SPANNER IN THE WORKS?
WHEN WAS YOUR LAST SERVICE?

MEN’S HEALTH TOOL BOX
When was your last service?

Knowing when to have your car checked is no different than keeping your body in peak condition.
Us blokes can generally be quite particular about our machinery.

It doesn’t matter if we are farmers, timber workers, truckers, miners or car owners – when a service is due we either do it ourselves or get the mechanic on it, especially when the value of our machinery is significant, sometimes hundreds of thousands of dollars!

We know that with the correct maintenance schedule we can keep our machinery running optimally and can often avoid costly repairs – problems are identified and fixed early before they become major.

Our most valuable piece of machinery is our own health. But when it comes to looking after ourselves we’re not generally very good at it. Mostly, we don’t have a maintenance schedule and tend to use the wait and see approach.

If we have an ache, pain or are feeling emotionally overwhelmed, our attitude is often that we’ll battle through or give it some time to get better by itself. Only when the aches and pains are overpowering do we make the decision to do something about it and get it checked by our mechanic (that is, the GP or a health professional).

For most of us, we get away with the wait and see approach most of the time.

We would not ignore that timing chain rattle or bearing rumble in our machinery because we know it might lead to problems later on – so why don’t we pay as much attention to the rattles and rumbles our bodies send us?

While we are waiting and seeing, the problem can get worse. We may end up taking out frustrations on loved ones and friends. And, by waiting and seeing, we also run the risk of the problem becoming more and more difficult to treat.

Health is complex – it can become overwhelming to sift through the piles of information available. Spanner in the Works? aims to make health information relatable. It’s not about telling you what to do, but sets out some things you can do (or not do) to improve your health – and your chances at a longer and happier life.

Spanner in the Works? is about giving you the information to make adjustments as you see fit. Often minor adjustments can have a major impact on your health, your relationships with loved ones and friends, and your work or activities.

Use this booklet and the information on malehealth.org.au to discover more about your health and wellbeing.

Most importantly, put yourself over the pits each year with your mechanic.

David Helmers
Executive Officer
Australian Men’s Shed Association
Foundation 49 Men’s Health

Face the facts

- Men live on average 5 years less than women
- Each hour more than 5 men die prematurely from potentially preventable health conditions
- The suicide rate is 4 x higher for men than women
- 2/3 of Australian men are overweight or obese
- A man’s life is affected by genetics 25% and modifiable risk factors 75%

Get the picture?

The Team at Foundation 49 men’s Health are here to assist you live a longer, healthier and happier life.

Go to www.49.com.au and see what is suggested for your Decade of Life from your 20s to your 70s and beyond.

Order a copy of the FREE Men’s Health Toolkit Booklet - 46 pages of action packed information for the everyday bloke. www.49.com.au and sign up to our free Men’s Health Magazine the – Whole New Ball Game

From the nuts and bolts, to the vice of life, to fuel, plumbing, sex, fun and sun – an easy to read guide for all men, covering male specific topics and more.

Importantly – get a health check each year so any potential issues can be addressed in a timely manner...It may just save your life!
Research has shown that hearing loss is more prevalent among men, often as a result of working in a noisy workplace or from war service.

Both men and women may not realise their hearing has deteriorated and on average take eight years to do something about it. However, men access health services 30-40 per cent less than women.

If you are concerned about your own, or a loved one’s hearing, a simple, 15-minute hearing check is all it takes to give you peace of mind.
What is a stroke?

Stroke attacks the brain – the most important organ of all. A stroke happens when the blood supply carrying oxygen and nutrients to the brain is interrupted. When brain cells do not get enough oxygen, they die at a rate of up to 1.9 million cells a minute.

Stroke can leave people with a wide range of physical, thinking, memory and judgement changes or disabilities from paralysis, speech and swallowing difficulties to memory problems, hearing or vision issues.

Every stroke is different – it all depends on where in the brain the stroke occurs and how severe it is.

