

Platinum Health Page



Say **NO** to violence and abuse against Women and Children

There are many types of abuse: physical, sexual, emotional, and even economic or financial abuse. If you suspect that someone you know is being abused, speak up!

To find out more about these types of abuse and who you can call for help,

[Click here](#)



MEN'S HEALTH

What is the number one cancer affecting men in South Africa?

[Click here](#)

To find out

Protect yourself from

MALARIA

If you plan on travelling over the coming months, take a moment to identify malaria-risk areas and speak to a Platinum Health doctor or pharmacist at least a week before your trip to see which chemoprophylactic treatment is appropriate for you.

[Click here](#)

to view malaria-risk areas and what you can do to protect yourself from malaria



CHRONIC MEDICATION

Did you know that moisture, heat, and direct sunlight can damage your medicine and make it unsuitable or affect the efficacy of the products?

To find out how you can keep medicine safe at home,

[Click here](#)



Are you struggling to cope with

TRAUMA

When someone is exposed to trauma it is normal to have strong reactions following a distressing or frightening event, but these should begin to reduce after a few weeks. You can practice self-care through your healing journey by regularly taking action to do things that feel good and loving for yourself.

For ideas on how to practice self-care,

[Click here](#)



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