

# *The* Men's Health Weekly

*Your weekly dose of wellness*

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## HARD TO SAY GOODBYE?



Many things have been easy to leave behind in 2018. Yes, we have all seen those social media memes about letting go of drama, negativity and virtually any reminder of the past year. However, some of us have been walking around with daily reminders of the goodbyes we couldn't face. We are talking about your foreskin and getting circumcised. Circumcision is the surgical removal of the tissue covering the head of the penis, known as the foreskin. During this procedure, the foreskin is freed from the glans, then the excess is clipped off. This is also a good time to clarify that a butcher knife is not used in this process! Circumcision is generally recommended for its benefits, which include a lower risk of some sexually transmitted infections, and penile as well as cervical cancer. Circumcision is also good for hygiene reasons and if we dare say, it helps you get a better view of your most valuable asset! Instead of waiting for 2020, why don't you get it done today? There might be a little swelling or pain, but it's nothing you can't handle. Visit your doctor for more information on circumcision and after-care.

### DID YOU KNOW?

An enlarged prostate gland can cause both erectile dysfunction and premature ejaculation. If you are experiencing either, then now is a good time to see your doctor.



## Ask us

Hie guys, I'm not sure if you can help. I am separated from my wife & currently seeing another lady. The problem is that whenever I am with this other lady, I can't seem to get an erection. Strangely, every time that I have tried to mend things with my wife, my erection has been very hard! What must I do? Should I go back to my wife to make this problem go away. I still care for her as the mother of my son, but I am struggling to stay in this marriage. I also think she has used juju on me & now I am scared of her. Please help, ndiri pamaone izvozvi. —Justin\* in Gweru.

Dear Justin  
Regrettably, we cannot speculate on whether your problem is a result of supernatural forces. However, from the information you have given us, it sounds like you are suffering from erectile dysfunction. One of the psychological causes of ED is performance anxiety. This is a reluctance to have sex which results from previous failed attempts, or feelings of guilt/resentment towards your partner. Could it be that you are guilty of your extra-marital relationship with this other lady? Or perhaps you are just scared of failing to get an erection since the first time it happened. You might find that your fears are the cause of your problem. We are unable to offer any advice on your marriage and whether you should stay with your wife or pursue your new relationship. However, it's not a bad idea to resolve the stalemate in your love life as it is unhealthy to go back and forth between two partners. Our recommendation is that you see your doctor for help with the erectile dysfunction. All the best Justin

## Too tired to play?

You feel like your boss hates you, in fact he is just waiting for you to make a mistake so that he fires you and employs his nephew. You have already missed a few deadlines and you don't even know how that happened since work started only four days ago. You are broke, (this is no surprise) after all you went through December like you owned a gold mine. Now it's January and you have to pay school fees & the person whom you owe some money keeps calling. So you decide to switch off your phone and go home at 5pm sharp. Just when you think your life couldn't get any worse, you realise that there is a traffic jam. Eventually, you get home at 8pm and all you want to do is to eat and sleep. There will be no sex tonight, just like the many other nights before. The young stallion your wife married is long gone, he no longer exists. Instead, all she has left is a tired and stressed version of your old self. This is the reality of life for the man living in the 21<sup>st</sup> century. Our jobs and lifestyles take away so much from us, and all that's left is a low libido. Losing interest in sex from time to time is not necessarily a cause for concern. It's also important to note that your interest might not match your partner's. However, there comes a time when a low sex drive begins to affect your self-esteem and your relationship. Even then, stress and fatigue are not the only causes of a low sex drive; low testosterone levels can also contribute to this problem. Decreasing testosterone levels are a normal part of aging. however a drastic drop can lead to low libido.



Inhibitors for blood pressure control can further contribute to low libido given that these drugs also lower your testosterone levels. There are also some chronic illnesses which contribute to a decreased libido. For example, if you were suffering from chronic pain, sex would certainly be the least of your priorities. Other chronic health issues that can contribute to a lower sex drive include cancer, type 2 diabetes, obesity and high cholesterol levels. Self-esteem is defined as the general opinion a person has about himself. A low self-esteem, poor body image, and low confidence can take a toll on your emotional health and well-being. If you feel like you're unattractive, or undesirable, this will likely dampen your sexual encounters (this is why we have a section on grooming and self-care to ensure that you remain the best version of yourself). Keep in mind that not only can a low self-esteem lower your libido; it can also lead to anxiety about sexual performance, which can lead to erectile dysfunction. We recommend seeing your doctor for more information on low libido, & how to manage it.