Stroke is always a medical emergency and time is critical. If you see any of the signs of stroke, call 000 immediately.

Six ways you can reduce your risk

› Eat well.
› Be active.
› Be smoke free.
› Maintain a healthy weight.
› Manage your blood pressure and diabetes.
› Only drink alcohol in moderation.

For more information

Visit: strokefoundation.org.au
Call: StrokeLine 1800 STROKE (1800 787 653)

Recognise STROKE  Think F.A.S.T.

If you see any of these symptoms
Act FAST call 000

Sign up for Stroke Week
You can help spread the message to your members or your local community. Sign up for your free Stroke Week kit.
Visit strokefoundation.org.au/StrokeWeek
About dementia and Men’s Sheds

Of all Australians aged 65 and older, about one in ten will develop dementia. It is therefore probable the Men’s Shed you are involved in may encounter dementia through either a participant or spouse being diagnosed at some stage.

There may also be men with early stage dementia or carers of spouses with dementia interested in participating in their local Men’s Shed as a meaningful social activity.

More than half of people who have dementia have the early stage or mild form. People with early stage dementia do not generally need assistance with daily activities. Depending on their interests and skills many are able to meaningfully contribute to the activities of Men’s Sheds.

For people with dementia, doing something meaningful and being engaged socially has been shown to increase their quality of life and sense of self-worth. There is now also some evidence that involvement in meaningful activities that include social engagement can potentially slow down the progression of dementia.

Sheds and men with dementia

Men’s Sheds are a safe and friendly environment where men are able to work on meaningful projects at their own pace in their own time in the company of other men.

A major objective of Men’s Sheds is to advance the wellness and health of their male members by reducing their social isolation and increasing their social engagement.

Men with early stage dementia are welcomed by Men’s Sheds across Australia. Many men with early stage dementia who are members of Men’s Sheds are active participants in Shed activities. As one Shed member says, “They’re just like us!” Men’s Sheds can provide a place for doing something meaningful and social.

Meaningful activities in a social setting can improve quality of life and in some cases have even been shown to slow down the progression of dementia.

Be a mate, and find out more

The Australian Men’s Shed Association and Alzheimer’s Australia NSW developed A Manual - Your Shed and Dementia. The aim of the manual is to increase social engagement of socially isolated older men through participation in their local Men’s Sheds with a particular focus on men with early-stage dementia and male carers of people with dementia.

To find out more or to obtain a copy of the manual, please contact: National Dementia Helpline on 1800 100 500, or visit the Australian Men’s Shed Association website.
Matching your fuel intake to your engine needs

If your panels are bulging then you may need to adjust the fuel mix to the engine needs. With some tinkering and recalibration those bulges can be straightened out.

Fuel Tune up

- Reduce your food intake – match your food intake to your calorie/kilojoule needs
- Eat plenty of fibre – bread, cereals (wholegrain is best), vegetables and fruits
- Reduce saturated fat in your diet – this means cutting down on fast foods (includes meat pies), removing the visible fat from meat before cooking, reading the label to choose the product with the lowest saturated fat
- Start exercising – walking the dog or kicking the footy. Bicycle riding or swimming. The important thing is to do it
- Limit your alcohol intake – swap to a low alcohol beer

Check your waist with a tape measure – ideally for blokes 94 cm (or less) around the belly button. (over 103 cm is entering the danger zone of obesity!)

Acknowledgement to ‘Wheatbelt Men’s Health’ WA
Two in three long term smokers will die from their addiction, usually 10 to 15 years earlier than non-smokers.

The strain put on your body by smoking often causes years of suffering and chronic illness before a premature death.

It’s never too late to quit. As soon as you stop smoking your body begins to repair itself.

So why quit?

Save cash
If you give up a pack a day habit, you save a packet (and your health). The current leading brand of cigarettes costs you about $26. If you stopped smoking for a year, you would have saved $9,490 – enough to reduce debt, buy a second hand car or treat your family to a holiday!

