads by example!