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ONLINE

ISSUE 55

NOVEMBER 2025

Media House  
Women's Day event  
photos



Diabetes  
Awareness

50+

MAGAZINE / TYDSKRIF

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1.

50+ AMBASSADORS:

A message from our lovely Ambassadors they will bring you something new every month.

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MEDIA HOUSE WOMEN'S DAY:

Photo's of our Women's day event on 4<sup>th</sup> of October 2025. See page

4.

BE ON OUR COVER PAGE ?:

Are you 50+ meaning 50 years and older? Then enter our competition.



Diabetes awareness



Photographer: Albertus Kriel  
Venue: Bar with No Name - Village

Redakteur

*aan die woord*

Liewe leser,

Media House het nog een projek oor vir die jaar wat voorlê, ons kroon die Nuwe gesig van Top Vibe Magazine 8 November 2025.

Die jaar staan einde se kant toe, vir my was dit 'n lang jaar. Ek kan nie wag om net 'n bietjie asem te skep nie.

November maand skep bewistheid van Long kanker, Gestrendheid asook Diabetes maand.

Kom ons ondersteun mense met hierdie gesondheids uitdagings.

Ons chat weer binnekort, raak betrokke ons wil van jou hoor.

Kom deel wenke, resepte met ons, ek plaas jou wen resepe in ons volgende uitgawe.

Stuur na admin@topvibe.co.za

Charms xox

REGULARS

1. COVER PAGE 01

Cover page: Mother and Daughter

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Our 50+ Ambassadors se Ambassadeur  
Handelien Volschenk

3. ADVERTS 08

Find our adverts here and please support them.

4. 50+ Cover page: 05

You can be on the next cover page - all you have to do is to enter. Looking forward to see you on the next cover page.

5. BACK PAGE 20

Back page - our next issue is our December Issue

# 50+ Ambassador



**HANDELIËN VOLSCHEK**

Fotograaf Albertus Kriel

Liewe Lesser,

**Hoekom is dit belangrik om ná 50 fiks te bly:**

Spiermassa, beendigtheid en metabolisme begin afneem ná 50. Gereelde oefening help om dit teen te werk, hou gewrigte soepel en verbeter jou balans — wat belangrik is vir valvoorkoming.

**Wat om te doen:**

- **Kardiovaskulêre oefeninge (3–5 dae/week)**
  - Stap vinnig, fietsry, swem, roei
  - Help hartgesondheid, longkapasiteit en energievlakke.
- **Spierversterking (2–3 dae/week)**
  - Liggewigte, weerstandsbande, liggaamsgewig-oefeninge
  - Behou spiermassa en beendigtheid.
- **Balans en buigsaamheid (daagliks of 3x/week)**
  - Joga, tai chi, balansballe
  - Verminder valrisiko en hou gewrigte soepel.
- **Strek na elke oefensessie**
  - Verhoed beserings en verbeter bewegingsvryheid

## *Hope in Blue*

In every fight, a light will glow,

Through darkest nights, true strength will show.

A ribbon ties us, heart to heart.

With faith and love, well do our part





# Common diabetes symptoms



Common diabetes symptoms include increased thirst and hunger, frequent urination, unexplained weight loss, fatigue, and blurred vision. Other signs can include slow-healing sores, frequent infections, tingling or numbness in the hands and feet, and dry, itchy skin. Some people, especially those with prediabetes or type 2 diabetes, may have very mild symptoms or none at all.

## Common symptoms

**Increased thirst:** Feeling unusually thirsty.

**Frequent urination:** Needing to urinate more often than usual, including at night.

**Increased hunger:** Feeling very hungry even after eating.

**Unexplained weight loss:** Losing weight without trying.

**Fatigue:** Feeling unusually tired or weak.

**Blurred vision:** Vision may be blurry or blurry vision can come and go.

## Other potential symptoms

**Slow-healing sores:** Cuts and sores that take a long time to heal.

**Frequent infections:** Getting more infections than usual, such as skin, gum, or vaginal infections.

**Numbness or tingling:** A prickly or numb feeling in the hands or feet, particularly common in type 2 diabetes.

**Dry, itchy skin:** Especially in certain areas like the groin or vaginal area.

**Mood changes:** Increased irritability or other mood shifts.


## When to see a doctor

If you experience any of these symptoms, it is important to see a healthcare provider for an accurate diagnosis. This is especially true for type 1 diabetes, where

symptoms can appear suddenly and be severe. Some people with type 2 diabetes or prediabetes may have symptoms that are so mild they go unnoticed for years.