### Premature Ejaculation: Time management

Today we are looking at one of the biological causes of premature ejaculation. Early sexual experiences may establish a pattern that can be difficult to change later in life such as situations whereby you may have hurried to climax in order to avoid being discovered. Most teenage sexual encounters are characterised by a primary goal of completing the act as fast as possible. Your body adapts to this timing well into adulthood. Essentially, you have confused your body into believing that, the faster the intercourse, the better. Breaking this cycle is not easy, but with help from your doctor, and the right medication, this is possible.



# FEATURE

**Sekuru Tsiga\***

*“Chero uchingonzi munhu rume, hazviite kuti urarambe usina kumbonetsekana nenyaya iyi, nokuti hapana munhu anogutsikana nezvaari. Naizvozvo, basa rangu riripo pakubatsira tose kuti tigutsikane”*

*As long as you are a man, it's impossible to have lived without worrying about this issue, because no one is ever satisfied. My purpose is to help us all find satisfaction.*

## Penis enlargement

### Part 1 of 3

In late 2018, we had a unique gentleman visit the clinic. He introduced himself as Sekuru Tsiga\*, adding that he had travelled all the way from Guruve just to see us. Interestingly, he had not come to get treatment, but merely to learn more about us. Without a doubt, we were honoured by this gesture, and so we gave Sekuru a brief tour of our facility, before sitting down for a chat. We told him about our services, and he seemed quite pleased. However, Sekuru turned to the subject of penis enlargement, which is very dear to him, because you see, Sekuru told us that he was well known back home for this. His visit came at a time when we had been seeing fliers around town offering this service. Different imported tablets were on offer, people were selling powders, herbs, teas and creams, all for penis enlargement. The hallmark of how outrageous this has become, was a flier written “penis enlargement whilst you wait”. By now you can surely understand why it was particularly interesting to receive a visit from one such service provider, especially one who prepared the treatment by himself. Consequently, we arranged to visit Sekuru Tsiga at his home in Guruve, which we did in the first week of this year. Our arrival at Sekuru’s homestead was particularly grand, as we were received by ululations from his

wife and several children. Sekuru’s homestead was well manicured as compared to the other homes we had seen on our way there; a sign that he was not struggling in any way. After a very tasty meal of sadza and “roadrunner” chicken, we sat under the shade. Sekuru began telling us how he learnt the power of different plants from his late father. Adding that he has been using herbs and plants to treat his family, and at a time, he even assisted members of the community. However, with changing times, people prefer to go to the local clinics for help as they heal faster. However, one thing that the clinics haven’t begun to offer is penis enlargement, boosting of stamina, and dealing with issues such as erectile dysfunction. This is why he chose to focus on that, and soon he had a name for himself in the community as people came from as far as Mozambique just to get help. He seemed to feel that every man is born inadequate and that we need these herbs and plants to make us whole. (*We do not agree with this theory*) This is why he decided to pay us a visit, in order to see whether we could match up to his abilities. Sekuru then took us on a short walk into a nearby veld where he showed us some of the plants he uses, but not all of them. You can understand how we had several

questions to ask Sekuru. One of them being,” how long does it take for one to see changes, and how many centimetres of length and girth can one expect”. Confident as he was, Sekuru told us that it takes between one to two weeks for one to be satisfied. He also added that he can do whatever the customer wants in terms of centimetres and shape. At this juncture, not only was the narrative raising some red flags, but it had introduced a new dynamic, namely; shape. You see, the issue of penis shape, has found itself in the same conversation as penis size amongst some of the insecurities shared by men. Now here was Sekuru Tsiga offering a supposed remedy to both these problem. We knew there and then that our journey could not end here. We needed to know more about the creams, teas, pills and herbs sold back in Harare in order to adequately address this problem. We bade Sekuru Tsiga farewell and began our journey back. The trip to Guruve marks only the first part of our feature on penis enlargement. Next week, we will be looking at other treatments for this issue, and in the last week of January, we will give a full exposition of our findings, as well as our medical opinion on this. It is our hope that this feature will inform, and empower men over their insecurities, and above all; provide reliable medical solutions.

