



Healthy Living



28-DAY CHAIR YOGA CHALLENGE AT MY AGE



AGE: 25-35	AGE: 35-45	AGE: 45-55	AGE: 55-65	AGE: 65+
<p>DAY 1</p> <ul style="list-style-type: none"> Tada Pose 20 sec Boat Pose 20 sec Goodness Squat 35 sec 	<p>DAY 1</p> <ul style="list-style-type: none"> Tada Pose 20 sec Boat Pose 20 sec Goodness Squat 35 sec 	<p>DAY 1</p> <ul style="list-style-type: none"> Tada Pose 20 sec Boat Pose 20 sec Goodness Squat 35 sec 	<p>DAY 1</p> <ul style="list-style-type: none"> Tada Pose 20 sec Boat Pose 20 sec Goodness Squat 35 sec 	<p>DAY 1</p> <ul style="list-style-type: none"> Tada Pose 20 sec Boat Pose 20 sec Goodness Squat 35 sec

Early urology diagnosis could save your life

Monday, September 28, 2020



28-DAY CHAIR YOGA CHALLENGE FOR SENIORS



50-55

DAY 1

- Tada Pose 20 sec
- Boat Pose 20 sec
- Goodness Squat 35 sec

DAY 2

- Dynamic Plank 20 sec
- Satva Pose 34 sec
- Puppy Pose 40 sec

DAY 3

- Downward Dog 35 sec
- Camel Pose 40 sec
- Lag Raisa 60 sec
- Goodness Squat 35 sec



55-60

DAY 1

- Tada Pose 20 sec
- Boat Pose 20 sec
- Goodness Squat 35 sec

DAY 2

- Dynamic Plank 20 sec
- Downward Dog 35 sec
- Camel Pose 40 sec

DAY 3

- Goodness Squat 35 sec
- Downward Dog 35 sec
- Puppy Pose 40 sec
- Camel Pose 40 sec
- Goodness Squat 35 sec



60-65

DAY 1

- Dynamic Plank 20 sec
- Puppy Pose 20 sec
- Camel Pose 20 sec

DAY 2

- Downward Dog 35 sec
- Camel Pose 40 sec
- Gate Pose 34 sec

DAY 3

- Downward Dog 35 sec
- Camel Pose 40 sec
- Lag Raisa 60 sec
- Goodness Squat 35 sec



65+

Dr Watya says if a condition is caught early, chances of treatment are high. PHOTO/COURTESY



By ESTHER OLUKA

If you have been to a hospital before, you may have noticed that a big percentage of patients are either children or women. Men tend to visit in smaller numbers and even when they do, chances are, they are either accompanying their children or wives.

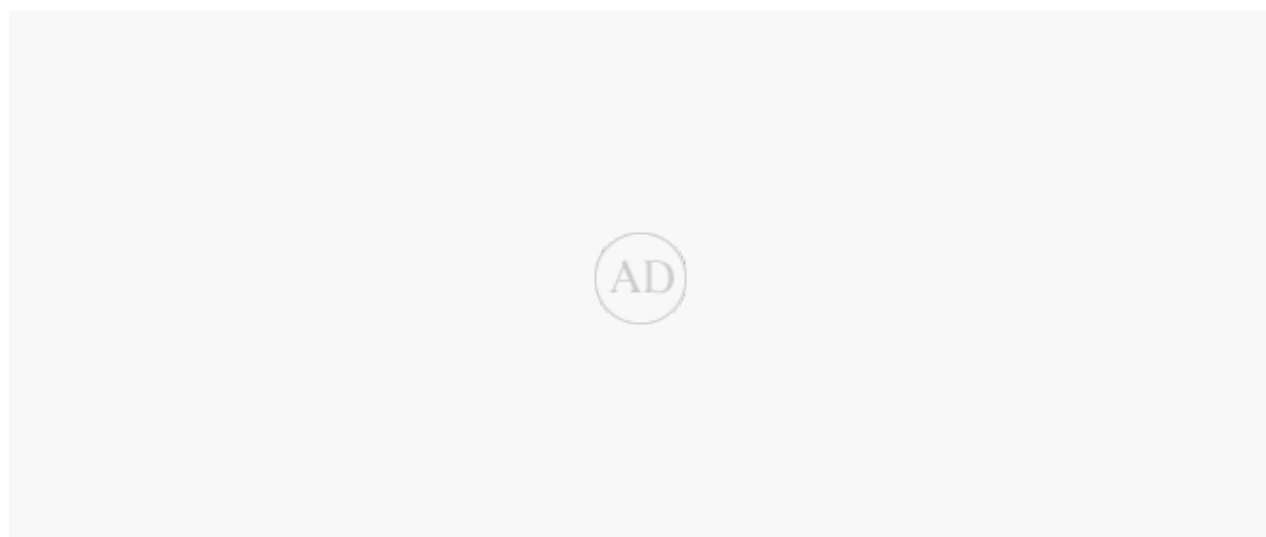
But why is this the case?

