



PHYSICAL HEALTH- RAISING AWARENESS FOR MENS HEALTH



MOVEMBER MATTERS: RAISING AWARENESS FOR MEN'S HEALTH

- **Early detection of prostate cancer is crucial:** to trusted loved ones or a crisis counsellor.
- **Symptoms and screenings:** Be aware of potential symptoms such as difficulty urinating, frequent nighttime urination and blood in urine.
- **Prostrate cancer in South Africa:** Prostrate cancer is particularly aggressive in men of African ancestry. Late diagnoses are common in South Africa, especially in rural areas.
- **Open conversations:** Break the silence about men's health and encourage open discussions about health concerns.
- **Take action:** Prioritize men's health by getting regular screenings and maintaining a healthy lifestyle.



**For confidential assistance on physical health matters, contact your
EMPLOYEE WELLNESS PROGRAMME
on toll-free 0800 004 770
or SMS your name to 31581**