# Lifestyle

## Kegel exercises for us!

Kegels are exercises that help you to strengthen the muscles below the bladder. You have probably heard about Kegels for erectile dysfunction or premature ejaculation etc. Well this month, we will unlock everything there is to know about this gym-free exercise. Leading up to next week, we want you to try and locate the right muscles. Halfway through urination, try to stop or slow down the flow of urine. Don't tense the muscles in your buttocks, legs or abdomen, and don't hold your breath either. When you can slow or stop the flow of urine, you have successfully located these muscles. This would mean that you are also ready for next week's issue when we talk about the benefits of the Kegel exercises.



## Turn heads with the club collar shirt.

The club collar was born in the 1920s as a distinguishing feature for the uniforms of an English school looking for a way to differentiate its students. It is characterised by its rounded tips, hence the alternative name "round collar". Essentially, only an elite group of people wore it, and this is the reason for the name Club, which is synonymous with refined exclusiveness. The club collar is surprisingly versatile, as it goes perfectly with sleek notes and thin ties. The collar can also be worn open for a more casual style. If you are going to rock this shirt, then it's best worn with the rounded cuff. The club collar shirt brings out the best in men with long, rather than round faces. So go ahead and join the club!

## Grooming: "Manscaping"

Your garden might not be the only thing requiring landscaping. This week on grooming, we are looking at taking care of your pelvic area, sometimes called *manscaping*. Sure, very few things are as manly as a full beard. However, when it comes to the area around your penis and scrotum, a neat trim always works

best. Shaving in your pubic region will prevent moisture retention which can cause foul odours. For the adventurous types, it will make you look good in your swim wear and your partner will thank you for it. Here are 4 tips for doing it right. 1stly, you must use the right tools. If your pubic hair is long, consider trimming with a scissors first before

using a razor blade. 2-Get wet and hot; a shower helps to soften the skin and loosen dirt, which makes shaving a breeze. 3rdly, you must use extreme caution when shaving your scrotum (this is a no brainer). Lastly, moisturize after shaving to prevent the common "must-scratch-now" feeling.

## Pickled Cabbage

With January in the air, a cabbage recipe could not be more appropriate. Mix half a cup of vinegar with a cup of water, two teaspoons of sugar, a teaspoon of salt and some chilli flakes for heat. Once the sugar is dissolved, pour mixture into an airtight jar with half a sliced cabbage. Close and let rest for at least 4 hours before using as a delicious topping for your burgers, sandwiches and as a braai relish. The pickle will keep for about two weeks sealed in the fridge, and using red cabbage will provide that pop of colour. Health benefits of cabbage include improved digestion and immune boost.

