




Why do some men hurt others?

Research across the world shows that if a boy is a bully he can grow up to be an abuser as he has become used to using his power to get what he wants. Research also shows that one man out of six will rape and the other five do not. Men can choose not to be violent. This will be difficult if the only role model a boy has is a violent father and a community that uses violence instead of talking to settle issues. But a man can choose other ways instead of hitting and shooting. He also needs to know how alcohol and drugs can influence him to forget the controls he has in his life. A man can decide to speak to someone he trusts to help him with these issues.

Chronic diseases of lifestyle

Some chronic diseases are diabetes, asthma, high blood pressure, high cholesterol, cancer, heart disease, organ failure. These are diseases you get when your lifestyle starts making you sick. The trigger that usually starts these diseases is being overweight because you are eating fatty foods and drinking sugary drinks and not doing any physical activities. The first thing you must do is to have your goal weight worked out at the clinic and then to try to lose the extra weight.

A man should have the following health tests: a prostate exam every year over the age of 40 years; have a blood pressure and a diabetes (sugar) test every year. Have cholesterol and HIV tests too. Only take your own medication as prescribed by the health worker and do not use other people's medications.



The Ages of Man

One man in his time plays many parts



BETTER TOGETHER.

How does a man handle middle age?

A man knows he is growing older if he needs spectacles, puts on a little weight, loses his hair and may have problems with erections (impotent). Some men might have affairs to find out if they still have sex appeal or engage in other risky behaviours - all of which can have negative consequences such as divorce, sexually transmitted diseases and accidents. But a man can actually use this time to re-evaluate his life by choosing to make positive changes such as eating healthier food, finding out what his healthy weight should be, doing more physical activities and changing his mindset about becoming older and wiser. This evaluation can make some men depressed and it is then that he needs to speak to someone he trusts.



How to be healthy as you grow older?

Stop smoking immediately! Cut out fried food. A piece of red meat (beef, lamb) should be no bigger than your palm. Try to drink at least 8 glasses of water daily - add lemons or other fruit to change the taste instead of fizzy cold drinks. Eat much less salt. Have less sugar in your coffee and have fewer sweets. Eat 5 fruit and vegetables per day.

Do at least 30 minutes of physical activity every day eg sweep the yard, wash windows, go for a fast walk. Go to the clinic immediately if you find a lump or you are bleeding anywhere on your body.



The older wiser man

Men as they grow older might worry about getting sick so it is important to continue with health checks at the clinic. It is important to be mentally active by being involved with other people, read, chat to young people to find out what is cool. The older man has lived longer and can talk about the experiences and knowledge he has gained. Share stories of the past so youngsters can understand more about to-day. Worrying about finances is stressful so make sure your funeral policy is paid up. Do your will and keep it safe. It is important to be physically active too - walk around more and do gentle chair exercises. This will help with fitness, will maintain your balance and keep your bones strong.





The role of the young man

A young man can choose healthy habits early in his life like doing sport, eating nutritious food and not even starting with alcohol, smoking or drugs. Look around for a man whose habits you admire and have him as your mentor to help guide you to have respect for all ages and to help you decide right from wrong. Young men like to take risks as they think they will live for ever but there are consequences to driving fast, having sex without condoms and using drugs and alcohol. Each young man can choose not to be violent, not to join a gang, not to hurt women and children. Choose your friends who share your values such as being disciplined and working hard to achieve your dreams. A young man should know his body well and if there are any lumps in his private parts or in his breasts then he must go to the clinic immediately.



The role of fathers has changed over time

In some families the father is seen as the ATM providing food and shelter and has little contact with his children as he usually works and the mother looks after the home. In other families the father is tough, very strict and hands out discipline. In many families to-day the mother and father both work outside the house and they both provide for the family. They need to share roles of looking after the children and the home. They both need to be good role models and discipline needs to be kinder. The father's role is to protect and to care for his wife and children. He needs to be present and take an interest in his family instead of disappearing or becoming abusive.

The man's role in relationships

A man has different relationships with the people in his life. With his family he shows respect for the elderly and is a role model for the youngsters. As a student he has adopted the slogan "education is the key to a better future" and places his studies at the top of his agenda. When he is working then he also tries to understand things from the employer's perspective, he is punctual, works hard and looks for opportunities to improve himself. He should also try to be a sportsman throughout his life by being active, playing fair and also teaching. A man should treat the woman in his life with respect and keep her safe.



The role of men in women's health

A man can encourage his female partner to use contraceptives so that each baby is a planned baby. When their family is complete then the man can have a vasectomy (male sterilisation). He can also encourage his partner to go regularly for pap smear tests and breast examinations so that any cancer can be found and treated early. A man can reduce the chance of giving his wife cervical cancer by having a medical male circumcision. A man can encourage his wife to breastfeed. She can express milk into a cup and then the man can give it to his baby. He can also watch out for the sadness that some women experience after they have given birth and take her to the clinic for help. If a couple cannot have a baby then both need to be tested and help can be given. When a man's wife goes through menopause then he needs to have even more understanding. Suggest that she visits the clinic or talks to someone she trusts to help her through this 'change of life'.

