



Health *capsule*



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👄 Movember 👄

During November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces, in Canada and around the world. With their moustache, these men raise vital funds and awareness for men's health, specifically prostate cancer.



On November 1st, guys register at Movember.com with a clean-shaven face. For the rest of the month, these selfless and generous men, groom, trim and wax their way into the annals of fine moustachery. Supported by the women in their lives, these men raise funds by seeking out sponsorship for their moustache.

The moustache men effectively become walking, talking billboards for the 30 days of November. Through their actions and words, they raise awareness by prompting private and public conversation around the often ignored issue of men's health.

At the end of the month, these men and the women of their lives celebrate their gallantry and valor by either throwing their own Movember party or attending one of the infamous Gala Parties held around the world by Movember.

👄 **The Movember Effect: Awareness & Education, Survivorship, Research**

The funds raised in Canada support the number one male cancer, prostate cancer. The funds raised are directed to programs run directly by Movember and their men's health partner, Prostate Cancer Canada. Together, the two channels work together to ensure that Movember funds are supporting a broad range of innovative, world-class programs in line with the strategic goals in the areas of awareness and education, survivorship and research.

Strategic goals from the funds raised:**Survivorship**

Fund survivorship initiatives that provide information and support for men and their families affected by prostate cancer that helps them make informed decisions and improves their quality of life.

Awareness and education

Through the annual campaign and funded programs, significantly increase the understanding of the health risk that men face and encourage men to act on that knowledge.

Prostate cancer research

Fund catalytic research and clinical trials infrastructure that leads to significantly improved diagnostic and prognostic tests and treatments to reduce the burden of prostate cancer.

Influencing change in men's health

Fund research that helps to inform health policy and knowledge translation that accelerates improved health outcomes for men.

For more information or if you want to register, donate or participate as a company, go to the following address: <http://ca.movember.com/?home>

November : Osteoporosis Month

Osteoporosis is a disease that makes bones break easily with a minor event such as lifting, twisting, tripping or falling. Most osteoporotic fractures occur in the hip, spine, shoulder or wrist. Broken bones can be painful. Even after they heal you may not be strong.

Good nutrition is important for strong bones

- Eat a balanced diet from all four food groups to help keep bones strong and prevent fractures.
- Vitamin D is important to keep your bones strong and also to prevent falls. All adults should take a vitamin D supplement all year round. Ask your doctor for the right dose for you.
- Calcium is important for bone health. It is best to get your calcium from food sources, such as milk, cheese, yogurt, calcium-fortified soy/almond/rice beverage.

Exercise to keep your bones and muscles strong

- Perform aerobic exercise for at least 30 minutes per day to maintain or improve your bone strength (brisk walking, aerobics, hiking).
- Include exercises that involve unaccustomed movements - movements that are different from your everyday activities (agility training, dancing).

(Source : www.osteoporosis.ca)