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To ensure good hygiene, underwear should be washed with soap and hung in the sun to dry and later ironed



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Men should bathe two times in a day, paying attention to parts that sweat a lot, such as the groin and armpits



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Recycling socks makes them dirty and repeated use may result in fungal infection called tinea pedis

PERSONAL HYGIENE: Grooming tips for today's man

By Agnes Kyotalengerire

Friday, August 18 is men's grooming day. The day is aimed at encouraging men to incorporate style and better grooming practices in their routine.

Several stories have been told by mothers, sisters, wives and girlfriends of how men in their lives do not care about grooming.

One such woman is Salima Muhesi, a mother of two, who says she almost ended her marriage in the first months because of her husband's poor personal hygiene. She adds that they had several arguments over the issue until she decided to stop sharing a bed with him. That is when he improved.

Grooming

Rashid Simuya, a skin specialist at Mbarara Hospital, notes that some men do not groom themselves because

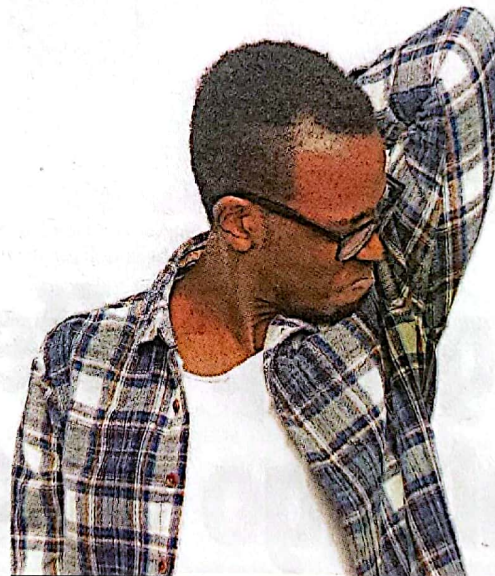
they think it is a preserve for women.

He advises that men's grooming should start in childhood, with parents emphasising it.

Simuya says failure to groom can result in skin infections, for example, ringworms and parasites such as hair and pubic lice.

In the same breath, Dr Charles Kiggundu, who works with Mulago Hospital, stresses that men should ensure good hygiene regardless of which hair and beard style they choose.

Additionally, not regular shaving the groin area and armpits is a sign of poor hygiene and can give one a foul odour, says Simuya. He advises that pubic hair, especially around the groin, should be trimmed with a pair of small scissors. "Shaving with a razor blade or shaver sometimes causes bruises that present with small swellings.



Poor hygiene can cause one to have a body odour

Underwear

Dr Frank Asimwe, a consultant urologist at

Mulago Hospital, says men's underwear traps dirt and sweat, which makes

them dirty. To ensure good hygiene, Asimwe advises that underwear be washed with soap and hung in the sun to dry and later ironed.

"Tight underwear interferes with the health of testicles. By nature, testicles are supposed to hang away from the body so that they shrink towards the body when it is cold or freely move away from the body during hot weather so as to maintain their normal temperature of 36.9°C as opposed to the body temperature of 37.2°C, Asimwe explains.

Bathing

Showering is one way of getting rid of germs but also keeping the body fresh, Christine Akurut, a public health nurse at Kabale Regional Referral Hospital, says.

Akurut advises men to bathe twice a day, paying attention to the parts that sweat a lot,

such as the groin and armpits.

Additionally, men who are not circumcised should pull back the foreskin of their penis and wash it with soap and water as dirt tends to get trapped there.

Socks

Simuya says socks should be worn once, washed and hanged in the sun to dry. This means one should have enough pairs to change every day.

Recycling socks makes them dirty. Repeated use may result in fungal infection called tinea pedis or athlete's foot, which causes one's feet to smell, explains Simuya. He notes that it does not make sense to wear clean socks on dirty feet with long nails.

He says some men are reluctant to trim their nails, yet germs and dirt hide in the long nails, causing fungal infections. Keeping the toe nails long also tears socks.