

## Movember: Changing the face of men's health

### Join the revolution! Join the Movember movement.

During the month of November, you may spot an increasing number of men growing out their facial hair and wonder about the aversion towards getting a regular shave.

Well, this month; commonly dubbed "Movember", and the grown-out beards or moustaches, is intended to spark conversation, raise awareness on men's health issues and where possible, raise funds to support the combating of these issues.

According to Men's Health Resource Centre five of the most significant health issues affecting men today include:

- Cardiovascular (heart) disease
- Prostate & Testicular cancer
- Mental Health (Suicide)
- Diabetes
- Sexual and reproductive health

**So, are you up for the challenge?** Grow your moustache and get family, friends and your community involved in conversations about men's health.



## Testicular Cancer



**What is it?** Cancer starts when cells change (mutate) and grow out of control. Testicular cancer is cancer that starts in the cells that make up the testicle. It is one of the most curable forms of cancer.

**Who is at risk?** The exact cause of someone's cancer may not be known. But risk factors can make it more likely for a person to have cancer. Some risk factors may not be in your control.

**The risk factors for testicular cancer include:**

- History of cancer in the other testicle
- Undescended testicle(s)
- A family history of testicular cancer
- HIV infection

**Symptoms include:**

- A lump on your testicle that may not hurt, but can be uncomfortable
- Swelling of a testicle
- A feeling of heaviness or aching in the scrotum or lower belly (abdomen)
- Swelling in your breasts (rare)
- Pain in your lower back, which can be a sign that the cancer has spread
- Shortness of breath, pain in the chest, or a cough, which can be signs that the cancer may have spread to your lungs

Many of these changes can be caused by other health problems. But it's important to see a healthcare provider if you have these symptoms. Be wise, stay in the know about testicular cancer.

## Heart Disease & High Blood Pressure



One in five men dies from heart disease before the age of 75. It claims more men's lives than any other disease. Heart disease runs in families, so you have a greater chance of developing it if your family has a history of the disease.

**Other risk factors include:**

- smoking
- an unhealthy diet with too much fat, particularly saturated fat

- lack of exercise
- being overweight
- excess stress

High blood pressure is a major risk. If your blood pressure has been high for a long time, you are more at risk of a heart attack or stroke. Practicing healthy habits such as regular exercise, eating healthy etc. can significantly lower your risk of developing or worsening high blood pressure and heart disease. Start taking care of your health today!

## Get Moving: Be the best version of yourself



**If you do not choose to make time for movement today then you will surely have no choice but to make time in the future, to reverse the effects of a sedentary lifestyle.**

Studies show that men continue to have higher rates of mortality and morbidity than their female counterparts. Movement can help cure, or better yet, prevent the high rates of obesity, type 2 diabetes and mortality in young men.

This can start by just adding a simple 30min walk to your daily routine and progress into including some form of resistance training as little as twice a week.

A diet that consists of whole and minimally processed foods should

also be prioritised. Such favourable lifestyle choices and behaviours are continuously being encouraged by physicians, health and wellness practitioners to change the state of men's health. So, get moving; a sedentary lifestyle is not friendly to good health for all, especially men.

Marlven Maparura is a fitness and lifestyle coach with a holistic approach to training. "Your fitness shouldn't be limited to just an hour a day. It should instead be a part of your lifestyle. Nutrition, sleep, stress management, building strength, improving flexibility, mobility and cardio should all be prioritized and I can help you do that."

**As an Alliance Health member, you get a 15% discount for your first month of training with Marlven or a free 1-week nutrition coaching trial.**

Want to know more, get in touch with Marlven Maparura on telephone +263773975423, mtmaparura@gmail.com



## Shortfall financing made easy?

**Need finance urgently to cover a shortfall?** If you have a shortfall on a procedure due to benefit exhaustion, providers charging more than your scheme pays and for procedures not covered on medical aid or health insurance you can apply for shortfall financing from Ashleen MicroFinance. For more information, contact [clientservices@healthzim.com](mailto:clientservices@healthzim.com)



## An outstanding start for Alliance Health Eagles

**The recently renamed Alliance Health Eagles thrashed reigning Logan Cup champions, Southern Rocks, within 3 days, as the 2021/22 cricket season took off to a flyer at Takashinga Cricket Club on Sunday 17 October.**

Alliance Health Eagles won by an innings and 56 runs. In the bowling department, Tanaka Chivanga was the top performer as he took a career best 6 wickets for 38 runs in 17 overs. On the batting front, Kudzai Maunze produced a magnificent innings as he scored a career best 183 runs which ensured that we had a strong grip on the match.

The lads looked like a very complete team, from the technical side and clothing (donning the kit proudly branded with the Alliance Health logo), making good on the expectations of them as a team representing your quality health insurance brand.

For their top performances, Kudzai Maunze and Tanaka Chivanga received accolades and cash prizes from Millicent Banda, the Alliance Health General Manager. What a great start to the season; we look forward to the Alliance Health Eagles continuing on that trajectory. Follow the Alliance Health Eagles on social media for constant updates as they play more Logan Cup games.



## Get in touch with us

There are several ways to get in touch with us without leaving the comfort of your home:

- Email: [clientservices@healthzim.com](mailto:clientservices@healthzim.com)
- 24 Hour call centre: 08677000716 / 08677020406
- WhatsApp 0772126120 / 0778244129
- Claims submission: [claimsteam@healthzim.com](mailto:claimsteam@healthzim.com)
- Payments can be made via direct transfer to ZWL or USD bank accounts

