

Top **health threats** to men:

- Colon and rectal cancer;
- Heart disease;
- Prostate cancer;
- Accidents;
- Chronic lower respiratory disease;
- Stroke;
- Diabetes;
- Suicide;
- Dementia and Alzheimer's disease;
- Throat and lung cancer.

Knowing your **FAMILY HISTORY** is one of the most powerful tools to understanding your health. Your genes can influence your risk of developing some forms of cancer, diabetes, heart disease, stroke, and make you more susceptible to many mental health problems.

1 IN 6 SOUTH AFRICAN MEN WILL BE DIAGNOSED WITH CANCER DURING THEIR LIVES.

## STATS

**MEN** 57.7 **WOMEN** 61.4 **AVERAGE LIFE EXPECTANCY FOR SOUTH AFRICAN MEN IS ALMOST 4 YEARS LESS THAN WOMEN.**

If you experience a health issue, **take action**, as early diagnosis is often key to living a healthy life. Find some time and make an appointment with your doctor and don't be embarrassed to discuss your concerns.



Keep track of your **health numbers**:

- Body Mass Index
- Waistline
- Blood pressure
- Healthy and unhealthy cholesterol levels
- Blood sugar levels



AROUND 40% OF MEN IN SOUTH AFRICA WERE REPORTED AS BEING OVERWEIGHT OR OBESE IN 2013.



PROSTATE CANCER IS THE MOST COMMON CANCER IN SOUTH AFRICAN MEN.

## STATS

WCMHS

# MEN'S HEALTH

**YOU HAVE TO**



**AVOIDING THE DOCTOR!**