

Focus on men

November, the hairiest month of the year, is almost here.

Marked here and around the globe for the past 13 years in 21 countries, Movember sees Mo Bros and Mo Sistas (as they are affectionately known) raise funds and awareness around the often ignored issues of men's health.

"Prostate and testicular cancer, poor mental health and physical inactivity are some of the biggest health issues facing men today," says Carron Gsell, chief executive and founder of the Men's Foundation, which drives Movember in South Africa.

In South Africa, there are 23 suicides daily, with over 200 attempts per day. Globally, 510 000 men die from suicide each year. That is one every minute.

On average five South African men will die from prostate cancer every day and one in 29 men has a risk of testicular cancer.

"It's simple. We want men to live happier, healthier, longer lives. Our fathers, partners, brothers and friends are facing this health crisis and it's not being talked about. We can't afford to stay silent. We need to talk about it. We need to act. We want men to talk when things get tough," Gsell explains.

Through Movember's year-round awareness and education programmes, they encourage men to become more aware of their health, talk more with their friends and be more physically active, improving their health and well-being.

"Early detection is the most important factor in treating big issues. Know your family history and if you notice something isn't feeling right, don't put it off and hope it goes away.

"Annual health checks are vital, along with a monthly testicular self-examination which can help make you aware of your body and able to note any changes," Gsell says.

Mo Bros are encouraged to start 1 November clean shaven and to grow and groom a moustache for the entire month.

The best thing you can do for your health is to be physically active. Take the Move 30 day challenge of getting physically active for 20 to 30 minutes per day and beat your personal best.

With the money raised, Movember is funding game-changing programmes, whilst positively challenging the way in which men's health issues are researched and addressed.

"We're funding over 1 200 men's health projects around the world and counting. In South Africa over the past seven years, more than 120 000 Mo Bros and Mo Sistas have supported the campaign, raising R5,6 million locally toward survivorship and research programmes.

"We are committed to reducing the number of men dying prematurely. By 2030, we want to even the life expectancy of men and women."

For more info, download the Movember app on your mobile device.

Follow Movember on social media: @MovemberSA on Twitter or Facebook/ MovemberSouthAfrica.



Scientists and students attended the South African Environmental Observation Network's 13th Kimberley Biodiversity Symposium (KBRS) at the Lady Oppenheimer Hall, McGregor Museum.

Photo: Emille Hendricks

Symposium held at museum

Chané Kemp

The Department of Environment and Nature Conservation (DENC), in collaboration with South African National Parks (SANParks), the McGregor Museum and the Arid Lands Node of the South African Environmental Observation Network, hosted the 13th Kimberley Biodiversity Symposium (KBRS) at the Lady Oppenheimer Hall in the McGregor Museum this week.

The aim was to provide an informal platform to share experiences and research results conducted in the province.

The KBRS provides an opportunity for the DENC and SANParks, as well as other institutions, to liaise with other scientists regarding the research projects for present and further collaborative research projects.

Scientists can also familiarise themselves with the latest development methods which are not freely available to these organisations.

Students will also obtain feedback and input from scientists and peers to improve their research without the pressure of presenting it at a formal platform such as



From the left are Hendrik Sithole (SANParks invertebrate research manager), Samantha De la Fontaine (departmental district ecologist), dr. Joh Henschel (node manager at the South African Environmental Observation Network), Beryl Willson (McGregor Museum zoologist) and Peter Cloete (departmental district ecologist).

Photo: Emille Hendricks

ons with an opportunity to further promote understanding of the importance of biodiversity within the community.

a national symposium.

The symposium resolutions will provide DENC management and other organisati-



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