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# Media House Women's Day event



Saturday 4<sup>th</sup> October Media House celebrated Women.

Thank you, Carin Mulder for your outstanding work on our Women's Day Cancer Awareness Event.

We kicked off the event with Welcome drinks and presented pink ribbons in honor of cancer awareness.

We were privileged to have Dr. M with us to, sharing valuable insights on how women can strengthen their relationship and treat their husbands with love and understanding.

We also welcomed the ladies from Play with me, who showcased a lovely selection of products and toys, everything designed to put the sparkel back into your marriage.

Thank you to Media House Ambassador who attended the event, always fun when you are around. Our Dy Malissa was awesome.

See page 14 & 15.



# Voorblad geleentheid in 2025

Will jy ook op 'n tydskrif se voorblad verskyn?

Jy kan al wat jy moet doen is om ons Facebook blad dop te hou en sodra jy die advertertensie sien skryf in en jy mag dalk net ons volgende voorblad gesig wees.

Dit kan heerlike pret wees, ek hoor al hoe spog die kleinkinders met ouma en oupa op die voorblad of wat van ouma en oupa saam.

Ja dit is nooit te laat nie, maak 2025 jou jaar en waag 'n bietjie ek belowe dit gaan pret wees..

My kontak nommer is 072 768 8582 vir meer inligting..



# Media House Women's Day event



# *It's extremely dangerous for an elderly person to fall*

**F**alling can be extremely dangerous for an elderly person due to the risk of severe injuries like hip and other fractures, head trauma, and internal injuries, which can lead to long-term disability, reduced independence, or even death. A fall can also trigger secondary health complications, such as pneumonia from reduced mobility, and can result in psychological effects like a heightened fear of falling again.

## Physical dangers

**Fractures:** Elderly individuals are particularly susceptible to broken bones, especially hip fractures, which can be caused by falls combined with conditions like osteoporosis.  
**Head injuries:** Falls can cause traumatic brain injuries, which may be permanent.  
**Internal injuries:** Serious falls can cause damage to internal organs like the kidneys or liver.

**Soft tissue damage:** Bruises, sprains, and strained muscles are common outcomes, even from minor falls.

## Secondary health complications

**Pneumonia:** Limited mobility after a fall can make it difficult for a person to cough effectively, leading to pneumonia.

**Blood clots:** Reduced mobility can also increase the risk of blood clots.

**Pressure sores:** Prolonged immobility can lead to the development of pressure sores.

## Long-term consequences

**Loss of independence:** A severe fall can lead to a long-term disability that prevents a person from fully recovering their independence.

**Fear of falling:** Experiencing a fall can lead to a fear of falling again, causing a person to become less mobile and further decreasing their physical function.

**Institutionalization:** In some cases, a serious fall and its resulting injuries and

lead to hospitalization or placement in a nursing home.

Be careful not to wear slippery shoes.



# Men can also have breast cancer

Men can get breast cancer, though it is rare, with the most common symptom being a painless lump or thickening near or under the nipple. Other signs include nipple discharge, skin changes like dimpling or redness, an inverted nipple, or lumps in the armpit. Treatment is similar to that for women and includes surgery, radiation, chemotherapy, and hormonal therapy.

