

50+

ONLINE
Issue 12
MAY 2022

All you need to know when turning 50

Male menopause: Myth or reality?

INDEX

CONTENT

50+

MAGAZINE / TYDSKRIF

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ALL YOU NEED TO KNOW WHEN TURNING 50:

Everything you need to know when you turn 50.

Happy Mother's Day



REGULARS

1. COVER PAGE 01

Our cover page - Happy Mother's day

2. 50+ AMBASSADOR 04

Our 50+ Ambassador Lorriane Smit and writer of some of the articles.

3. ADVERTS 08

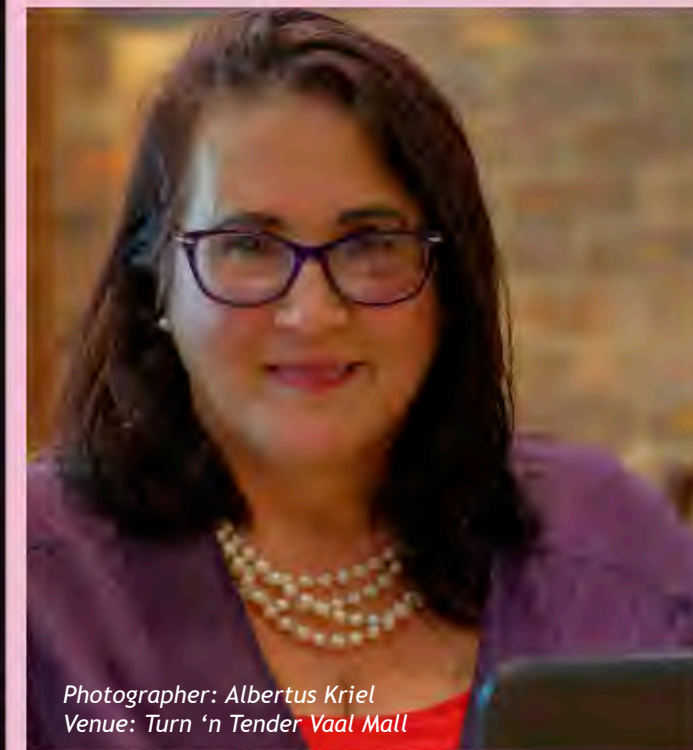
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4. ASK DR. Q FOURIE 05

*Dr Q Fourie
38 Fitzsimmons Street, Vanderbijlpark
Tel: 016 982 6911*

5. BACK PAGE 20

Back page Next Issue is our Father's Day Issue.



Photographer: Albertus Kriel
Venue: Turn 'n Tender Vaal Mall

Redakteur
aan die woord

Liewe leser,

Moedersdag 8 Mei 2022, ek hoop van harte kinders gaan tyd maak om vir ma te bederf. Wat is 'n huis sonder 'n moeder?

My Moeder is nie meer met ons nie en vir die laaste 16 jaar, ek mis haar steeds elke dag. Vanjaar sal nie anders wees nie.

Onthou volgede maand is dit ons Vaders se beurt.

Wees rustig geniet elke dag en vat dit soos dit kom.

Ons is steeds opsoek na daai stories van toeka tot nou, deel dit met ons stuur dit vir ons na admin- @topvibe.co.za OF na ons WhatsApp nommer 072 768 8582

Geniet hierdie 50+ tydskrif, mooi bly en bly gesond ek groet julle tot volgende maand.

