



Movember was all about raising awareness

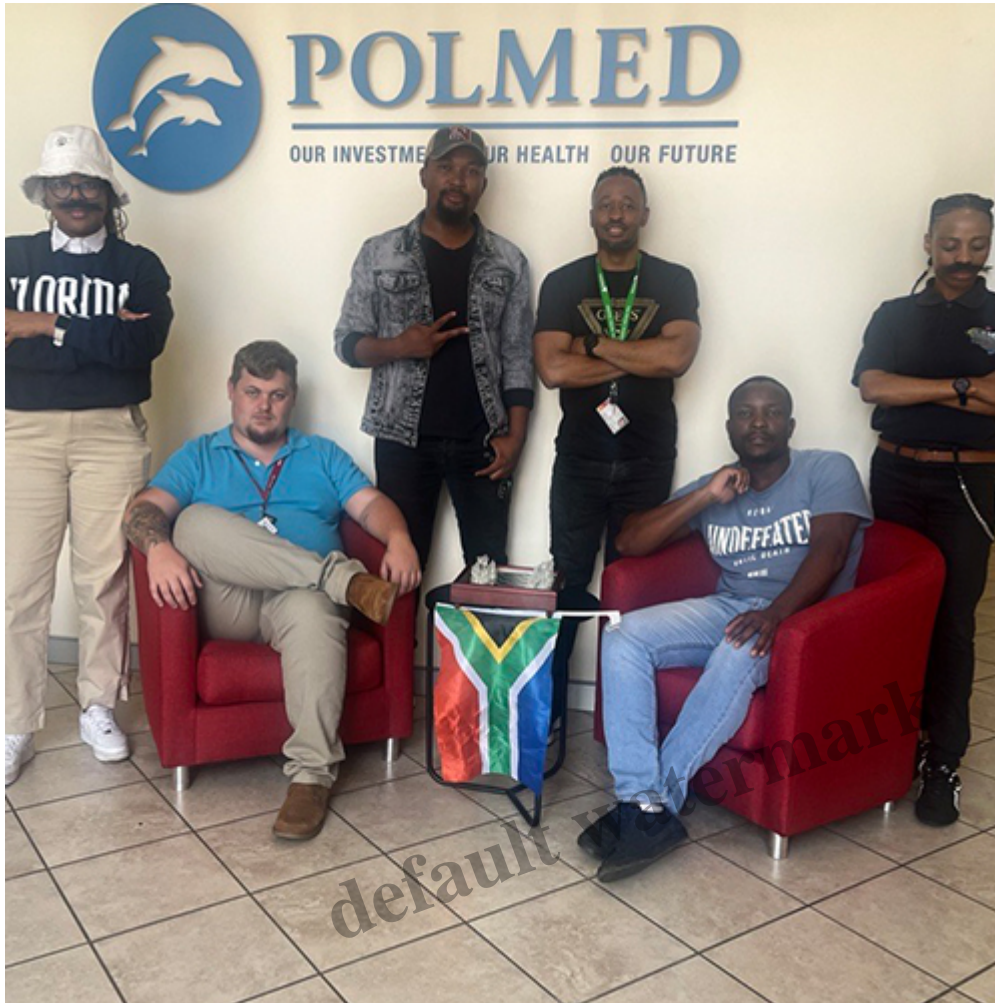
### **Description**

**We encouraged our male employees to grow moustaches in November to raise awareness about health issues that affect men, such as prostate and testicular cancer. Polmed was one division that really took the challenge to heart.**

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Every year on average more than 52 000 men are diagnosed with prostate cancer – that’s 144 men every day. Every 45 minutes one man dies from prostate cancer – that’s more than 12 000 men every year. One in eight men will be diagnosed with prostate cancer in their lifetime. That’s why it’s important for us to use the month of Movember to draw attention to these diseases.

Preventing testicular and prostate cancer involves adopting a proactive approach. While there is no fool proof method to completely eliminate the risk of these cancers, there are lifestyle choices and health practices that can significantly reduce the likelihood of developing them, or at least catching them early.

- Regular self-examinations are crucial for early detection of testicular cancer. Men should perform monthly self-checks to identify any abnormalities such as lumps, swelling, or changes in texture. Seeking medical attention if any irregularities are detected can lead to early diagnosis and better treatment outcomes.
- Maintaining a healthy diet rich in fruits, vegetables, and whole grains is essential for overall wellbeing and may contribute to a lower risk of prostate cancer. Antioxidant-rich foods, such as tomatoes and green tea, have been associated with potential protective effects against prostate cancer. Adequate hydration and limiting the consumption of red and processed meats are also

advisable.

- Engaging in regular physical activity is another key factor in cancer prevention. Exercise not only helps to maintain a healthy weight but also contributes to overall cardiovascular health, potentially reducing the risk of prostate cancer.
- Routine medical check-ups and screenings are vital for early detection of prostate cancer. Men should discuss the appropriate timing and necessity of screenings with their healthcare providers based on individual risk factors and age.

Making informed lifestyle choices empowers men to take control of their health and reduce the risk of these cancers.

### Category

1. Our Wellness

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