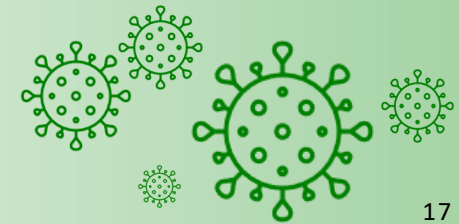




COVID CORNER

Exploring the ongoing impact of COVID-19 on our lives



17 June 2022

COVID & men's health

JUNE IS MEN'S HEALTH MONTH

COVID-19 and South African men

SA's first case of COVID-19 was confirmed on 5 March 2020. Since then, almost 4 million South Africans have tested positive and 102 000 have died.

Studies suggest that men are at higher risk for severe COVID-19 infection and death. While infection rates are higher among females, hospital admissions and death rates are higher among males—especially older males.

COVID-19 impact on men's health

Men's lower immune responses combined with gendered behaviour related to masculinity could contribute to men's vulnerability to COVID-19. These include smoking and drinking, poor diet with little exercise, poor personal hygiene, and multiple sexual partners.

Men are also less likely to use health services, and tend to be far sicker by the time they do look for help; this despite the fact that they have a higher prevalence of comorbidities like cardiovascular disease, diabetes and hypertension.

Fewer men have also opted to be vaccinated: 56.26% of South African females are vaccinated vs 43.74% of South African males.

How men can improve their health outlook and quality of life:

- Make healthy lifestyle choices. Eat nutritious food, exercise regularly, stay a healthy weight, do not smoke, avoid heavy drinking, manage stress and practice safe sex.
- Go for regular check-ups, especially if you are over 40. Knowing your family history will help determine your risk of cancer, as will routine screening.
- Develop healthy habits like washing your hands after visiting the toilet and before eating. The CDC reports that only 31% of men wash their hands after using the toilet! Hand washing is our first line of defence against the spread of many illnesses.
- Get the COVID-19 vaccine. It is safe and effective in lowering your chance of severe COVID-19 infection and death.



Fast Facts

- Severe COVID-19 infection and death is higher among men—especially older men
- COVID-19 affects men's health adversely, including sexual and reproductive health
- Healthy choices and habits can protect you, as will regular health check-ups and screening
- Wash your hands after using the toilet and be sure to get your COVID-19 vaccine

Want to find out more?

COVID-19 and men's health:

www.urologytimes.com/view/covid-19-and-men-s-health-what-we-know-so-far

COVID-19 pandemic in South Africa:

www.statssa.gov.za/publications/Report%2000-80-05/Report%2000-80-052020.pdf

SA National Men's Health Strategy:

www.knowledgehub.org.za/system/files/elibdownloads/2021-02/Men%26%203039%3Bs%20Health%20Strategy.pdf

Men's Health Facts:

www.westerncape.gov.za/general-publication/men%E2%80%99s-health

Ask Dr M

Do you still have questions?

Call us on
0800 24 36 72
or WhatsApp
082 735 4472



Protect yourself and your loved ones from COVID-19 with the two Vs:



Vaccination



Ventilation

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