JUNE · MEN'S HEALTH MONTH

MAN UP.
CHECK UP.
SPEAK UP.



1



CHECK UP

44% of South African men have high blood pressure.

2



PROSTATE

Prostate cancer can be silent. Ask about a PSA test from 45.

3



SPEAK UP

Struggling? SADAG: 0800 567 567, 24 hours.

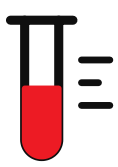
FIVE-MINUTE CHECKS



Blood pressure



HIV test



PSA test from 45



Quit smoking



Talk to someone

Ambulance from a landline **10177**

Emergency from a cellphone **112**

Care Net clinics are not emergency services. In an emergency, call these first.

To arrange a health check, speak to: _____

MEN'S HEALTH MONTH: JUNE.

CARE NET CONSULTANTS
Your Partner in Workplace Health

Sources: SADHS 2016; Global Adult Tobacco Survey SA 2021; CANSA; WHO alcohol fact sheet; HIV Code of Good Practice; SADAG; Western Cape Government emergency numbers.

General health information only, not medical advice. Speak to a healthcare professional about your own health.