

COVID-19 Vaccination



The Whanganui community's response to the COVID-19 vaccine has been positive and pleasing.

However, the large number of people seeking the protection of the Pfizer vaccine has put pressure on the booking system, and some people phoning the 0800 888 479 booking number have been unable to get through.

Whanganui District Health Board asks for people to be patient and advises that those who do not get through should leave a message – name, date of birth and contact number – and they will be called back within a week.

It is only necessary to call once and leave one message. You will be called back and, remember, everybody over the age of 16 will get the vaccine ... it will just take a while.



NGĀ TAURA TŪHONO – WHANGANUI STOP SMOKING SERVICE

Our team of wellbeing/whānau practitioners know when individuals and families start the journey to being smokefree, they start transforming themselves and their future. We are here to walk that journey with you.

We have a range of options available to provide support, including clinics in a range of places, and we can come to your home or workplace. Please contact us on **0800 200 249** or pop in to see our team at one of our clinic sites:

- The Quit Clinic - 49 Ingestre St Whanganui
- Te Oranganui - 57 Campbell St Whanganui
- Marton - Rangitikei Health Centre
- Taihape Health
- Waimarino Health

If you are a workplace, and want to have regular support for staff we would love to come to you.

ARE YOU LIVING WELL WITH DIABETES? Enrol in a FREE self-management programme

You'll get helpful information, discussion with others who have diabetes, an opportunity to put an action plan into place, and much more.

Our next programme starts at **9.30am on Friday 25 June at Gonville Health Community Room.**

Talk to your health provider about a referral or contact facilitator Mary Hirini for more information and to enrol. Phone or text **029 222 5388** or email mhirini@wrhn.org.nz



DIABETES TRUST EVENTS FOR OUR YOUTH

We are providing a couple of free events in June for our young people in Whanganui with Diabetes who are looking for something to do and want to connect with other rangatahi.

- **Young Adult Event - Young Adult Dinner**
(18yrs + or any young person 17 years and over who has left school)
Gengys Mongolian BBQ restaurant Palmerston North, Wednesday 16 June.
- **Youth and Young Adult Event** (12 years and up)
Go- Karts at Daytona in Palmerston North, Friday 2 July, 6pm-8pm.
We provide dinner first then youth race around 6.30pm.

Registration is required so if you're interested in attending, please contact/text Andrea Bell on **027 492 8801** or **(06) 357 5992** or email youth@diabetestrust.org.nz. Alternatively, you can register on our Facebook page called "Diabetes and US" (this is a closed Facebook page, so you need to request permission to join).



Influenza, "the flu", can be anywhere. It is easy to catch through coughs and sneezes. Influenza is much worse than a cold.

Some people are more likely to get very sick when they have the flu. They are young children, babies, pregnant women and older people. Also, people with some illnesses like asthma or diabetes.

Some people with flu need to stay in hospital for a while. A few people die from flu.

Many people don't know they have had the flu as they do not feel ill. But they can still pass it on and make other people very sick.

The best way to protect yourself is by having a flu shot every year. The flu shot helps your body protect itself from flu. You protect yourself, your family and people around you if you have a flu shot.

- Flu shots are FREE for people 65 years old and over.
- Flu shots are FREE for women who are pregnant.
- Flu shots are FREE for anybody under 65 with diabetes, most heart or lung conditions and some other illnesses.
- A flu shot is FREE for children under 5 who have had a stay in hospital for asthma or other breathing problems.
- Ask your doctor or nurse about a flu shot today. It may be FREE for you.
- Encourage your whanau who can get a free flu shot to see their doctor or nurse.
- Being fit and healthy won't stop you getting the flu.
- You can't get flu from the vaccine.
- You need to get a flu shot every year before winter for best protection.

