



Bankmed
Yours in good health

YOUR BANKMED
NEWSLETTER
MOVEMBER EDITION



JUST FOR YOU THIS MONTH

RAISE YOUR BOY TO BE A BETTER MAN THAN YOU

It's no secret that parental involvement has a significant impact on children's lives. The role of fathers in their sons' lives is particularly important and there are several research studies that explore the influence of parenting on the success of individuals, including some of the world's most successful men.

Research from the American Academy of Pediatrics highlights that fathers' involvement in their children's lives significantly impacts their development and success. ***Fathers who are actively engaged in their children's upbringing tend to raise children who perform better academically and socially¹.***

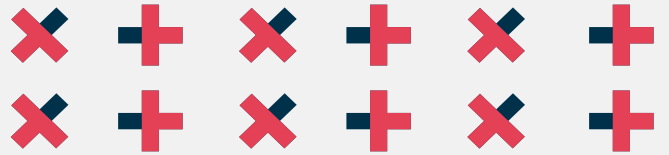




- **Be Present:** Spend quality time with your son. Whether it's playing games, helping with homework, or just talking, your presence is the most important contribution you can make.
- **Listen Actively and Communicate Openly:** Maintaining open lines of communication helps children feel understood and supported, leading to better emotional and social outcomes. Create an environment where he feels comfortable sharing his thoughts and feelings, without fear of judgement. Show genuine interest in what he has to say. This builds trust and makes him feel valued. Just providing a safe listening space is often more important than any advice you might give.
- **Show Affection:** Don't shy away from expressing your love and emotions. Hugs, words of affirmation, and small gestures matter. And yes, boys (and men) can cry. Teaching boys to understand and manage their emotions is crucial. Encourage him to express his feelings openly and healthily.
- **Set a Positive Example:** Model the behavior you want to see in him. Research indicates that children most often emulate their parents' behaviors. Successful men often had parents who modeled hard work, integrity, and resilience. While you can lecture on morals and behaviours, you'll be more successful in instilling important values like honesty, respect, and kindness through your actions than your discussions.
- **Encourage Independence and Accountability:** Encourage your son to take responsibility for his actions and understand the consequences. To foster confidence and problem-solving skills, you need to allow him to make age-appropriate decisions that encourage independent thinking and autonomy. Also assign him suitable chores and tasks to build a sense of duty and accountability. Praise his efforts and guide him through mistakes with constructive feedback. Encouraging children to face challenges and learn from failures helps build resilience, and studies show that resilient individuals are more likely to succeed in various aspects of life.

- **Be Supportive:** Encourage his interests and passions, even if they differ from your own. Your son's life is not your opportunity to try and relive your dreams. Support his dreams and aspirations by showing an interest, asking questions and, where possible, joining him in them. Recognise and celebrate his achievements, no matter how small. Positive reinforcement boosts confidence and motivates kids to continue striving for excellence.
- **Balance:** Strive for a balance between being a parent and a friend. It's important to set boundaries while also being approachable. Structure, order and routine are essential in ensuring that your child feels safe, and studies have shown that authoritative parenting, which combines structure and routine with warmth, is linked to positive outcomes in children. This parenting style is associated with higher levels of competence, self-esteem, and academic success.
- **Be Patient:** Parenting can challenge and trigger you in ways that few other things might, and mistakes and conflicts will happen. Patience and the ability to pause before reacting are going to be your most valuable tools.

Remember, every child is different, and what works for one might not work for another. The most important thing is to consistently show your son your unconditional love and support.





FROM AWARENESS TO ACTION: TACKLING THE MOST COMMON CANCERS AFFECTING MEN

Cancer is a significant health concern worldwide, and certain types of cancers predominantly affect men. Understanding these cancers, their risk factors, and symptoms can help with early detection and treatment. Here are some of the most common cancers that primarily affect men:

01. Prostate Cancer

Prostate cancer is the most common cancer, particularly in those over the age of 50. Statistics from the World Health Organization (WHO) show it accounted for 14.1% of all cancers diagnosed in men in 2020. During the same year, prostate cancer claimed 375 304 lives. Risk factors include age, family history, and race – Black African men are more affected by this cancer, with a 60% chance of getting the disease compared to other groups. Symptoms may include difficulty urinating, blood in urine, and pelvic discomfort. Regular screening through PSA (Prostate-Specific Antigen) tests are vital for early detection.

02. Lung Cancer

Men are statistically more likely to use tobacco products than women. According to the World Health Organization, 40% of men in the world smoke compared to just 9% of women. Almost all cases of Chronic Obstructive Pulmonary Disease (COPD) and lung cancer are caused by smoking, and tobacco use. Warning signs include a persistent cough, chest pain, and shortness of breath. Early detection through imaging tests like CT scans can improve treatment outcomes.

03. Colorectal Cancer

Colorectal cancer affects the colon or rectum and is common in men over 50. Risk factors include a diet high in red or processed meats, obesity, smoking, and a family history of the disease. Early indicators of the disease include changes in bowel habits, blood in the stool, and unexplained weight loss. Men over the age of 50 should have regular colonoscopies for early detection and prevention.

04. Bladder Cancer

Bladder cancer is more common in men than in women, with smoking being a significant risk factor. Other risks include exposure to industrial chemicals and chronic bladder inflammation. This cancer may present itself through blood in urine, frequent urination, and pelvic pain. Early diagnosis through urine tests and a cystoscopy can lead to better treatment outcomes.

05. Testicular Cancer

Testicular cancer primarily affects younger men, typically between the ages of 15 and 35. Risk factors include undescended testicles and a family history of the disease. Symptoms include a lump in the testicle, a feeling of heaviness in the scrotum, and discomfort in the groin. Regular self-examinations can help in early detection.

06. Liver Cancer

Liver cancer is more prevalent in men and is often linked to chronic liver diseases such as hepatitis B and C, and cirrhosis. Notable symptoms include jaundice or yellowing of the skin, abdominal pain, and swelling. Early detection through imaging tests and blood tests may improve treatment success.

SCREENING COULD SAVE YOUR LIFE.

It's no secret that men are less likely to see a physician or seek medical care than women. Regardless of the reasons or excuses, the reality is that visiting a medical professional can greatly improve your health outcomes. Cancer is treatable and can be curable if detected and treated early. The best gift you could give yourself is the gift of good health, so **book your Personal Health Assessment (PHA) and other important screenings** today.





HEALTHY HABITS FOR DIABETES MANAGEMENT

In 2021, it was estimated that in South Africa around 4.6 million adults between 20 and 79 years old were living with diabetes. While treatment and medication are essential, the alarmingly rapid increase of this disease globally means we need to focus on healthy lifestyle choices as means of prevention. In a recent episode of 'The Wellness Effect' Charlotte Meschede, a clinical nutritionist and accredited Diabetes Educator, discusses how lifestyle adjustments can impact the management and prevention of diabetes.



WATCH THE VIDEO

DATES FOR YOUR DIARY

Deadline for Plan changes is 13 December 2024





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