



Men, do you hate talking about your health?
We'll help you look after yourself

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It's no big secret that many Kiwi men are reluctant to talk about their health. Instead you guys may ignore signs that something's wrong or take on a 'she'll be right' attitude.

It's often only at the insistence of the women in your lives that gets you to the doctor. Or you may not go at all. But the fact is that men often struggle with their physical and mental wellbeing, but are too afraid to speak up or seek help.

Is it time to start looking after yourself? Try to talk about your feelings and find the support you need to live well and live long. It's better for you, and it's better for the people who depend on you and whom you love.

Our [top tips](#) will give you a starting point to begin talking about your health.

All the best blokes,
from your Health Navigators

General health roundup

[Help stop antibiotic resistance in its tracks](#)

When used correctly, antibiotics save lives. Unfortunately, they're often taken when they aren't needed and bacteria are becoming smarter, learning how to build up their weapons against many antibiotics. See what you can do.



[How to manage stomach pain at home and when to see the doctor](#)

Pain in your abdomen is quite common and often it's hard to know what is causing it. The important thing is knowing when and how you can take care of your symptoms at home and when you need to see a doctor.



[How to prevent and manage plantar fasciitis](#)

Plantar fasciitis is the most common form of heel pain – there are steps you can take to prevent and treat it.



Parenting puzzles solved

[Giving medicines to children](#)

Giving medicines to babies and children can be tricky, especially when they're feeling unwell and are a bit grumpy. Giving your child the correct dose at the correct time is important.



Pregnancy and immunisation

During pregnancy, you are more susceptible to certain infections and illnesses that can be harmful to you and your developing baby. We explain how immunisation is an effective way to protect yourself and your baby from certain infections.



Looking after your child's teeth

When it comes to oral care for children, getting off to a good start is essential. Teeth play an important role in jaw development, eating and speech. They need to be healthy and well-cared for from the beginning. So let's get started...



Understanding your medications

Using nose drops and nasal sprays

To get the most benefit from nose drops and nasal sprays it helps to know the correct technique. We show you how.



Health app review

Mobile apps - which ones to trust?

Mobile apps support lifestyle, disease management, mental wellbeing and behaviour change, but how do you know if they work, or they are safe to use?

Health Navigator regularly publishes technical and clinical app reviews that you can use to decide what app's best for you and your whānau. Visit our app library!



This month's featured app is [Foodswitch NZ](#), an app aimed at anyone wanting to make healthy food choices.



Video of the month

[Dr Mike Evans has a miracle drink for everything that ails you](#)



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