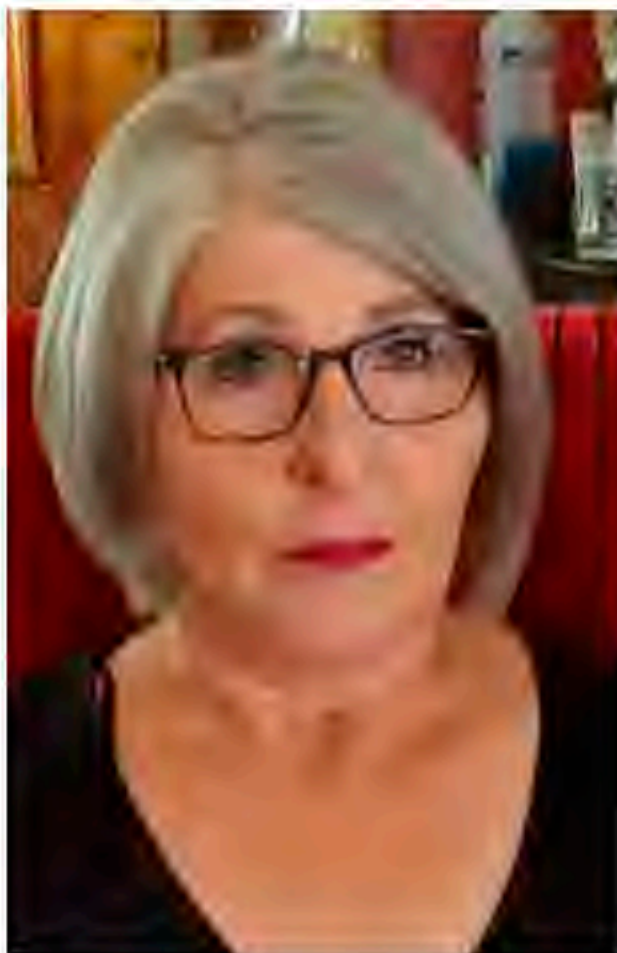
Geseënde Moedersdag!

Liefde

Charms xox

50+

Ambassadeur



**LORRAINE
SMITH**

Lorraine Smith:

Skrywer: My lewe is 'n Storie
Stigter: Onder die Pers hoed
Stigter: Girls@FabEvents

Hallo daar,

So gaan die dae verby, so baie om te doen en so min tyd.

Ek is besig om dooprokkies te maak, ag en ek geniet dit nou vreeslik baie. Skryf ook nog so tussen in.

Ek probeer maar om als gedoen te kry, moet sê dit hou mens jonk.

Met moedersdag om die draai hoop ek van harte dat die ma's gaan rus en die kinders hulle gaan bederf. Dit is nou bietjie ons beurt ook.

Niks fancy nie miskien net 'n braaivleisie of 'n lekker potjiekos.

Aan al die moeders geniet moedersdag ek hoop julle word lekker bederf.

Nou moet ek eers groet Ek sien julle weer volgende maand.

Mooi bly en bly gesond.

Groete

Lorraine

Het jy mediese vrae wat pla?



Laat Dr Quinten Fourie jou help!
Stuur jou vrae na admin@topvibe.co.za
OF
per WhatsApp na 072 768 8582

Boererate vir oud en jonk!

Jy sal nooit kry dat jy 'n probleem met iemand bespreek waar hulle nie vir jou 'n boereraat vir die probleem voorstel nie. Vir elke kwaan het iemand gewoonlik 'n boereraat wat hulle van hul ouma geërf het en wat al vir generasies gebruik word. Ek het dit goed gedink om die week 'n mengelmoes van boererate met julle te deel.

In die kombuis

Alhoewel uie jou kos 'n lekker smaak gee, is dit 'n tranerige storie om dit geskil te kry. Indien jy 'n stukkie kougom kou, kan dit dalk help om die trane te vermy wanneer jy jou uie skil.

As jy laat is vir werk en jou eiers vir ontbyt is nog nie klaar gekook nie, kan jy die proses versnel deur 'n bietjie sout by die water te voeg.

As jy lief is vir suurlemoen sap sal jy baat vind by die volgende wenk. Week jou suurlemoen vir 'n uur in warm water voordat jy die suurlemoen pers. Dit sal help om die maksimum hoeveelheid sap uit die suurlemoen te kry.

