

# Personal Hygiene

# Personal Hygiene

- Why is Personal Hygiene important?
- Bacteria/Acne
- Visible dirt
- Infections
- Odours



# Personal Hygiene

- Showering
- Even in the army, soldiers on the front line have access to sanitation and are expected to have a shower at least once a week.
- Care professionals
- Doctors, nurses, dentists etc are expected to wash their hands immediately before they see a new patient, so as to reduce the chances of spreading any infectious diseases.



# Personal Hygiene

- The importance of showering and adolescence
- Sweat glands are all over the body
- Sweat glands become more active during puberty and secrete different chemicals into the sweat, so that there is a stronger smell.
- Sweat glands will also become more active if they are warm



# Personal Hygiene

- During puberty, the skin and the scalp become more oily, leading to a possible increase in acne (and other spots) on the face and body.
- This can lead to a greasy appearance – showering can help to reduce this.
- Increased activity levels will increase the body temperature, and sweat production – on days when you have PE or are more active, have a shower.
- Diet can affect sweat production – salty foods



# Personal Hygiene

- Don't make your showers too hot. This can dry out your skin, cool your shower down and only stay in there for 5-10 mins.
- Washing hair every day or every other day.
- Using deodorant or antiperspirant, not just body spray.
- Brush your teeth 2x a day and floss daily.
- Wear clean socks and underwear every day.



# Personal Hygiene

- Body Odour
- Begins to occur during puberty, caused from the bacteria from sweat developing and multiplying in warm and damp environment.
- Your diet can also affect how bad your BO might be, curry, garlic and spices can make your BO worse.



# Personal Hygiene

- The “Lynx Effect” alone is not enough to stop you from smelling.
- If you do not use an anti-perspirant or deodorant, the body odour (BO) will still be there. The body spray will only cover up what lies beneath.





# Personal Hygiene

- Brushing your teeth
- Brush each surface of all of your teeth twice a day – once in the morning first thing and once at the end of the day.
- Each time you brush it should be for about 2 minutes.
- By brushing your teeth you are preventing disease (gum disease) and it is a first impression when going for a job interview or meeting someone special.



# Personal Hygiene

- How often should you change your clothes?



**Underwear:** Change daily after every wear.



**Socks, tights:** Change daily after every wear.



**Bras:** After three to four wears.



**Shirts /Tops:** One to two wears



**Sportswear:** After every wear or every week.



**Trousers, skirts:** Three to four wears.

# Personal Hygiene

- Re-wearing dirty clothes many times or sharing dirty, sweaty sports equipment can lead to skin infections. Unpleasant body odour can also arise from bacteria that accumulate on stains from mould on clothing.



# Personal Hygiene

- Washing your personal areas
- When showering, you should gently wash your penis with warm water. It is also important to wash underneath your foreskin
- Failing to wash underneath the foreskin can develop complications from poor hygiene
- However, washing with too much soap and shower gel can cause soreness – choose a mild soap to reduce the risk of skin irritation
- Circumcised men have to be just as careful about cleaning their penis and should wash with warm water once a day

# Personal Hygiene

- Testicles and pubic area
- You should also remember to clean the base of the penis and the testicles, where sweat and hair can produce a strong smell
- Make sure the area between the base of the testicles and the anus is also clean
- While you're down there, it's a good idea to check your testicles for lumps. Look out for any unusual lumps or swellings that were not there before

# CHECK 'EM

THE BEST TIME TO CHECK YOUR TESTICLES IS IN THE SHOWER

## JUST FOLLOW THESE EASY STEPS:

- 1 Check one testicle at a time.
- 2 Hold the testicle between your thumbs and fingers of both hands & roll it gently between your fingers.
- 3 If you notice any of these symptoms...
  - hard lumps
  - smooth or rounded bumps
  - changes in size, shape, or consistency...don't panic but see your GP straight away.



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