For Douglas Omoding, a busy work schedule always prevents him from visiting the hospital to seek medical attention in circumstances he feels unwell.

“I am always busy, working, looking for money to put food on the table. I rarely get time for hospital visits,” he says.

The infographic is titled "28-DAY CHAIR YOGA CHALLENGE FOR SENIORS" and is divided into four columns representing age groups: 50-55, 55-60, 60-65, and 65+. Each column features an illustration of a man in a specific yoga pose and a list of three daily exercises with their durations. The exercises are: Day 1 (Table Pose, Boat Pose, Goddess Squat), Day 2 (Dynamic Plank, Gata Pose, Puppy Pose), and Day 3 (Downward Dog, Camel Pose, Leg Raises, Goddess Squat). The durations vary by age group, with older groups generally having shorter durations for each exercise.

Age Group	DAY 1	DAY 2	DAY 3
50-55	Table pose 28 sec Boat Pose 30 sec Goddess Squat 35 sec	Dynamic Plank 20 sec Gata Pose 34 sec Puppy Pose 40 sec	Downward Dog 35 sec Camel Pose 40 sec Leg Raises 68 sec Goddess Squat 35 sec
55-60	Sala Pose 34 sec Boat Pose 30 sec Goddess Squat 35 sec	Dynamic Plank 20 sec Downward Dog 35 sec Camel Pose 40 sec	Goddess Squat 35 sec Puppy Pose 40 sec Camel Pose 40 sec Goddess Squat 35 sec
60-65	Dynamic Plank 20 sec Puppy Pose 20 sec Camel Pose 38 sec	Downward Dog 35 sec Camel Pose 30 sec Sara Pose 34 sec	Downward Dog 35 sec Camel Pose 40 sec Leg Raises 60 sec Goddess Squat 35 sec
65+	Table pose 20 sec Boat Pose 30 sec Goddess Squat 35 sec	Dynamic Plank 20 sec Gata Pose 34 sec Puppy Pose 40 sec	Goddess Squat 35 sec Puppy Pose 30 sec Camel Pose 40 sec Goddess Squat 35 sec



But Omoding is not alone. There are a number of men who spend

more time making ends meet that they hardly find time to go to hospital for medical reasons. Similarly, there are those who look at hospitals as institutions solely meant for children and women.

However, by not seeking medical attention, or even going in for a general checkup, a number of men are risking their health more, says Dr Stephen Watya, a urologist.

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“Men should regularly visit health facilities, especially those aiming at examining whether they have any urological conditions or not,” Dr Watya says.