Need support?
Many people quit without assistance, but there’s lots of support available:
• Call Quitline on 13 7848 for advice and support
• Visit quit.org.au for information and resources
• Download the My Quit Buddy app
• Speak to your doctor or a health professional – nicotine patches and quitting medications are cheaper with a script from your doctor.

quit.org.au  Quitline.13 7848
Being breathless is not a normal part of getting older...

Coughing?

— Have a new or persistent cough – does it wake you at night?
— Cough up mucus, phlegm or blood?

Breathless?

— Struggle to keep up with others your age or doing your normal activity?
— Get tight in the chest or wheeze?

Not feeling so good?

— Keep getting chest infections?
— Have chest pain, fatigue or sudden weight loss?

If you answered yes to any of the above, your lung health may be at risk, particularly if you are a smoker or ex-smoker, or have worked in a job that exposed you to dust, gas or fumes.

Speak with your doctor about your symptoms and take this checklist along with you to your appointment; it will help start the conversation.
A handy tool – heart health at your finger tips

A FREE mobile app available on iPhone, iPad or Android devices

Will help you to:

• remember to take your medication
• track your blood pressure and cholesterol
• learn about heart attack warning signs and what to do
• cook healthier food – over 500 recipes!

Go to www.myheartmylife.org.au to download our app or call the Heart Foundation Health Information Service on 1300 36 27 87
Are you pumping too much iron?

Haemochromatosis in your family?
Aching joints?
Feeling unusually tired all the time?

HAEMOCHROMATOSIS
inherited iron overload disorder

Treat hereditary haemochromatosis early, and iron out future health problems

What is Haemochromatosis?
Watch this video

www.ha.org.au
INFO LINE 1300 019 028

Haemochromatosis Australia
Inherited Iron overload disorder
1. Your age group:
   - Under 35 years: 0 points
   - 35–44 years: 2 points
   - 45–54 years: 4 points
   - 55–64 years: 6 points
   - 65 years or over: 8 points

2. Your gender
   - Female: 0 points
   - Male: 3 points

3. Your ethnicity/country of birth:
   a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?
      - No: 0 points
      - Yes: 2 points
   b. Where were you born?
      - Australia: 0 points
      - Asia, Middle East, North Africa, Southern Europe: 2 points
      - Other: 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?
   - No: 0 points
   - Yes: 3 points

5. Have you ever been found to have high blood glucose (sugar) for example, in a health examination, during an illness, during pregnancy?
   - No: 0 points
   - Yes: 6 points

6. Are you currently taking medication for high blood pressure?
   - No: 0 points
   - Yes: 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?
   - No: 0 points
   - Yes: 2 points

8. How often do you eat vegetables or fruit?
   - Everyday: 0 points
   - Not everyday: 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?
   - Yes: 0 points
   - No: 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, while standing):
    - Waist measurement (cm) ________________
    - Complete either the green or orange box below, as appropriate:

For those of Asian or Aboriginal or Torres Strait Islander descent:
   - Men
     - Less than 90cm: 0 points
     - 90–100cm: 4 points
     - More than 100cm: 7 points
   - Women
     - Less than 80cm: 0 points
     - 80–90cm: 4 points
     - More than 90cm: 7 points

For all others:
   - Men
     - Less than 102 cm: 0 points
     - 102–110cm: 4 points
     - More than 110cm: 7 points
   - Women
     - Less than 88 cm: 0 points
     - 88–100cm: 4 points
     - More than 100cm: 7 points

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

5 or less: Low risk
   - Approximately one person in every 100 will develop diabetes.

6–11: Intermediate risk
   - For scores of 6–8, approximately one person in every 50 will develop diabetes. For scores of 9–11, approximately one person in every 30 will develop diabetes.

12 or more: High risk
   - For scores of 12–15, approximately one person in every 14 will develop diabetes. For scores of 16–19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

* The overall score may overestimate the risk of diabetes in those aged less than 25 years.

