



Men's health issues don't only affect men

Movember is responsible for the sprouting of moustaches on millions of men's faces around the world and in South Africa in November each year: raising funds and awareness for men's health issues, specifically prostate and testicular cancer. But men's health issues don't only affect men – we are all affected – each one of us has a father or brother or partner or friend whose life and health deeply impacts our own.

As we know, our men don't often talk about their health issues, and often we as women are the ones to recognise a problem.

Movember aims to open dialogues about men's health issues and to help men understand that testicular and prostate cancers do not have to be death sentences if they are caught early enough. Women have made great strides in raising awareness about breast cancer by using the pink ribbon, Movember uses the moustache, or Mo, to raise awareness.

In addition to awareness and education, the funds raised by Movember South Africa's efforts go towards survivorship and research programmes that are developed in conjunction with Movember South Africa's men's health partner, the Cancer Association of South Africa (CANSA), specifically for prostate and testicular cancers.

But Movember is not only for your hairier half – you too can get involved and 'Change the Face of Men's Health' by signing up as a Mo Sista on www.movember.com. Encourage the men in your life to sign up as Mo Bros on the website, to start 1 Movember clean shaven and to grow a Mo for the 30 days of November. Pledge your support and show your encouragement – men often need the reassurance during the month long journey.

By signing up as a Mo Sista, you will be joining a growing global network of women who all believe that Mo's can be sexy for a good cause!

Social media channels:

Twitter: @MovemberRSA

#tag: #MovemberRSA

Facebook: <https://www.facebook.com/MovemberSouthAfrica>