fightflu.co.nz
0800 466 863



Treasure
our
Whānau

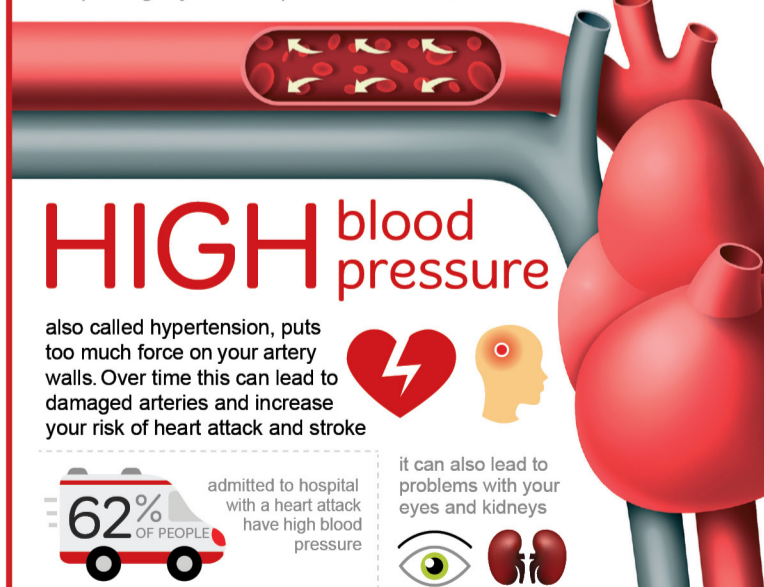
Blood pressure

A risk factor for heart attack and stroke



When your heart beats it pumps blood around your body. As the blood moves it pushes against the sides of blood vessels called arteries. The strength of this pushing is your blood pressure

Most people don't know if they have high blood pressure as often there are no symptoms. The only way to find out is to get it checked



HIGH blood pressure

also called hypertension, puts too much force on your artery walls. Over time this can lead to damaged arteries and increase your risk of heart attack and stroke



62% OF PEOPLE admitted to hospital with a heart attack have high blood pressure

it can also lead to problems with your eyes and kidneys



CHOICES YOU CAN MAKE TO LOWER RISK OF HEART ATTACK & STROKE



Stop smoking



Make heart healthy eating and drinking choices



Move more



Lose weight



Take medications

10 things a guy ought to know about his testicles

10 things a guy ought to know about his testicles



Canadian Cancer Society / Société canadienne du cancer

They're dangly and they follow you wherever you go. What else do you need to know about your balls? You might be surprised. How about a round of testicle trivia? It's not only fun at parties, it'll help you keep in touch with what's going on with your body. And that's no trivial matter.



1. Napoleon Bonaparte had only one testicle. If you want to keep both of yours don't try conquering Europe. Also, make checking your testicles on a regular basis part of your manly maintenance.



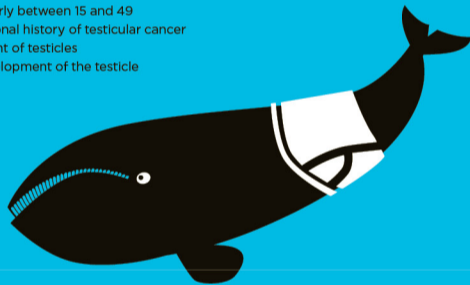
2. The Japanese slang word for testicles, kintama, is written 金玉, symbols literally translating to "golden balls". Every guy over 15 should check their kintama regularly to avoid getting in serious shiatsu.



3. The left testicle usually hangs lower than the right for right-handed men. The opposite is true for lefties. Regardless of how yours hang, you should know the factors that increase your risk of developing testicular cancer:

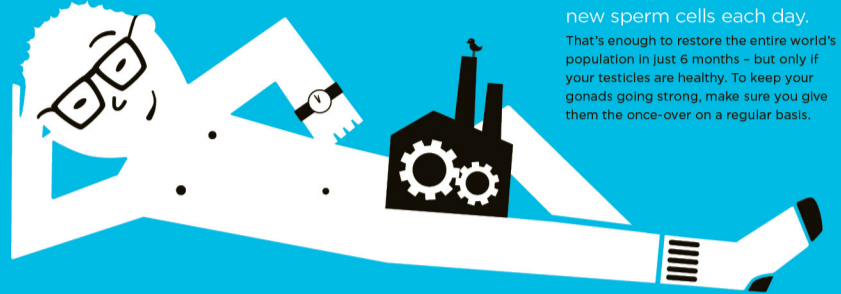
- Age – particularly between 15 and 49
- Family or personal history of testicular cancer
- Delayed descent of testicles
- Abnormal development of the testicle

