



June is Men's Health Month

June is Men's Health Month in South Africa, an important time to draw attention to men's health and how to make small changes to live a healthier lifestyle.

Everyday health tips men should know

Sleep well

Adults need between 7-9 hours of sleep. Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity and depression.

Tame your stress

The best ways to manage stress in hard times are through self-care. Avoid drugs and alcohol. Stay active and most of all make sure you take care of yourself. If you need help managing stress, talk to one of our mental health professionals (014 590 1700 or 080 000 6942).

Move more

Adults need at least 2½ hours of moderate-intensity aerobic activity every week. Spread your jogging or gym activity out during the week, breaking it into smaller amounts of time rather than doing it all in one day.

Toss out tobacco

It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking related illnesses.



Drink water

Getting enough water every day is important for your health. Water helps keep your temperature normal, lubricates and cushions joints, protects your spinal cord and other sensitive tissues, and gets rid of wastes through urination, perspiration and bowel movements. It also helps control calories.



Eat to thrive

Getting enough nutrition is crucial. Focus on nutrients rather than calories. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases.



Enjoy yourself

Participate in fun activities you enjoy every day, like hiking, biking, sports, relaxing, listening to music, and seeing friends and family. Look forward to each and every day!



Stay on top of your game

See your doctor or nurse for checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem. Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination.

Here are crucial health check-ups that all men should consider:

Comprehensive Physical Examination

A comprehensive physical examination is the cornerstone of preventive healthcare. During this check-up, your doctor will assess various aspects of your health, including blood pressure, cholesterol levels, body mass index (BMI), and overall organ function. These tests help identify potential risk factors for serious health conditions such as heart disease, diabetes, and cancer. Regular check-ups allow for early detection and treatment, significantly improving outcomes.





Prostate Cancer Screening

Prostate cancer is the most common cancer among South African men. Starting at the age of 40, or earlier if you have a family history, regular prostate-specific antigen (PSA) blood tests and digital rectal examinations (DRE) should be part of your healthcare routine. Early detection of prostate cancer greatly increases the chances of successful treatment and survival.

Colorectal Cancer Screening

Colorectal cancer is another significant health concern for men. Regular blood tests and digital rectal examinations (DRE) should be part of your healthcare routine. A colonoscopy, may be recommended every 10 years starting at the age of 45, allows for the detection and removal of polyps before they become cancerous. If you have a family history of colorectal cancer or other risk factors, your doctor may recommend earlier or more frequent screenings.

Cardiovascular Health Assessment

Heart disease remains a leading cause of death among men. A comprehensive cardiovascular health assessment can identify risk factors such as high blood pressure, high cholesterol, and diabetes. Your doctor may recommend an electrocardiogram (ECG), stress test, or other diagnostic tests to evaluate your heart health. Lifestyle modifications and early intervention can significantly reduce the risk of heart disease and its complications.



Content source:

Spice for Life

(<https://spice4life.co.za/lifestyle/healthy-living/essential-health-check-ups-for-men>)

Centers for Disease Control and Prevention

(<https://www.cdc.gov/>)



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