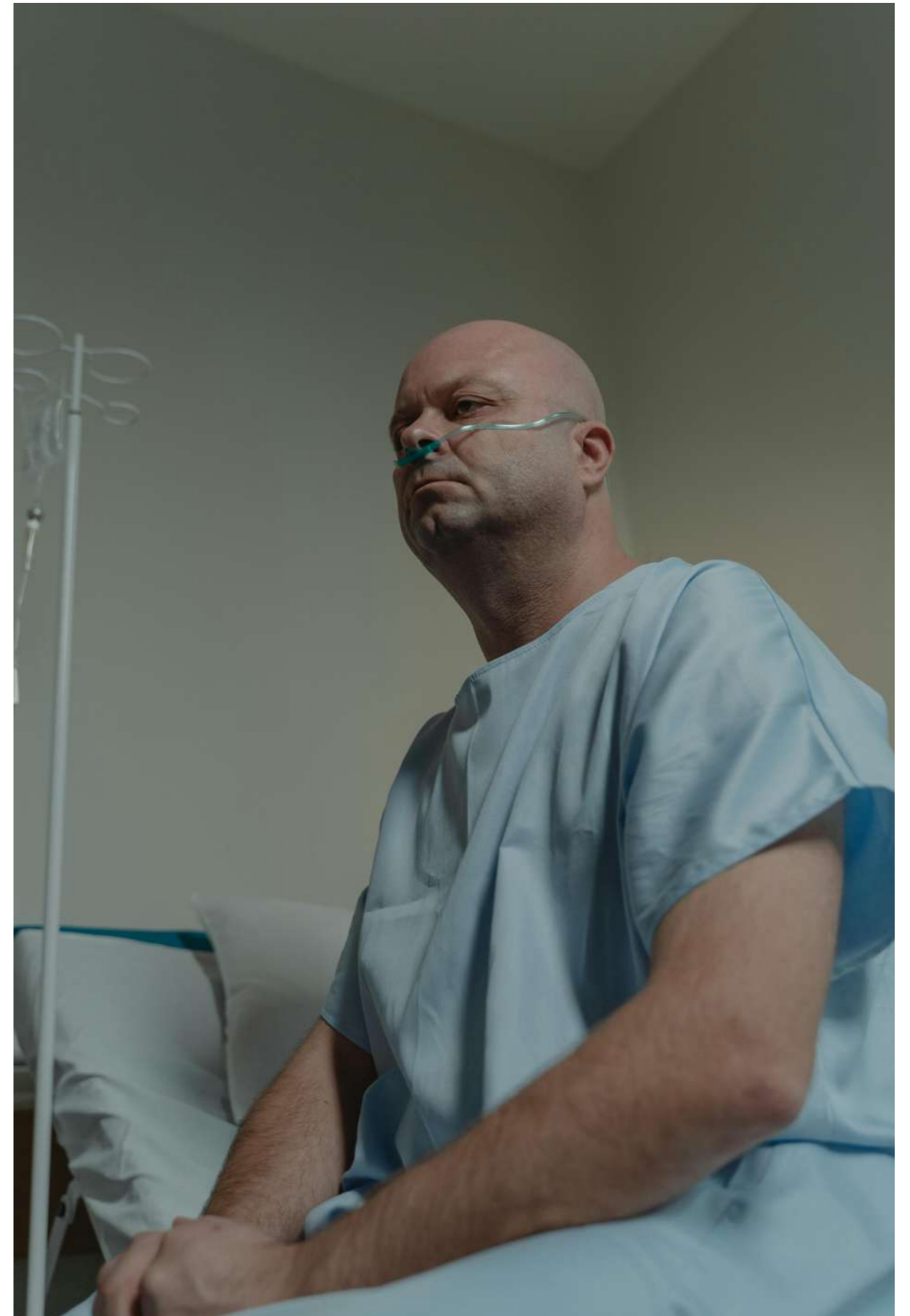
## Symptoms

A hard, painless lump or thickening in the breast, especially near or under the nipple  
Discharge or bleeding from the nipple, which may be bloody  
An inverted nipple (one that turns inward)  
Changes to the skin covering the breast, such as dimpling, puckering, scaling, or redness  
A lump or swelling in the armpit  
Causes and risk factors  
The exact cause is unknown, but men have breast tissue where cancer can develop  
Risk factors include older age (average diagnosis age is 68), family history of breast cancer, and conditions like obesity or an undescended testicle

## Treatment:

A mastectomy, which involves removing the breast tissue, is the most common surgery. Lymph nodes may also be removed.  
Radiation therapy: May be used after surgery if the cancer was not completely removed or if lymph nodes were involved.  
Chemotherapy: Can be used for larger tumors or those that have spread to the lymph nodes.  
Hormone therapy: Treatments like tamoxifen are used for hormone receptor-positive cancers to block the effects of estrogen.  
Important to know  
While many breast lumps in men are non-cancerous (like gynecomastia), it is crucial to have any lump checked by a healthcare provider.  
Men tend to be diagnosed at later stages, which can impact survival rates.

Get your breasts tested, prevention is better than cure.



# ***MAGAZINE***

## ***MEDIA HOUSE***



**NEXT ISSUE DECEMBER 2025**

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