

MOVEMBER some health tips for Men - 2019

Many men love the saying, “if it’s not broken why fix it!” The reality is men skip the doctor until they become sick or are faced with a serious health problem. Most men will postpone seeking care for a few days to see whether they feel any better.

But there are steps the men in your life can take today to improve their vitality and help prevent health problems down the road. Of course, there are some things that can't be changed, such as family history and age, but every day choices can have a big impact on their current and future health.

1. Get routine health check-ups, screenings and (don't forget) dental exams. Make sure to talk with your health care provider about your family medical history and ask which screenings you might need. For example:
 - Body mass index (BMI)
 - Cholesterol
 - Blood pressure
 - Certain cancers depending on risk factors, including your age and family history (e.g., lung, colorectal, prostate, skin)
 - Diabetes/blood glucose (sugar) level
 - Depression (Did you know men are four times more likely to commit suicide than women, which is thought to be due to under-diagnosed depression?)
 - Sexually transmitted diseases
2. Eat a healthy, well-balanced diet. Eating a balanced diet can help improve your health, prevent heart disease, diabetes and certain cancers.
3. Get moving. Try to get 30 minutes of moderate physical activity on most days of the week. Taking your dog for a walk, jogging, swimming and mowing the lawn all count.
4. Lose the gut for good. Maintain a healthy weight. Excess weight, especially around the waist, can be hard on your body. Carrying too much body fat forces your heart to work harder and increases your chances of heart disease and stroke, even if you have no other risk factors.
5. Drink alcohol in moderation. If you drink alcohol, limit your consumption to no more than two drinks per day.
6. Don't use tobacco. Tobacco smoke contains more than 4,000 chemicals and is a known cause of cancer. Smoking also increases the likelihood of high blood pressure, heart disease, lung problems and other health problems.
7. Practice safe sex.
8. Buckle up every time. Always wear a seat belt when you're in a motor vehicle to prevent death or serious injury in an accident. Obey all rules of the road. Don't be a distracted or aggressive driver.
9. Take care when moving heavy objects. Use your knees and legs and not your back for leverage.
10. Wear a helmet when you ride a bike and wear a reflective jacket if you go for a run after dark.
11. When braaing, never leave the braai unattended, especially when small children and pets are around, and keep a fire extinguisher handy.

12. To protect your skin, avoid prolonged exposure to the sun and apply (and reapply) sunscreen with an SPF of 15 or greater that provides protection against UVA and UVB rays.
13. Learn to manage stress. Over time, stress can take a toll on your emotional and physical health. Notice early warning signs of stress, such as irritability, tension in your shoulders and neck, grinding your teeth or clenching your hands into fists, and find healthy ways to de-stress (for example, exercise, meditation, massage).

If concerned, always contact your GP or clinic.

Take care of yourself.