



The Silent Pandemic

Men's Mental Health

Men's Health Month takes place in **June**. This global initiative focuses on breaking the silence around male-specific conditions, mental wellness, and preventable diseases. It acts as a crucial reminder to end the stigma of asking for help and to prioritize regular medical screenings.

Core Focus Areas

In South Africa, the campaign emphasizes the distinctive health challenges facing men, including:

- **Prostate and Testicular Cancers:** Routine screenings and early detection can dramatically improve treatment outcomes.
- **Cardiovascular Disease & Diabetes:** Men are highly susceptible to non-communicable diseases (NCDs) often driven by lifestyle factors.
- **Mental Health:** Despite suffering from high stress, anxiety, and depression, men often delay seeking help. Addressing these issues requires ending the macho stigma that discourages emotional vulnerability.
- **Infectious Diseases:** Heightened awareness around HIV/AIDS and tuberculosis (TB), which disproportionately affect men who delay or avoid testing

Taking Action: Numbers to Know

- Proactive health starts with understanding key numbers and making simple lifestyle adjustments:
 - **Waist size:** A waistline over (94 cm) (or (37 inches)) indicates a highly increased risk of heart disease and diabetes.
 - **Exercise:** Aim for at least (150 minutes) of moderate physical activity per week (e.g., brisk walking, running, or sport).
 - **Screenings:** Do not wait for a crisis. Schedule routine blood pressure, cholesterol, prostate (PSA), and blood sugar checks with your primary doctor



National Health Hotline:

24/7 – 5 languages

Free call: 0800 029 999

Email: healthhotline@health.gov.za

WhatsApp: 0600 123 456

**Ask your Occupational Medical Practitioner or
Occupational Health Nurse during Clinic visits**