For more information please call 13 RISK (13 7475) or visit www.lifeprogram.org.au
206 Queensberry St, Carlton Vic 3053
T: 03 8648 1880  F: 03 9667 1757
E: life@diabetesvic.org.au
This quiz is to determine the quality of your shock absorbers - how does your vehicle travel the road of life?

- Do you have a good set of shock absorbers that help you cope with the bumps in the road?
- Below is a list of symptoms and complaints that most people have at some time in their life.
- Circle which one fits you best

<table>
<thead>
<tr>
<th>Check the list and rate yourself.</th>
<th>Almost never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Quite often</th>
<th>Most of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel low in energy and slowed down</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I have difficulty falling asleep or staying asleep because I worry or stew over things</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I have temper outbursts that I can’t control</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>My heart sometimes pounds or races</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I feel hopeless about the future</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I am easily annoyed or irritated</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I feel trapped or stuck</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I have lost interest in things I usually like (food, sex, recreation, socialising etc)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I feel shaky inside and anxious or panicky</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I am unable to get rid of bad thoughts and ideas</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

How do your shock absorbers perform?

- If you scored 1’s and 2’s, your Shock Absorbers are in good order. Keep cruising!
- If you scored some 3’s your Shock Absorbers are a bit dodgy; you’ve got a bit more stress than you need. Talk to someone.
- If you scored any 4’s or 5’s, you’re in danger; your Shock Absorbers need replacing now! Talk to your GP!

Acknowledgement to ‘Wheatbelt Men’s Health Inc’ WA
Thank you for taking this opportunity to participate in a Men's Health Check. The "Spanner in the Works?" project aims to encourage you to undertake regular "maintenance" and "servicing" of yourself to increase the chances of staying fit and well and helping to prevent illness.

'Spanner in the Works?' is a brief health check and should not be regarded as a replacement for a consultation or full health check carried out by a doctor/GP - all of us should have a complete health check by our doctor at least annually. We encourage you to take these health check results and discuss them with your doctor.

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Your GP: ............................................................................................................................

Town: ........................................................... State: ..................................

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(Cross out those which do not apply)

Signature: .................................................................................... Date: ..................................................
CONSENT FORM - original

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Address: .......................................................................................................................

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Your GP: .............................................................................................................................

**Recommendation**

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**SCREENING RESULTS**

**SPANNER IN THE WORKS?**

*Copy – tear out and health worker to keep!*

<table>
<thead>
<tr>
<th>Name:</th>
<th>Age:</th>
<th>Men’s Shed or Screening Location:</th>
<th>State:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

**Diabetes (AUSDRISK) Recommendation**

Result: 

6-11 points = Possible increased risk of type 2 diabetes. Discuss with GP. Lifestyle changes to reduce risk?

>11 points = May have undiagnosed type 2 diabetes. See your GP for further blood testing.

**Coping Skills Shock Absorber Check List Recommendation**

Result: 

1s & 2s = good
Some 3s = talk to someone
Any 4s or 5s = talk to your GP

**Cardio Vascular Disease – Heart Disease and Stroke Recommendation**

Blood Pressure  
Ideal = less than 120/80  
High/normal = <140/90

Result: 

Waist Measurement  
Ideal = <94cms  
Overweight = 94-103cm  
Obese = >103cm

Result: 

Cholesterol Blood Testing  
Ideal = annual after 45 years OR Annual for high risk

Last Tested: 

Exercise  
Ideal = >30 mins/day, 5 days/week

Amount done: 