Klere met strawwe vlekke op

Sweterige geel vlekke onder die arms kan jou klere ruïner. Hier is 'n maklike wenk wat jy kan volg om die vlekke en reuke te verwyder. Week die vlekke vir 15 sekondes in koue water om enige soute en sure wat vasgevang is, te verdun. Werk 'n vloeibare wasmiddel wat ensieme bevat in die vlek in. Laat dit vir 15 minute staan. Was dit dan saam met materiaal-bleikmiddel in warm water. As daar 'n ligte reuk aan die hemp klou, gooi 'n koppie koeksoda by jou masjien se was- en

spoelsiklusse. Vir 'n reuk wat klou, los drie eetlepels sout (om die bakterieë dood te maak) in 'n bak warm water op en laat die kledingstuk vir sowat 'n uur lank daarin week. Spoel dit uit en was soos normaal.

As jy al alles probeer het om daai strawwe inkvlek op een van jou gunsteling kledingstukke uit te kry maar dit voel of niks werk nie, probeer gerus tandepasta. Smeer die tandepasta so dik as moontlik op die inkvlekke en laat dit heeltemal droog word. Sodra dit heeltemal droog is, was jy die kledingstuk normaalweg

Raad vir om die huis

As jy 'n mier probleem ondervind, moet nie bekommer nie. Miere hou niks van komkommer nie, plaas net 'n stuk komkommer by die miershoop en die probleem is iets van die verlede.

Glo dit of nie, maar swartpeper is 'n goeie muis en rot afweerder. Al wat jy hoef te doen is om swartpeper te strooi in die area waar hulle 'n probleem is, hulle sal dan nie naby jou kom nie.

As die man in jou lewe lief is vir visvang, maar die visreuk aan sy hande keer jou om aan hom te vat, is die raad vir jou. Laat hom sy hande met 'n stukkie appel was. Dit sal die reuk verwyder.

Ons almal het al gehoor jy moet jou vratjie vir die maan wys as jy hom wil weghê of heelwat ander lagwekkende rate vir allerhande kwale en skete. Daar is egter boererate wat wel werk. Ons het gesprekke aangeknoop met mense - wat weet - oor die konkoksie vir hoes. Blykbaar is dié raat deeglik beproef.

Vir 'n hoes

'n Halwe koppie melk

'n Halwe teelepel borrie

'n Halwe teelepel gemmer

Meng, plaas in die mikrogolf totdat dit lekker warm is, maar dit moet nie kookpunt bereik nie

Gooi heuning by, na smaak *die heuning is 'n moet (min of baie!)

Drink twee of drie koppies 'n dag en basta!

Daar is duisende boererate daarbuite wat werklik werk, maar indien jy nie beter voel nie, raadpleeg asseblief jou dokter.

Om jou teen borskwale in die winter te beskerm het jy 'n rooi flennielap met 'n huisie knoffel onder jou klere gedra. Dit moes gehelp het want ek was tot in standerd vyf nie een dag ooit afwesig nie. My gestel was egter nie sterk nie en ek moes maandeliks in Johannesburg se middestad na 'n kliniek toe gaan om 'n houer met 'n donker dik inhoud (die naam ontgaan my en sal bly wees as iemand kan help) te gaan haal wat ek lepelsgewys daaglik moes sluk. My pa het aan purgasie geglo en wanneer hy een keer per maand met die kasteroliebottel in jou kamer deur verskyn het jy geweet vandag is jou, en jou "siblings" se hōl vir die toilet dag. Vickspluisies vir oorpynt, en op 'n naeltjie byt vir

tandpyn. Samboksalf vir elke skraap of enige onsienlike pyn aan jou lyf. Koeksoda vir sooi-brand of naarheid wanneer jy nie geluister het nie, en jou ooreet het aan al die roomterte by 'n familiekuier. Engelsesout in jou badwater vir sonbrand. 'n Nat handdoek met ys in oor jou maag vir kouekoors. Op die plaas was dit suurlemoen sap aan skurwe rou velle...hē genade ouma!!!