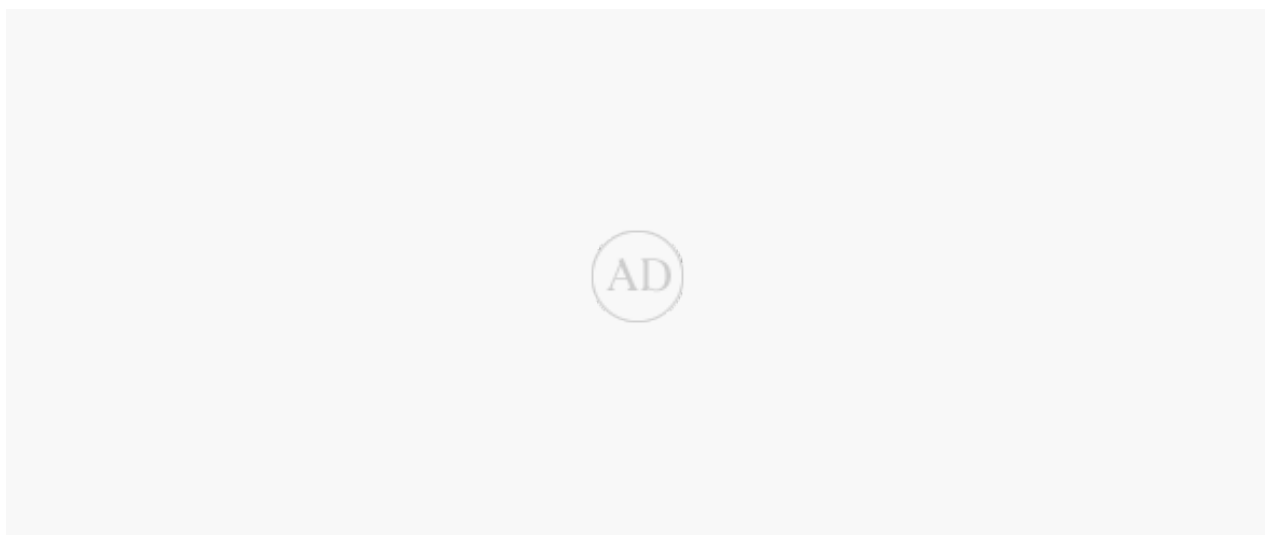
The doctor’s remarks come at a time the world is observing the Urology Awareness Month marked annually, every September, to raise awareness on urological health including conditions and diseases that affect the bladder, kidney and for men, the prostate and reproductive organs.

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However, by not seeking medical attention, or even going in for a general checkup, a number of men are risking their health more, says Dr Stephen Watya, a urologist.

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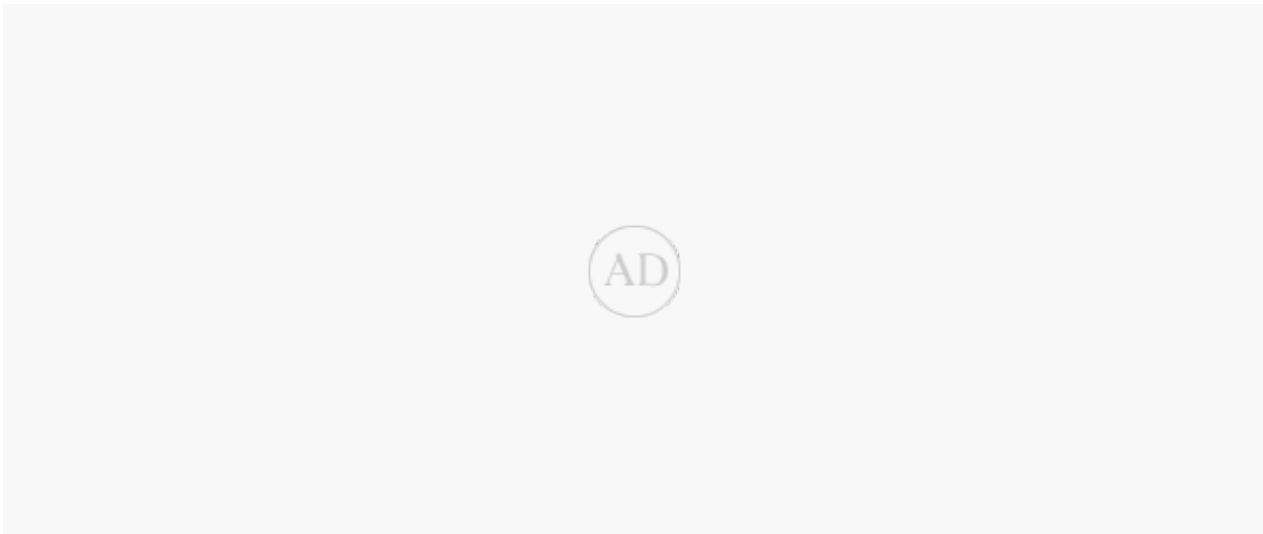
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Common problems