**Other**

<table>
<thead>
<tr>
<th>Skin Checks?</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Annually by GP?</td>
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<table>
<thead>
<tr>
<th>BPH - Prostate Enlargement</th>
<th>Recommendation</th>
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<tbody>
<tr>
<td></td>
<td>Discuss with GP</td>
</tr>
<tr>
<td>After 50?</td>
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<table>
<thead>
<tr>
<th>Prostate Cancer?</th>
<th>Recommendation</th>
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<tr>
<td>Baseline PSA at 40. Annual DRE &amp; PSA 50 to 70?</td>
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<tr>
<th>Eyesight?</th>
<th>Recommendation</th>
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<tr>
<td></td>
<td>Annually after 40?</td>
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<tr>
<th>Bowel Cancer?</th>
<th>Recommendation</th>
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<tr>
<td>FOBT every 2 years after 50?</td>
<td></td>
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<tr>
<th>Smoking?</th>
<th>Recommendation</th>
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<tbody>
<tr>
<td>QUIT line Ph 13 7848?</td>
<td></td>
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<table>
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<tr>
<th>Immunisation?</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tetanus if last vaccine longer than 10 years ago?</td>
<td></td>
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<tr>
<td>Flu Vaccine – annually after 65yo or high risk?</td>
<td></td>
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**4 Key Recommendations**

<table>
<thead>
<tr>
<th>Recommendation</th>
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Signature: ................................................................................................................. Date: .................................................
Do you have newly diagnosed kidney disease?

1 in 10 Australians have early signs of kidney disease.

There are simple things you can do to look after your kidneys:

- Manage your diabetes
- Monitor and treat your high blood pressure
- Avoid smoking
- Exercise regularly
- Maintain a healthy body weight
- Learn more about kidney health

Where can I get more information and support?

1. My Kidneys, My Health information resources are available from Kidney Health Australia
2. Connect with Kidney Health Australia to learn more
   - Log on to our website: www.kidney.org.au and visit support > newly diagnosed
   - Free call the Kidney Health Information Service: 1800 454 363 for your free My Kidneys, My Health book
   - Download the My Kidneys, My Health app free for iPhone and Android

Connect with us www.kidney.org.au Freecall 1800 454 363
A SIMPLE TEST COULD SAVE YOUR LIFE

If he had the test, it could have been different.

LINDA’S FATHER WAS DIAGNOSED WITH BOWEL CANCER WHEN HE WAS 69. SADLY, HE PASSED AWAY FIVE YEARS LATER.

DON’T LEAVE LOVED ONES BEHIND. DO THE TEST THAT COULD SAVE YOUR LIFE.

Visit bowelcancer.org.au or call 13 11 20 for more information.

BOWEL CANCER KILLS 75 AUSTRALIANS EVERY WEEK. BUT IF DETECTED EARLY, MORE THAN 90% OF BOWEL CANCERS CAN BE CURED.

Bowel cancer is the second biggest cancer killer in Australia. Each year, around 15,000 new cases of bowel cancer are diagnosed in Australia and around 4000 Australians die of the disease.

If you are aged 50 or over, you are at higher risk. Yet by taking a simple home test that picks up signs of bowel cancer early most bowel cancers can be prevented or cured.

The Government’s National Bowel Cancer Screening Program currently provides the test free to Australians aged 50, 55, 60, 64, 65, 70, 72 and 74. By 2020, it will be available free to all Australians aged 50–74.

For more information, visit bowelcancer.org.au
Tackling incontinence

4.8 million Australians are affected by bladder or bowel problems. Men aged 55 years and over are one of the most at-risk groups. Most cases are preventable and treatable.

Take this short test to check your bladder and bowel health.

Do you sometimes:

- Leek urine, wind or faeces?
- Dribble after urinating?
- Have difficulty starting to urinate?
- Strain to empty your bladder or bowel?
- Have a slow urine stream?
- Have to frequently empty your bladder or bowel?
- Feel burning, discomfort or pain when urinating?
- Have blood-stained urine or faeces?
- Get up more than two times overnight to urinate?
- Avoid certain activities because of problems with your bladder or bowel?
- Have bladder or bowel pain when doing pelvic floor muscle exercises or during intercourse?