Met my eie kinders het ek basies dieselfde raad gevolg, net genadiglik hulle van kop tot tone met room besmeer en die suurlemoen sap vir vis gelos. Kamferroom is verslawend...vra vir Marlé. Pitsere is met 'n warmgemaakte bottel uitgetrek...en het uit onkunde die arme kind verbrand. Brandewyn aan tandvleise smeer wanneer baba tandesny was skoonpa se raad. 'n Gerasperde appel gelos tot hy bruin is vir naarheid werk goed. By 'n vriend wat by dood omgedraai het, het ek die raad gekry om elke dag wortelsap te drink om my gestel op te bou. Ek het dit getrou gedoen, en word toe goudegeel. Die beste raad vir my maag wat net geen medikasie wou vat sonder om aan die pyn te gaan nie het ek by my pa gekry. 'n Blik kondensmelk en 'n bottel Turlington gemeng; 'n lepelvol op nugter maag en voila!!! Dis nie net goed vir maagsere nie, maar trek snyplekke in 'n japtrap toe.



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How Older Men Can Make New Friends

Having good mates that you can rely on is important at any age, but as men grow older strong female and male friendships are the key to staying healthy and happy. Here are five ways older men can make – and keep – new friends.

There's nothing like catching up with a good mate. Whether it's having a chat over a beer or maybe going fishing together, being in the company of someone we like and trust gives us the chance to relax, to let down our guard and to truly be ourselves. As men age, having this ability to connect with friends becomes even more essential. Repeated studies have shown that men who enjoy strong female and male friendships are more likely to enjoy longer lives.

Who wouldn't want that?

As we age, though, changes in our circumstances can see friends drop out of our lives. Our children grow up, we might finish work, move houses or possibly even into retirement living or aged care. Our regular circle of mates shrinks. Maintaining friendships over a distance means more phone conversations and fewer shared activities time; men can struggle with this.

But don't despair. If you're a man over 60 who would like more friends in his life, there are plenty you can do. Try some of the following five options and you're bound to meet plenty of people to connect with.

Pursue your hobby

Psychologists say there are distinct differences between the friendships men have with other men and those women have with women. Women as a whole tend to enjoy face-to-face time, chatting, sharing news and listening. Men tend to be more comfortable with 'shoulder-to-shoulder' time – undertaking activities with each other, such as camping or watching or playing sport. With this in mind, pursuing a hobby is a great way to get in touch with like-minded mates. Whether it's restoring old bikes, building model ships, bush walking, or genealogy, find a pursuit you can share and enjoy doing with others, then get involved.

Volunteer

Volunteering is one of those win-win activities. By signing up to help out at the local surf club, agreeing to pick up rubbish from the local bush, or reading to kids, you not only help others you help yourself. There's ample evidence that volunteering in older age help keeps us active, happy and socially engaged. And it's a great way to develop female and male friendships with people of similar interests

Join a club

The whole purpose of a club is to bring people together who have shared values, interests and ideas. Find a club in your area that matches your outlook and sign up! It might be the local soccer, rugby league or rugby club. Or the local surf club that needs help running activities for nippers. Or perhaps your local RSL or church. Chances are they run regular activities, arrange outings and dinners and are filled with others wanting to make female and male friendships.

As experts in caring for mature Australians, we created several dynamic social clubs that connect people who have similar passions and interests. There's a club for all sorts of activities, from hiking to bridge, to art gallery visits and for those more introverted, just to the library or the airport. Talk with your nearest social coordinator and they will help you connect with others while doing something you love.

Develop male friendships by getting fit

There are countless studies that show keeping fit into old age not only increases your chances of living a long life, but also your levels of happiness, too. Regardless of age, human beings have the ability to add muscle and improve their cardiovascular fitness. You can use exercise as a way to make friends, too. Maybe sign up for the seniors' swimming club at the local pool, or seniors' fitness classes at the local gym.

