



To your health

Description

In the last quarter of the year, we celebrate several international health awareness days. These remind us to take care of our health, it mobilises civil society and governments across the world to support and act in the interests of better health and wellbeing for all.

World Arthritis Day (12 October)

World Arthritis Day aims to raise awareness about arthritis and its impact on individuals. It aims to encourage early diagnosis and treatment to improve the quality of life for those affected by this condition. While many believe arthritis is a condition that affects only the elderly, there are more than 100 types of arthritis (inflammation of one or more joints, causing pain and stiffness) that affect people of varying ages.



Global Handwashing Day (15 October)

Global Handwashing Day emphasizes the importance of proper hand hygiene. Correct handwashing is crucial in preventing the spread of infectious diseases and maintaining overall health. During the festive season we might be out and about more. This exposes us to more people (which means more germs), so remember to spend a little more time washing your hands regularly and thoroughly to avoid picking up the latest flu or tummy bug doing the rounds.



National Stroke Week

(29 October)

National Stroke Week raises awareness about stroke prevention and treatment, and educates the public on stroke prevention, recognition and quick response, potentially saving lives and reducing disability. Be sure to read our article [Spot a stroke – act fast](#), as your speedy actions could potentially save a life.



Movember Men's Health (November)

The month of November is dedicated to men's health, and focuses on mental health, suicide prevention, prostate cancer and testicular cancer in particular. The Movember movement encourages men to grow a moustache to show their support and raise awareness for men's health. Be sure to read our article Give it a 'Mo'-ment to learn more about the most prevalent health issues men are likely to face.



**Disability Rights Awareness Month
(3 November – 3 December)**

Disability Rights Awareness Month (DRAM) allows society to reflect on how to advance the rights of people with disabilities by ensuring they are fully integrated into society, improving quality of life, removing barriers and driving government's equity, equality and empowerment agenda. Some initiatives that government has taken so far include equipping public spaces, recognising South African Sign Language (SASL) as the 12th official language, and creating economic opportunities for the disabled.



World Diabetes Day (14 November)

World Diabetes Day aims to raise awareness about diabetes and its management. According to the International Diabetes Foundation (IDF), 10,5% of the world's adult population (20-79 years) has diabetes, and almost half are unaware that they are living with the condition. By 2045, IDF projections show that 1 in 8 adults will be living with diabetes. Your risk of Type 2 diabetes can significantly reduce through a healthy lifestyle. Read our article, [Spotlight on diabetes](#), to learn more about the signs and symptoms of diabetes.



16 Days of Activism for No Violence Against Women and Children (25 Nov – 10 December)

The 16 Days of Activism campaign, running from 25 November to 10 December, is a global initiative to end violence against women and children. This year's banner slogan is, "UNITE! Invest to prevent violence against women and girls". The campaign calls on people worldwide to show how much they care about ending violence against women and girls by sharing the actions they are taking to create a world free from this type of violence. Read our article, Not on our watch, to learn more about gender-based violence (GBV).



World AIDS Day (1 December)

This day serves as an opportunity for people worldwide to unite in the fight against HIV, show support

for people living with HIV, and commemorate those who have died from AIDS-related illnesses. The concept of World AIDS Day was first proposed by two public information officers for the Global Programme on AIDS at the World Health Organization (WHO) in Geneva, Switzerland. They envisioned a day to bring attention to the AIDS epidemic and to promote awareness and education. Be sure to read our article, [A journey of hope](#), for more on the prevalence of HIV/AIDS in South Africa, the success of our Anti-retroviral Treatment (ART) campaign, and new developments in treatment protocols.



International Day of Persons with Disabilities (3 December)

This day promotes the rights and well-being of persons with disabilities. It encourages us to see the world from the perspective of those living with a disability, and to foster an inclusive society where everyone can thrive. Our article, [Seeing the ability](#), has more information on how to treat a colleague with a disability.



Category

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