If you ticked one or more of the boxes you may need to talk to a continence health professional. For free, confidential advice from a continence nurse, phone the National Continence Helpline on 1800 33 00 66.

continence.org.au
Prostate Cancer
WHAT YOU NEED TO KNOW

• Each year 20,000 men are diagnosed
• Over 3,000 men die of prostate cancer in Australia every year
• 200,000 men and their families are currently living with the disease

Prostate cancer
The prostate is a small gland in the male reproductive system. Prostate cancer is an abnormal growth of cells in the prostate, forming a tumour. It can be best treated if identified early, while the cancer is still contained within the prostate.

Risk Factors
Age- The chance of developing prostate cancer increases with age.

Family History- Men who have a father or brother with prostate cancer have an increased risk.

Diet- Some studies show that a diet high in processed meat or high in fat can increase risk. PCFA recommends a healthy diet, in accordance with the Australian Dietary Guidelines, and regular exercise to help protect your health.

Symptoms
Often, there can be no symptoms present in the early stages, which is why talking to your doctor regularly is important. However, symptoms can include frequent urination, poor urine flow or discomfort in urinating, blood in urine, or bone pain, if the cancer has spread.

Should I Talk to my GP About Testing?
PCFA advises men over 50, or over 40 with a family history of prostate cancer, to talk to their doctor about using the blood test (Prostate Specific antigen, or PSA test) as part of their regular health check-up.

Prostate Cancer Foundation of Australia (PCFA)
PCFA is a broad based community organisation and the peak national body for prostate cancer in Australia. We are dedicated to reducing the impact of prostate cancer on Australian men, their partners and families, recognising the diversity of the Australian community. To learn more about how we can help Free call 1800 220 099 or visit pcfa.org.au
How Can PCFA help?

Free resources for men & their families
We have developed a range of evidence-based resources to assist men, their partners and families following a diagnosis of prostate cancer, and to help raise awareness of prostate cancer in the wider community. Our resources include: Evidence-based information packs for those diagnosed—Targeted information is available for men with advanced prostate cancer—younger men—gay and bisexual men—Aboriginal and Torres Strait Islander men—and partners and carers. Information is also available in Arabic, Chinese, Greek, Italian and Vietnamese.

Connect with a local support group
There are over 170 affiliated support groups across Australia that meet regularly to discuss shared experiences, impact of diagnosis and treatment, and ongoing management.

Online Community
All men and families impacted by prostate cancer are invited to discover onlinecommunity.pcfa.org.au to connect with others managing life with prostate cancer—Explore important insights from leading prostate cancer health experts—Learn about latest advances in prostate cancer research.

Pathfinder Registry
Men with prostate cancer, family members, friends, and caregivers are invited to register and participate in research. Registration is free and all personal details are kept completely confidential. More information and registration at pathfinderregister.com.au

Prostate Cancer Specialist Nurses
Our national team of experienced, expert nurses provide patients with an ongoing point of contact, support and information on their treatment plan.

Book an Ambassador Presentation
Through a national volunteer peer education program, we increase awareness in the broader community by delivering free presentations to workplaces, community groups and organisations on prostate cancer. Presentations are delivered by those who have had firsthand experience and cover basic information on prostate cancer. Contact us to book your free Ambassador presentation.

To learn more about how we can help
Free call 1800 220 099 or visit pcfa.org.au

Follow us on Facebook or on Twitter @PCFA
Five things to know about erectile dysfunction

1. What it is
Erectile dysfunction is when a man is unable to get and/or keep an erection that allows sexual activity with penetration. It is not a disease but a symptom of some other problem, either physical, psychological or a mixture of both.

2. It is very common
Erectile dysfunction is very common and becomes more common as men age. An Australian survey showed that at least one in five men over the age of 40 years has erectile problems and about one in ten men are completely unable to have erections.

3. It can have many causes
Erectile dysfunction can be caused by blood flow problems, problems with nerves, interference caused by some medicines, alcohol or recreational drugs, or psychological problems such as depression or stress.

4. It could be more than just a problem in bed
If you experience erectile dysfunction you should see your local doctor, whether or not you want to have sex. The reason for this is that erectile dysfunction may be a symptom of underlying medical conditions, such as heart disease and diabetes.