Senior weightlifters at the gym always attract fellow lifters interested in chatting and swapping stats. If that sounds too energetic, a quick internet search will find a local walking or bushwalking club. Regular gentle or more active exercise is sure to offer you the chance to connect with new friends.



Male menopause: Myth or reality?

Aging-related hormone changes in men are different from those in women. Understand the signs, symptoms and treatment options

Hormone changes are a natural part of aging. Unlike the more dramatic reproductive hormone plunge that occurs in women during menopause, however, sex hormone changes in men occur gradually. Here's what you need to know.

Debunking the male menopause myth

The term "male menopause" has been used to describe decreasing testosterone levels related to aging. But aging-related hormone changes in women and men are different.

In women, ovulation ends and hormone production plummets during a relatively short period of time. This is known as menopause. In men, production of testosterone and other hormones declines over a period of many years and the consequences aren't necessarily clear. This gradual decline of testosterone levels is called late-onset hypogonadism or age-related low testosterone.

A man's testosterone levels decline on average about 1% a year after age 40. But most older men still have testosterone levels within the normal range, with only an estimated 10% to 25% having levels considered to be low.

Low testosterone levels in older men often go unnoticed. Testosterone levels can be checked by a blood test, but tests aren't routinely done. And many men who have low

testosterone levels experience no symptoms. In addition, the signs and symptoms associated with low testosterone aren't specific to low testosterone. They can also be caused by a person's age, medication use or other conditions, such as having a body mass index of 30 or higher. Still, signs and symptoms suggestive of low testosterone

include:

Reduced sexual desire and activity

Decreased spontaneous erections or erectile dysfunction

Breast discomfort or swelling

Infertility

Height loss, low trauma fracture or low bone mineral density

Hot flashes or sweats

Other possible symptoms include decreased energy, motivation and confidence, depressed mood, and poor concentration. It's also possible to experience increased sleepiness, sleep disturbances, mild unexplained anemia, reduced muscle bulk and strength, and increased body fat.

Experts recommend only testing older men for low testosterone if they have signs or symptoms. If an initial test shows low testosterone, the test should be repeated to confirm the results. If low testosterone is confirmed, further testing of the pituitary gland is recommended to determine the cause and rule out other hormone deficiencies.

The pituitary gland is a kidney-bean-sized gland situated at the base of your brain. It is part of your body's endocrine system, which consists of all the glands that produce and regulate hormones.

Treatment recommendations for older men with low testosterone

Recommendations on testosterone therapy for men with age-related low testosterone vary. In 2020, the American College of Physicians recommended that doctors consider starting testosterone treatment in men with sexual dysfunction who want to improve their sexual function, after explaining the risks and benefits. In 2018, the Endocrine Society recommended testosterone therapy for men with age-related low testosterone who have signs and symptoms associated with low testosterone.

Some experts also recommend offering testosterone treatment to men with age-related low testosterone without the presence of signs or symptoms.

If you choose to start testosterone therapy, your doctor will explain the different ways testosterone can be administered, target levels and follow-up testing.

For some men, testosterone therapy relieves bothersome signs and symptoms of testosterone deficiency. For others, the benefits aren't clear and there are possible risks.

Though further research is needed, testosterone therapy might stimulate growth of metastatic prostate and breast cancer. Testosterone therapy may also increase the risk of heart attack and stroke and contribute to the formation of blood clots in the veins.

Your doctor will likely recommend against starting testosterone therapy if your fertility is important in the near future or if you have conditions such as breast or prostate cancer, untreated severe obstructive sleep apnea, uncontrolled heart failure or thrombophilia, or if you've recently had a heart attack or stroke.

If you think you might have low testosterone, talk to your doctor about your signs and symptoms, testing, and possible treatment options. Your doctor can help you weigh the pros and cons of treatment.



Men are less likely to seek medical treatment

○
Way men don't go to visit their GP, common reasons included embarrassment or discomfort with discussing certain issues and not wanting to be told that they should change their diets or lifestyle. Some said they didn't mention a health concern because they weren't ready to face a troubling diagnosis, or because they didn't want to be judged.