4. The testes of a right whale the largest of any animal, each weigh around 500 kg (1100 lb). Yours should weigh considerably less – between 14 and 19 grams. If you notice any change in size, shape or tenderness of your testicles or scrotum at any time, it's time to get checked out.



5. The word avocado comes from the Aztec word for testicles. Avocados have a hard pit; your testicles shouldn't. A hard lump on the front or the sides of either testicle is a definite warning sign that you should get your avocados some medical attention pronto.

6. There are over 15,000 videos listed under "hit in the balls" on YouTube. Unless you were in one of them, testicle pain isn't normal. Neither is an abnormal, persistent backache, or a dull ache or heaviness in your lower abdomen. If you notice any of these signs, do yourself a favour and get checked. Catching a problem early is way better than getting hit in the balls.



7. Testicles produce 10 million new sperm cells each day. That's enough to restore the entire world's population in just 6 months – but only if your testicles are healthy. To keep your gonads going strong, make sure you give them the once-over on a regular basis.



8. At age seventy, 73% of men are still potent. 100% of men should know that testicular cancer is the number one form of cancer found in young men. You should also know that when caught early, it is relatively easy to cure. And the easiest way to detect a problem early is with regular self-checks.

9. During mating with the queen bee, the male drone's genitals explode and snap off inside the queen. If you detect a change or swelling of your testicles or scrotum, see your doctor. They probably won't go boom, but why take a chance?



10. Men in ancient Rome would swear on their testicles before testifying in court. The best time to get to know your testicles isn't just before you appear in court though. The best time for giving your "boys" the once over is right after a bath or shower, when the muscles in the scrotum are relaxed. If you find anything out of order, don't tell it to the judge, tell your doctor.

Visit cancer.ca/nutfacts for more information



Canadian Cancer Society / Société canadienne du cancer



LADS 'WOF' HEALTH CHECKS IN JUNE

FREE FOR MEN 25YRS+
SPORT WHANGANUI, 226 LONDON STREET

The Sport Whanganui Active Wellbeing team are here to help men in the Whanganui community. The free 'WOF' Health Check takes no more than 20 minutes and measures height, weight, body mass index, blood pressure, heart rate and oxygen levels.

Book your June Health Check - call Sport Whanganui **06 349 2886** or email info@sportwhanganui.co.nz

First 20 health checks receive one month's free Jetts gym voucher



WHY DO GUYS SHUN THE DOCTOR BUT WOMEN DON'T?

Lets face it, us men are really bad patients. Compared with women, we avoid going to the doctor, skip more recommended screenings and practice riskier behaviour. Funnily enough, we also die about four or five years sooner, live with more years of bad health and have higher suicide rates.

It isn't because we're tough or less susceptible to illness. **It's because we're idiots.** Instead of embracing the power of knowledge and early detection, we stubbornly resist information and treatment for the short-term gain of autonomy and convenience.

We guys want to drink, play sports, and eat what we want, whenever we want, just like we did we were twenty. We avoid the doctor to avoid being told what we don't want to hear. When our girlfriends or wives ask about our health, we often lie. We withhold information.

We do the same with doctors. When a doctor asks, "Any specific issues to address?" too many of us say, "No, I feel great," even when we don't. Men can be stubborn, know-it-alls, and mansplainers.

Asking for help isn't a sign of weakness but rather it is a sign of strength.

Manning up means being honest and open about your health, not the opposite. It's a necessary part of protecting yourself and staying healthy.

Excerpt taken from an article written by Tim Greene, Posted May 16, 2021. If you want to read the full article go to <https://www.menshealthweek.co.nz/category/health-info/>