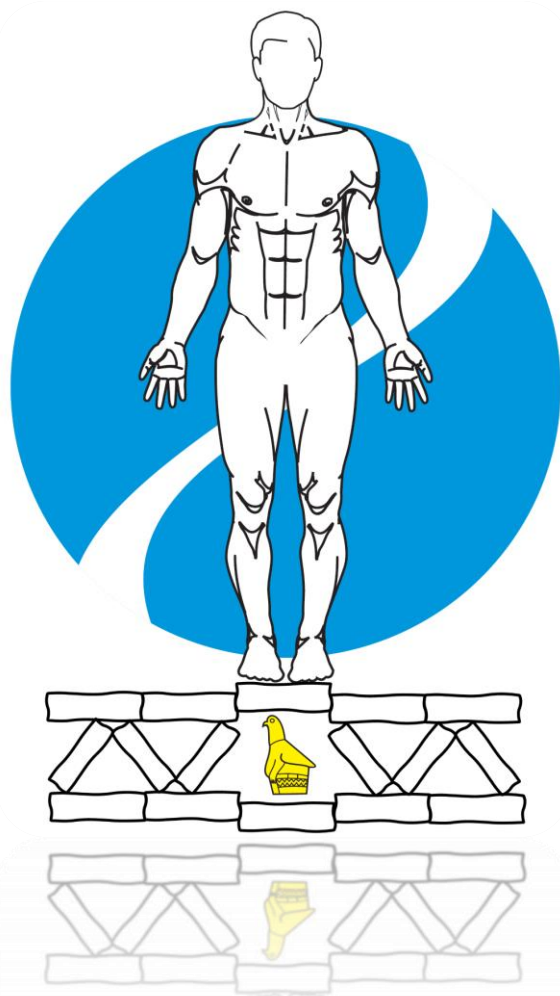




## EDITORIAL

Our purpose as the Men's Health Clinic is to be a health oasis for every man living in Zimbabwe. We aim to provide specialized services for the man, in an environment which is adapted to suit his needs.

However, we are not content with being just an oasis; our desire is to create far reaching tributaries from this oasis, through which the man can get information which empowers him to take charge of his health and live a fulfilled life. We anticipate that this electronic newsletter will serve this purpose of informing and empowering you.



**Men's Health Clinic Zimbabwe**  
**Suite 11 Mimosa, Corner Baines Avenue &**  
**Blakiston Street, Harare**  
**+263242709869, +263776621119**

## CONFRONTING BIPOLAR DISORDER

by R Chifamba

At one point in my life I was at the brink of losing it all. I struggled to do the job which I had loved for so long, my marriage was slipping through my fingers as my wife could not recognise the man she married. I gambled away almost all our life savings buying an expensive car which I didn't drive. Some nights I would party till the club closed, and on some nights I would feel so alone and empty. Everyone called it a mid-life crisis, but I felt it was more than that. I scheduled an appointment with my doctor, and to summarize, I was diagnosed with bipolar disorder. This, as I later learnt, is also known as a manic-depressive illness, which is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. These shifts are called mood episodes and they are classified as either manic episodes or depressive episodes. During a manic episode, you may find yourself having a lot of energy, feeling high or elated, and could do risky and spontaneous things. On the other hand, depressive episodes are characterised by feeling sad, empty and hopeless. You can also have trouble concentrating, become forgetful and even having suicidal thoughts. You see, I had been going through all these things, but I didn't know what was happening to me. My hope is that reading this will help you to confront your bipolar, and possibly avoid the pain that I went through before I decided to get help.-- **Ronald Chifamba**

## KICKING THE DAD BODY

by George Masoso

I have always been a confident gentleman, I mean, I count myself as handsome, and I'm quite frankly the life of the party. Things took a bit of a downward spiral just over a year ago. So I'm in the business of buying perfumes in Zambia, then I come and sell them here at home. On one particular trip, I decided to also treat myself by buying a few clothes to change my style. I was in for a surprise when I realised that I could not fit into most of the slim fit items on sale. Long story short, I ended up buying *zvitenge*\* to take to a tailor here. I realised that I had developed the "dad body". You know, the body type you develop when you are busy enjoying being a father, going for braais and drinking so often, and let's not forget that big plate of "*mabhonzo aDaddy*". This was my beautiful life, and no matter how much I hated my body, I wasn't ready to change. What followed was several weeks of failed diets, as I would wake up on Monday and decide to eat healthily. However, I would obviously cheat by having a big pizza or my favourite trotters, and when that happened, I would just give up and decide to start afresh next Monday! After some months of this routine, I met a friend going through the same problem who introduced me to a well-eaters group. I never knew that WhatsApp could be so supportive, as I began interacting with others. Soon I started playing tennis over the weekends, and now I am closer to getting my first slim fit suit. It seems like the key to kicking the dad body is finding support from friends. This encourages you, and you become scared to cheat because others will reach their goals whilst you remain behind. Playing tennis has also been great, because I get to enjoy myself whilst getting fit. So gentleman, if you want to lose a few kgs, I recommend finding a support group, and a sport to keep fit. Good luck! —George

*Zvitenge* –Zambian wax cloth

*Mabhonzo aDaddy* –A big portion of meaty bones reserved for dad