



OUR FATHERS, UNCLES, BROTHERS, MALE PARTNERS AND FRIENDS ALL NEED OUR CARE

Men are facing a health crisis. They are dying too young, yet it's rarely talked about. We can't afford to stay silent.

By now you might have heard of **November**. This is the month of November where men grow out their moustaches and/or beards for the entire month to raise awareness around men's health issues, particularly prostate cancer; testicular cancer; mental health etc.



- Men cry*
- Men break down*
- Men die of suicide*
- Men struggle with eating disorders*
- Men suffer from mental illness*
- Men die from cancer*
- Men experience ridicule for showing emotion*
- Men neglect their health*
- Men feel shame when they are not strong*
- Men think it is tough to ignore physical symptoms of illness*
- Men are expected to be strong, fearless and manly; but when they are, they are accused of hiding their feelings*

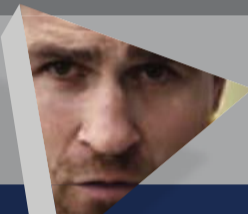
(*Inspired by Hettie Gladwell)

Where does all this suffering come from? In various ways we all may be guilty of perpetuating this male experience through our unexamined cultural beliefs and habitual ways of treating men.

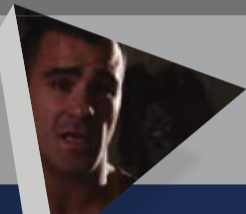
This **November**, we are challenged to self-reflect, change our ways and support all men, especially those we love. Your action could save a life. Your care could enrich the lives of all the men around you.

Follow the links below to watch some profound videos in which men and women share their stories of why **November** is important to them personally, and why we all need to open our eyes and ears to the challenges men are experiencing. Each one has an inspiring, enabling or informative message.

Make yourself a cup of coffee, get comfortable and watch these videos. You are likely to experience a mixture of emotions, from being enlivened, inspired, relieved, encouraged, enabled and grateful to self-compassion, and more.



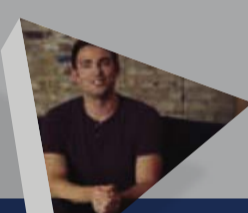
The stats are staggering – how many men will die in the 80 minutes of the World Cup final?



Hey bro, we need to learn to speak out – don't let men suffer in silence



My father, a doctor, did not know how to look after his own health



My Facebook page was not the truth!



And another one

Have all these stories caught your attention? We hope so.

The next question is, what action can be taken?

We all need to become aware of what men need to be concerned about regarding their health. This can assist in ensuring a long and healthy life.

Of course, action needs to be taken, based on this knowledge.

HERE'S A WAKE-UP CALL!

1. MENTAL AND EMOTIONAL ALERT



In South Africa, 75% of suicides are committed by men.

Men feel they have to put on a brave face and may not like to seek help. Whether it's talking to your doctor about a lump, or asking a friend to listen when you're distressed, talking can be lifesaving.

2. PHYSICAL WELLBEING ALERT

A hospital doctor, saddened by the preventable deaths he was seeing, said that men will usually wait until they're almost at death's door before they make an appointment with their doctor. They often leave nagging aches and pains, or signs that something is medically wrong with them for too long before seeking help. As a result, diseases which can be treated swiftly and successfully at their earlier stages – including prostate and testicular cancer – become much more dangerous for men.

So, it is quite clear that regular check-ups are vitally important, but these are only part of ensuring genuine wellbeing. A full life is one where all emotions are respected, where happy, excited, grateful, loving emotions are expressed into the world for all to enjoy. A full life is also one where sad, fearful, depressed and angry emotions can be recognised simply as an indicator that help is needed. With this recognition, and with some assistance, these emotions can be turned back into something positive. Of course, it may take time and effort.



Men's lives matter. Reach out, care and don't let them continue to suffer under gender stereotypes.

Resource: JALLOAH, MR et al. 26 June 2020. Men's Health-Related Magazines: A Retrospective Study of What They Recommend and the Evidence Addressing Their Recommendations. *American Journal of Men's Health*. 14(3).

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Let us stay mindful of caring for one another and ourselves