Some men just don't like talking about their health, the survey found — even when they do see a doctor. One in 5 admitted they haven't been completely honest with their physicians. Common reasons included embarrassment or discomfort with discussing certain issues and not wanting to be told that they should change their diets or lifestyle. Some said they didn't mention a health concern because they weren't ready to face a troubling diagnosis, or because they didn't want to be judged. One-quarter of men say they've "felt judged" by their doctors.

For older men, there is a particular reluctance to discuss erectile dysfunction and urinary problems. These are important symptoms to address, however, since erectile dysfunction can be a sign of other health conditions, including heart disease and poorly controlled diabetes. And while difficulty urinating can be normal as the prostate grows with age, Gill notes, it can also be caused by a tumor; catching it early can be crucial for treatment.

"That's why we really encourage guys to get in and be seen before they have symptoms," who likes to make an analogy to cars when talking to men about their health care: "You rotate your tires, you change your oil ... What you don't want to do is wait until there's smoke coming out from under the hood and the car stops running. The same thing goes for men's health."

Are men less likely to seek medical treatment?

Studies show, women are more likely than men to seek out health care. The result of forgoing routine health care is just what you might suspect; limited care is one factor contributing to serious diagnoses and shorter life spans for men.

A new survey highlights the negative attitude many men have about seeking medical care.

Nearly two-thirds of respondents said they avoid going to the doctor as long as possible, and 37 percent said they withhold information from their doctors.

Experts say this is an ongoing issue that keeps doctors from detecting life-threatening issues early, resulting in bigger health dangers and sometimes death.

As part of this year's campaign, their survey asked men how they approach their medical treatment.

The results found:

72 percent of respondents said they would rather be doing household chores, like cleaning toilets, than going to the doctor.

65 percent of respondents said they avoid going to the doctor as long as possible.

20 percent admitted they aren't always honest with their doctors about their health.

37 percent said they had withheld information from their because they weren't ready to deal with the potential diagnosis that might result if they told the truth. in the past, specifically



All you need to know when turning 50

How important is date night in a relationship?

Couples who build date nights into their relationships experience better communication, greater affection and gratitude for the other, and a desire to spend more time together. Date night provides a welcome entertainment so couples can return to focusing on important issues without distractions.

What do men in their 50s want in a woman?

Image result

Older men are looking for someone who's emotionally secure and financially stable. "This may be especially true if the man was in a long-term relationship or marriage with a financially or emotionally dependent woman. After years of dependency, a strong woman with her own resources can be a big turn on.

How hard is it to find love after 50?