Although Urology is a field that handles mostly cases for men, Dr Watya says urologists also deal with cases of babies, children and women from time to time. One of the observations Dr Watya has made over the years is that a number of individuals, including men, tend to seek help for urological cases after the problem has deteriorated.



“There is a tendency of people showing up when it is too late; after the problem has escalated. In some cases, some don’t even seek help from medical people, rather, they seek assistance from individuals who advertise themselves on radio and television claiming that they can cure all sorts of diseases,” Dr Watya says.



The commonest urology problems, Dr Watya says, include blockage of the flow of urine, infections of the bladder, kidneys and prostate. This includes cancers such as kidney and prostate cancer.

“When it comes to prostate cancer, I have observed that a number of men seek medical intervention when it has already advanced,” he says.

Prostate cancer, a common type of cancer in men, often progresses very slowly the reason they are often advised to go for frequent checkups to find out whether they have it or not. Symptoms include an increased urge to urinate as well as having a persistent feeling that one’s bladder has not fully been emptied.

Dr Watya adds that he has handled a notable number of cases involving abnormalities of the external genitals of boys, and, not forgetting, infertility in men. He observes that it is a misconception that infertility only affects women. He says it is also a common problem among men.

What we need to handle urology cases better?



Without a doubt, proper urology treatment is expensive as urologists often need a variety of medical equipment to diagnose and treat problems related to the bladder, kidneys, urinary tract system, prostate and other urology affiliated areas.

“In order to be able to complete one surgery, a lot of equipment is needed and for this reason, I feel that hospitals, with the help of government need to invest more tools as well as infrastructures designated for urological disease treatment,” he says.



In addition, Dr Watya says there is also need for more urologists to embrace advanced levels of technology when treating urology cases.

“Advanced technology should not only be designated for those in Western countries,” he says.

He also emphasises the need for continuous partnerships between urologists and media to disseminate information. He believes that some people are suffering silently because they are not informed about the existing urological problems and the fact that there re treatment options, especially if the condition is diagnosed early.

28-DAY CHAIR YOGA CHALLENGE ⓘ X
FOR SENIORS

50-55	55-60	60-65	65+
DAY 1 Table Pose 20 sec Bear Pose 30 sec Goddess Squat 35 sec	DAY 1 Sara Pose 24 sec Boat Pose 50 sec Goddess Squat 35 sec	DAY 1 Dynamic Plank 20 sec Puppy Pose 20 sec Camel Pose 38 sec	DAY 1 Table Pose 20 sec Boat Pose 30 sec Goddess Squat 35 sec
DAY 2 Dynamic Plank 20 sec Sara Pose 34 sec Puppy Pose 40 sec	DAY 2 Dynamic Plank 20 sec Downward Dog 38 sec Camel Pose 48 sec	DAY 2 Downward Dog 38 sec Camel Pose 30 sec Sara Pose 34 sec	DAY 2 Dynamic Plank 20 sec Sara Pose 34 sec Puppy Pose 40 sec
DAY 3 Downward Dog 35 sec Camel Pose 48 sec Leg Raises 68 sec Goddess Squat 35 sec	DAY 3 Goddess Squat 25 sec Puppy Pose 40 sec Camel Pose 48 sec Goddess Squat 35 sec	DAY 3 Downward Dog 35 sec Camel Pose 46 sec Leg Raises 60 sec Goddess Squat 35 sec	DAY 3 Goddess Squat 35 sec Puppy Pose 40 sec Camel Pose 48 sec Goddess Squat 35 sec

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