5. It can be treated
There are three main types of treatments: tablet medicines, vacuum pump device, and injection treatments to increase blood flow to the penis. The doctor will usually talk about all the types of treatment so that a man (and/or couple) can know about the options available.

Remember:
- Discuss any concerns about erectile dysfunction with your doctor, whether or not you want to have sex.
- You should not need to sign a contract to get treatment for erectile dysfunction.

More information
Andrology Australia fact sheet: www.andrologyaustralia.org/your-health/erectile-dysfunction/
Video “A comprehensive guide to erectile dysfunction” with Associate Professor Doug Lording: www.youtube.com/watch?v=Ex31xpCt8qY
Five things to know about your prostate

1. What it is
The prostate is a small but important gland (organ) in the male reproductive system. The main role of the prostate is to make fluid that protects and feeds sperm. The prostate makes about one third of the fluid that is ejaculated (released) from the penis at orgasm (sexual climax).

2. It gets bigger as you get older
“BPH” or Benign Prostatic Hyperplasia is the non-cancerous enlargement of the prostate. The male sex hormone testosterone makes the prostate grow in size. As men get older, the prostate grows larger. At puberty, testosterone levels in boys start to increase and the prostate grows to about eight times its size. It continues to grow, doubling in size between the ages of 21 and 50 years, and almost doubles again in size between the ages of 50 and 80 years. The reasons for this ongoing growth are not fully understood.

BPH is the most common prostate disease. Having BPH does not increase the chance of getting prostate cancer. However, it is possible for men who have had treatment for BPH to still get prostate cancer.

3. It can interfere with urination
Men who have symptoms of BPH usually find that there are noticeable changes to their urination because BPH affects the part of the prostate that surrounds the top part of the urinary tract. “LUTS” or Lower Urinary Tract Symptoms is a common term used to describe a range of urinary symptoms. LUTS in men is most often caused by BPH, but it is not the only reason.

4. It can get inflamed
Prostatitis is inflammation of the prostate gland, which means the prostate can feel sore and irritated. Prostatitis can be caused by a bacterial or non-bacterial infection, and it can be very painful and have a major effect on quality of life.

5. It can get cancer
Prostate cancer is a problem where cells within the prostate grow and divide abnormally so that a tumour forms. Prostate cancer cells often grow very slowly and may not cause any problems or symptoms, or become life-threatening. However, less commonly, the cancer cells grow more quickly and may spread to other parts of the body. It is not known why cancers grow at different rates and why some tumours spread to other parts of the body. Prostate cancer is diagnosed mainly in men over the age of 50 years.

Remember:
• Prostate diseases, including prostate cancer, can usually be treated.
• If you have any concerns, see your doctor.

More information
Andrology Australia fact sheets: www.andrologyaustralia.org/prostate-problems/
Video “What is the prostate?” with Dr Jeremy Grummet: www.youtube.com/watch?v=II4TSXGKR-o
be proactive

In Australia a bone is broken due to poor bone health every 3.4 minutes.

Don't risk your independence. Self assess your bone health now!

www.knowyourbones.org.au

know your bones
bone health assessment tool

GARVAN INSTITUTE OF MEDICAL RESEARCH

osteoporosis australia

A JOINT INITIATIVE FOR FRACTURE PREVENTION
Painful or stiff joints?

Sore joints may be osteoarthritis
Osteoarthritis (OA) is a condition that affects the joints. People who actively manage their OA and joint pain will do much better than those who don’t. This means you can reduce pain, increase your movement and do the things that are important to you.

Management includes learning about OA, getting your GP to create a care plan, and working with a healthcare team e.g. GPs, physios, dietitians, exercise physiologists and psychologists as required.

There’s no cure for OA yet but we’re working on it.

What are the symptoms?
The symptoms of OA vary from person to person. Your symptoms will also depend on which joints are affected. OA tends to come on slowly, over months or even years. The most common symptoms are pain and stiffness of the joints, which usually worsen after resting or not moving the joint for a while. These symptoms may affect your ability to do normal daily activities, such as walking, climbing stairs or working in the shed.

