Men can also have a voluntary medical male circumcision (VMMC) which means he has less risk of getting HIV, STIs and cancer of the penis. It also lowers the risk of his female partners developing cervical cancer.

How can a man try to be healthy?

He should know what his healthy weight should be and lose weight if he needs to. He should eat healthy food (more vegetables and fruit) and less fatty, oily food. He should drink more water and reduce the amount of salt and sugar. He should also aim to do at least 30 minutes of physical activity on most days of the week.
If he is overweight then he has more chance of getting diabetes, having high blood pressure and high cholesterol.

How can a man be a good role-model?

This is a choice that every boy and man must make. Choose to respect and protect the women and children around you. Most men choose not to be violent. Choose to talk instead of hitting.
A man can change if he wants to.

Can a man decide not to have any more children?

Yes, a man can have a male sterilisation (vasectomy) if his family is complete or if he does not want to father any more children. This is considered a permanent method of contraception.

What sort of health tests should a man have?

- A man should have his weight checked.
- Have a yearly prostate exam over the age of 40 years.
- Check blood pressure.
- Have an annual diabetes (sugar/glucose) test.
- Have regular cholesterol tests.
- Every year have an HIV test.
- Have regular checks of eyes, teeth, ears and feet.

Where can a man find more information?

- Your local clinic
- Cancer Association of SA:
  Toll free: 0800 22 66 22
- SA Federation for Mental Health: 011 781 1852
- Klinefelter's Syndrome: www.xxy47.co.za
- Dept of Social Development: 021 483 4115
- Desmond Tutu Foundation: 021 650 1966
- AIDS Help Line: 0800 012 322
- Men's Health Clinics
- Cape Mental Health: 021-447 9040
- SANCA: 021- 945 4080
- CT Drug Counselling Centre: 021-447 8026

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Men's Health

Prostate Cancer

Men over 40 should be very aware of going for regular testing of the prostate. Early diagnosis will lead to early treatment thus saving lives. If a man's father, uncles or older brothers have had prostate cancer then this man must go every year to have his prostate checked. These days a PSA Blood Test is done. If the PSA level is high then the man will be referred for further screening and treatment.

Factors that can increase your risk of developing prostate cancer:

- You are a man over 40 years
- Men in your family have had prostate cancer
- You eat too much red meat and dairy products
- You drink too much alcohol and/or you smoke
- You do not do any physical exercise
- You are over your healthy weight

Some of the symptoms which should see you rushing to the clinic are:

- Difficulty urinating
- Weak urine flow
- Finding it difficult to start or stop urine flow
- Having to go to the toilet often especially at night
- Blood in the urine/semen
- There is pain or a burning feeling when urinating
- Continuous back/hips/upper thigh pain.
- Difficulty in getting/maintaining an erection

Treatment

Treatment will depend on the type and stage of the cancer. Early diagnosis and treatment can mean that the man can be cured.

Testicular Cancer

Men between the ages of 15 and 49 are mostly at risk of developing testicular cancer.

Risk factors

- Having had undescended testicles.
- Childhood conditions eg hernias, infection of testicles caused by mumps.
- Abnormalities from birth
- A family history of cancer
- HIV infection

When should you see a health worker as other conditions can also cause similar symptoms?

When there is a painless swelling or lump in a testicle. A feeling of heaviness in a testicle. An ache in the lower stomach, back or groin. When you notice any of the above risk factors.

All men are encouraged once a month to feel for lumps and to notice if there are any changes such as swelling from the previous month. Such self-examination means that if you suspect something is wrong then you will get help sooner and this will increase your chances of survival.

Can men get breast cancer?

Yes, a man has breasts so he can get breast cancer especially if there is a family history of breast cancer. It is important to look at your breasts every month and if you feel a lump or notice any changes then you must go to the clinic. Some of these changes are the nipples pulling inwards; there is a discharge; the skin looks different (dimples, puckering, redness); a lump gets bigger and is painful. Getting medical help early will mean that diagnosis and treatment can lead to better outcomes.

Can smoking cigarettes give you cancer?

Yes, all forms of tobacco use can cause cancer of the lungs, mouth, tongue, lips etc. It is better not to smoke anything.

Can alcohol cause cancer?

Yes, having too much alcohol can cause cancer of the mouth, liver, kidneys and other organs. It is better not to drink any alcohol but if you choose to drink then do so in a way that you do not harm yourself or others.

Cowboys don't cry or should they?

Men have feelings and many can also feel sad. A man may become so depressed that it affects his normal activities and then he needs to seek professional advice. Talk to someone you trust.

Can men get skin cancer?

Men of all population groups can get skin cancer. That is why it is recommended that a hat or cap is worn when in the sun. Use a sunscreen as well.

How can a man protect himself from STIs and HIV?

He can use a condom correctly each and every time he has sex. Condoms can reduce the chance of getting sexually transmitted diseases such as HIV and can also prevent an unwanted pregnancy.