

Healthy Men, Healthy World

THE 19th of November is International Men's Day. The Australian Men's Health Forum (AMHF) have declared the theme for 2023 is 'Healthy Men, Healthy World'.

ALL MEN ARE ENCOURAGED TO MAKE TIME TO TAKE CARE OF THEIR HEALTH. THIS INCLUDES:

- Seeing your GP for regular check-ups if needed. Men normally die earlier than women, one of important factor is that men avoid doctors (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6142142/>).
- Maintaining a healthy weight - being overweight increases the risks of many health conditions
- Eating a healthy diet which is low in fat, sugar, salt and processed foods and rich in healthy choices including plenty of vegetables, fruit,



lean meats/seafood, healthy dairy and grains

- Avoiding or limiting alcohol
- Not smoking
- Getting regular exercise.

Many conditions can be

improved by following the above.

It is also important to check for common chronic conditions that may affect your health. These include diabetes, high blood pressure,

high cholesterol, fatty liver etc.

You should also check for other conditions such as blood borne viruses and sexually transmissible infections. Many people may have these

conditions including hepatitis B, hepatitis C, HIV and STIs and not know as they often do not have any symptoms until the conditions start to cause damage to the body such as the liver.

It important to talk to your doctor and ask for these tests if you have not been tested before, or if you have been told you have these infections before but have not been having regular check-ups - for most people with chronic hepatitis B this is every 6

months.

Think of it like you do to look after your car, you get it serviced, change the oil, check tyre pressure and make sure it is running well so it doesn't break down - you should think the same way about your body and health.

For more information, please see our webpage www.eccq.com/bbv or contact us at ECCQ. Either call 07-3844 9166 or email us at health@eccq.com.au



Hepatitis, HIV/AIDS and Sexual Health Program Ethnic Communities Council of Queensland (ECCQ)

Brittle Nails - Remedies to try right now

Nimisha Modi
Hetvi Hair & Beauty
0412350013



THERE are many reasons to schedule routine manicures or apply paint and polish at home. It gives you a chance to express your style and creativity. One reason it's important to consider regular nail care is that it can help to keep our nails healthy and strong and prevent future nail complications, like brittle nails.

Hey Girls, I did Gel nails I really loved the look. But in two weeks the look get verse when it starts to peel off. As



I feel my nails are Brittle nails can be challenging and painful to deal with, but don't worry here we discuss some home remedies works well to begin caring for your brittle nails with ease, so you can get the relief and get your beautiful nails back.

You'll find easy-to-use nail dip powder kits, manicure/pedicure supplies stores, and the best guides for proper nail care, no matter what your nail needs might be.

WHAT CAUSES BRITTLE NAILS?

So many reasons you may be experiencing damage nails, but the good news is that you also have lots of options for

managing and caring for your brittle nails. Brittle nails can mean that you experience chipping, tearing, or damage more often than usual, or that you notice that your nails are weak, peeling, or easily cracked.

Common causes for brittle nails can be everything from application of artificial nails, gel nail paints, regularly application of dark colour nail polish aging and pre-existing conditions, like circulatory and thyroid conditions, to environmental and daily behaviours. Excess exposure to the cold or even too much moisture, say from dishwashing, can cause your nails to become brittle over.

1. MOISTURIZE, MOISTURIZE, MOISTURIZE

Brittle nails often occur because there is a deficiency in vitamins or nutrients. That's why many of the home remedies for caring for brittle nails include natural ingredients that can help to revitalize your nails.

Some of the best ingredients for moisturizing and rehydrating your dry brittle nails are ingredients like coconut oil and shea butter, which really get below the surface of the skin to provide complete hydration.

2. HYDRATE

In addition to hydrating

your nails with lotions and moisturizers, you'll also want to consider soaking them in nutrient-rich ingredients, as well. Some of the best options for effective, healthy soaks for brittle nails include apple cider vinegar, a sea salt mixture, and olive oil.

If you want to push back your cuticles or strengthen the nail and the skin around it, these ingredients can really do the trick.

3. OILS APPLICATION

Different vitamins and oils can have different benefits, and there are many useful tools for strengthening and supporting brittle nails. VitaminE, for example, strengthens and hydrates nails, removes signs of cuts and scarring, and makes the skin around the nails healthier, which can help to protect it for a long time to come. Or maybe you'll want to reach for the tea tree oil, instead, since it has antibiotic benefits that can help to protect your nails from possible infections and irritations.

4. PROTECT YOUR NAILS

If you know you're going to be doing a lot of hands-on work, especially if you'll be around hot water or strong chemicals, you always want to protect your hands. Wear rubber gloves when working in the kitchen or warm gloves if you're outside in extremely cold temperatures. This will help to keep your nails from getting more brittle and will make it easier for them to grow back strong and healthy.

5. REGULARLY MANICURES AND PEDICURE

Manicures have many benefits when they're performed properly. If your tools aren't sterilized or your nails aren't removed properly, it can cause the nails to become brittle and damaged over time.

Always give yourself a



break between manicures so the nails can breathe and strengthen and listen to your nail needs when applying or removing artificial nails and polishes. Keep it small., while they heal and grow strong.

6. NAILS ARE NOT CUTER

If you find you consistently use your nails to open packages, clean, or perform other tasks, then that may be the root cause as to why you're experiencing brittle nails. Too much pressure or use of the nails can cause them to degrade and wear over time and may even lead to acute damage that makes your nails vulnerable to infection and irritation. Always reach for real tools to do a job and keep your nails safe.

7. SPEAK
8. USE A BASE COAT

When you use a base coat on your manicure, it helps to smooth out the surface of the nail, which is useful for getting a smooth, shiny layer every time. The base coat also helps to protect and strengthen the nail, reducing the likelihood of brittleness and keeping it safe

for the future.

9. EAT YOUR FRUITS AND VEGETABLES

One of the most common reasons you may be experiencing brittle nails is that your body isn't getting the vitamins and nutrients it needs. You may be low on protein, so consider adding more meat or chickpeas to your diet, but the number of fruits and vegetables you eat can also have a direct impact on your nail health, as well as the health of your skin and hair.

Another reason you may be experiencing brittle nails is that you aren't hydrated enough, so make sure you're drinking enough water throughout the day. Your nails are sure to thank you.

10. USE LOTION AND MOISTURIZER

Moisturizing your hands is a great way to treat brittle nails at home, but it can also help to prevent them. If you wash the dishes, use drying materials for cleaning, or spend a lot of time out in the sun, make sure

you're moisturizing regularly, to help keep the nails from becoming brittle again in the future.

CONCLUSION

Brittle nails can be irritating and even painful over time, which is why it's important to understand the root cause of the brittleness and to avoid the potential influences that can make the brittleness more intense. While there are some factors outside of our control, like age and genetic conditions, we can treat and prevent nail brittleness at home with a few ingredients and steps.

You can manage the effects of nail brittleness with tools and ingredients like coconut oil, tea tree oil, and shea butter. And you can prevent more brittleness by eating and drinking right, protecting your nails from the environment, and staying in good communication with your doctor.

Begin protecting and caring for your brittle nails today and get the looks that help you feel healthy and confident tomorrow.