



## PRESS RELEASE

**November 28, 2023**

**FOR IMMEDIATE RELEASE:**

### **Men's Health Day 2023: Men of Siloah Eager For Health Care**

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The bicycles parked outside the tents erected in the small town square, told the story. Bicycles are the preferred mode of transportation for the farmers of Siloah, St. Elizabeth who ride them to their field/farm, every day. Accustomed to rising early, many arrived from 7:00 a.m. and were seated and patiently waiting for registration to begin. They were there to participate in the annual free Men's Health Day organized by the nurse practitioners of the Southern Regional Health Authority (SRHA).

As the day wore on and the temperatures rose, the doctors, nurses, medical technologists and Community Health Aides (CHAs), registered and treated some 110 men ranging in age from their 20s to their 70s. They were screened for eye health, foot health, blood sugar tests, HIV/AIDS tests, dental care, cholesterol checks, prostate examinations, PSA tests, monkey pox tests, blood pressure checks and others.

Some received reading glasses, while the group of predominantly farmers, gardeners, cab drivers, security guards, policemen and retirees, got brochures about dengue fever and other non-communicable diseases. The medical team also gave talks about how to care for personal hygiene, monitor their diets, recognize signs of illnesses and why it is necessary to do at least one visit to the doctor every year.

SRHA's Men's Health Day was conceptualized by the nurse practitioners in 2015 because studies show that Jamaican men have poor health-seeking behaviours, and are usually at the receiving end of serious trauma. The nurse practitioners used the opportunity to focus on education and general men's physical care in order to continually improving their health and reduce or eliminating health issues.

Supervisory Nurse Practitioner/Regional Rheumatic Fever Co-ordinator Andrienne Sylvester, said she was very pleased when, during the preparatory visit to the community of Siloah, the women were very happy that the men were being specially targeted.

(more)

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"The women said the men do not like to visit the doctor so they would have to ensure that they attend the health day. The men were very well behaved and they arrived long before the scheduled 7 a.m. start; we were scheduled to start at 9 a.m. but many of them left work especially to come for treatment. The big plus of the day was that unlike some of our health centres where people are often fussing and complaining, we found the men of Siloah to be pleasant, friendly and willing to do every test that was offered," Nurse Sylvester said.

Men's Health Day is an annual event which takes place in one of the three parishes (Manchester, Clarendon, St. Elizabeth), in the SRHA. It is held on the third or fourth Thursday in November. The men also received tokens from KFC, Jamaica Standard Products, FosRich Lighting World as well as reading glasses from Food For the Poor among other tokens.

Picture 1



**A community health aide checks the weight and height of one of several men who participated in the annual Nurse Practitioners Men's Health Day in Siloah, St. Elizabeth on November 23.**

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Picture 2



**Resource Mobilization Officer- SRHA - Barbara Ellington, presents Oneil Larmond, principal of Siloah Primary School in St. Elizabeth, with a gift basket courtesy of FosRich Lighting World, for allowing the team from Southern Regional Health Authority to use one of his classrooms for dental services during the Men's Health Day on November 23.**

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Picture 3

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**Pictures show members of the Clarendon and St. Elizabeth health departments displaying Restaurants of Jamaica gift certificates that were distributed to participants and workers in the annual Men's Health Day held in Siloah, St. Elizabeth on November 23.**

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# Southern Regional Health Authority

Compassion | Accountability | Respect | Efficiency

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