



BHC NEWSLETTER



905-790-7342

News from our Family to yours...

Nov 2024 Issue

~~November~~ is...

MOVEMBER

According to the Movember organization, on average, men are dying 4.5 years earlier than women from largely preventable causes. Around 10.8 million men are facing a prostate cancer diagnosis. In addition to testicular cancer being the most common cancer among men globally; one man dies by suicide every minute worldwide.

Movember's organization funds programs all over the world for prostate cancer, testicular cancer, men's health, and mental health & suicide prevention.



hearing care with a personal touch!

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Insider Exclusive

It Takes Two to Tango

Stigmas over the years have led men to accustom to handling things alone, including dealing with tough emotions.

We, and organizations like Movember, are here to break that stigma. Talk to a friend, or a professional—**because we do better, together.**

In Canada, 3 out of 4 suicides are by men.

Working together, we can establish better social connections in our community and better help our fellow men.

The 2024 Lancet Journal found 45% of Dementia cases are **PREVENTABLE!** With hearing (7%) being one of two of the most important modifiable risk factors and social isolation (5%) also being listed as a modifiable risk factor.

At Bovaird Hearing Clinic Treatment Centre, we work to optimize your hearing health in order to keep your strong social connections active, so that you don't miss a thing.

Healthy Hearing, Healthy Socialization, Healthy Cognition!

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Self-Help Section

Testicular Self-Exam

perform monthly



1.



cup one testicle at a time using both hands
best performed during or after a warm shower

examine by rolling the testicle between thumb and fingers
use slight pressure



2.



3.

familiarize yourself with the spermatic cord & epididymis
tube like structures that connect on the back side of each testicle

feel for lumps, change in size or irregularities
it is normal for one testicle to be slightly larger than the other



4.

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