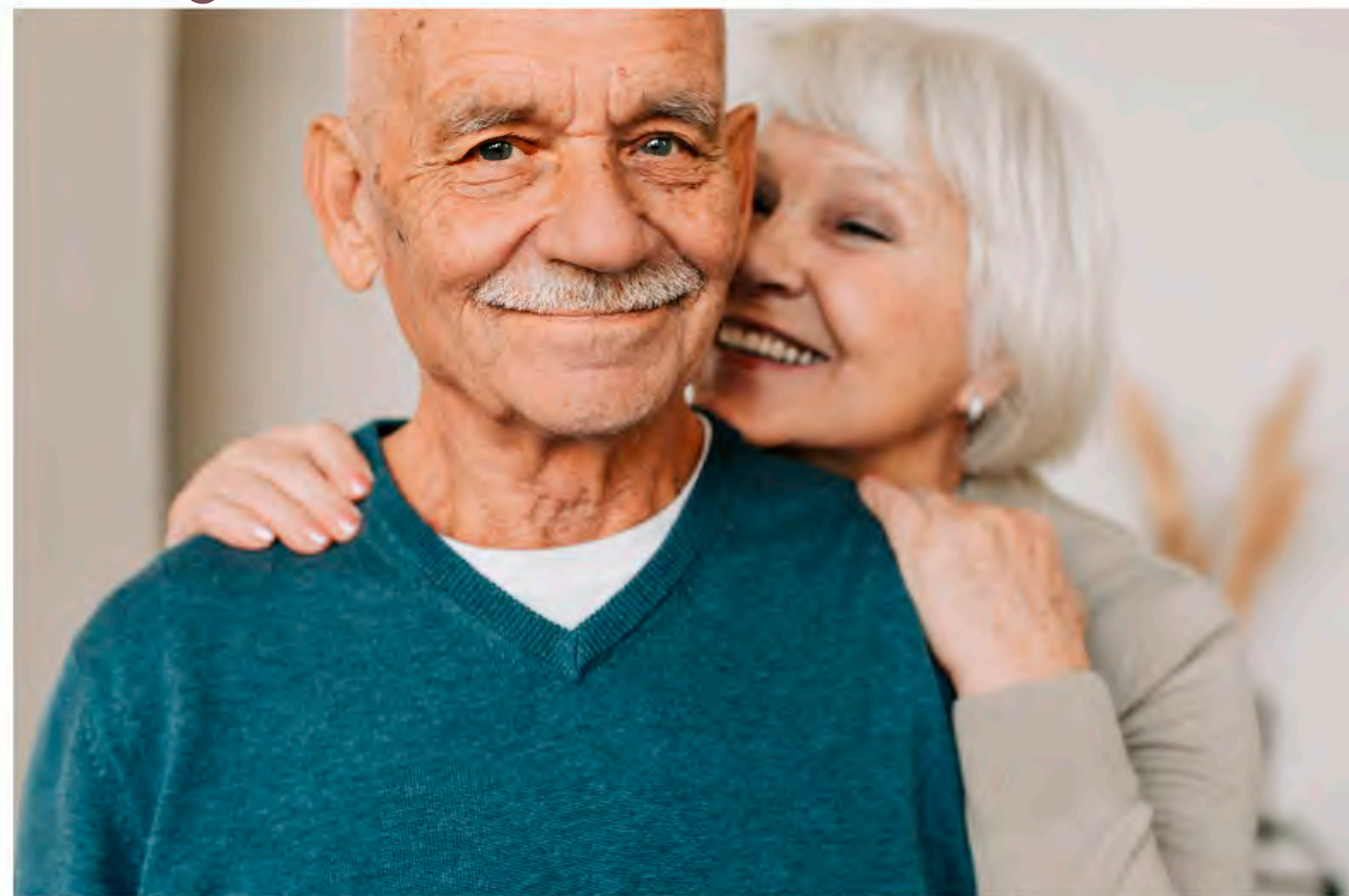
Finding love again in midlife is completely possible. I found love and married for the first time at 43. Millions of people find love in their 50s and 60s today as well. Anything is possible if you give it a shot.

What does turning 50 mean to a man?

Turning 50 causes a man to question his placement in life. Turning 50 is an important milestone in anyone's life. However, it brings with it stresses about aging, accomplishments and placement in life. Men may feel that life has passed them by or that they're not where they wanted to be.

What happens to a man's body at 50?

50-year-old men experience many physical changes as a result of aging. Hormone levels, bone density, muscle mass, eyesight, hair color, skin cells, cognition, and immunity all go through noticeable changes after age 50.



Many age-related symptoms can be addressed with research-backed treatments.

What happens to a woman's body at age 50?

By the time you're in your 50s, you have more broken-down bone cells than can be replaced. This means your bones naturally get weaker. To protect them, eat foods that are high in calcium and vitamin D. Weight-bearing

and resistance exercises like hiking and lifting weights can also help your bones stay strong.

Can I transform my body at 50?

Include strength training to rebuild lost muscle mass. Trying to get back in shape is frustrating at any age; but it can be even more discouraging when you're older and wondering whether it's even possible. Rest assured, getting fit after 50 is absolutely possible.

MAGAZINE



NEXT ISSUE JUNE 2022

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