How to take control
• Join www.MyJointPain.org.au & do the weekly check ups
• Learn about OA & play an active role in your treatment
• Build a healthcare team to advise & support you - a physio is key!
• Learn ways to manage pain e.g. weight loss, muscle strengthening, pacing, etc.
• Get advice on best exercises for you
• Have a healthy diet; weight control is vital as extra weight causes pain
• Acknowledge feelings & seek help - a psychologist can help with pain
• Call 1800 011 041 (Arthritis Infoline) to get support in your area

ARTHRITIS INFOLINE: 1800 011 041
OSTEOARTHRITIS INFO www.MyJointPain.org.au
Melanomas come in all shapes and sizes

**THE FACTS**…
- Australian men have a 1 in 14 chance of developing melanoma
- 12,500 Australians are diagnosed with melanoma each year
- 1,500 Australians will die each year
- If detected early 90% of melanoma can be successfully treated with surgery
- For men over the age of 60, the death rate for melanoma is increasing each year

By undergoing regular skin checks by a professional and conducting self examinations you can reduce your risk of developing advanced melanoma.

Be on the look out for anything that is sore, itchy, strange lumps and lesions or anything that has changed!

For more information or if you have melanoma and need support please contact MPA.

Phone 1300 88 44 50
Email info@melanomapatients.org.au
Web www.melanomapatients.org.au

MPA is a national, not for profit organisation committed to providing information, support and representation for those affected by melanoma.
Heart Health – A Veterans’ & Peacekeepers’ Health & Fitness Program
The Department of Veterans’ Affairs (DVA) Heart Health Program is open to all returned veterans and peacekeepers who have not undertaken the Program. The Program aims to help with physical health and wellbeing through practical exercise, nutrition and lifestyle management support. It is a 52 week program and includes physical activity sessions each week along with 12 health educational seminars. To find out more, or to register, contact Corporate Health Management on 1300 246 262 http://www.veteranshearthealth.com.au/

Men's Health Peer Education magazine: Articles are sourced from DVA staff and health professionals and includes general interest and health promotion articles for the veteran community. Two issues are published per year. Magazine subscriptions are available at www.dva.gov.au/mhpe

10K Steps National Challenge: A walking challenge for veterans, war widows, widowers, current and ex-Australian Defence Force members and their families. The theme for this year’s challenge is The Kokoda Track, this virtual walk is timed to acknowledge the 75th anniversary of the Battle of the Kokoda Track and will take participants on a four week virtual journey through some of the most significant historical and geographical elements of this iconic track. The challenge will commence on Saturday 21st October in line with the first week of Veterans’ Health Week. https://www.dva.gov.au/health-and-wellbeing/health-events/10000-steps-walking-challenge

Veterans’ Medicines Advice & Therapeutic Education Services (MATES): Aims to improve the health care of veterans and war widows through quality use of medicines and better use of health services. https://www.veteransmates.net.au/home

Veterans’ Health Week: Physical Activity is the theme for this year’s VHW which will be held from 21-29 October. VHW provides an opportunity to improve and maintain the health and wellbeing of the veteran and ex-service community. www.dva.gov.au/veterans-health-week

At Ease Portal: At Ease can help veterans, ADF personnel and their family members identify the symptoms of poor mental health. At Ease can provide self-help tools and advice, treatment options and other resources, including websites, apps and videos. Visit At Ease at www.at-ease.dva.gov.au

For information on these initiatives and more, visit www.dva.gov.au or call DVA on 133 254 or, for Regional callers, 1800 555 254.

VVCS COUNSELLING & PROGRAMS

The Veterans and Veterans Families Counselling Service (VVCS) provides free and confidential, nation-wide counselling and support for war and service-related mental health and wellbeing conditions.

VVCS counsellors have an understanding of military culture and can provide: individual, couple and family counselling and support for those with more complex needs; services to enhance family functioning and parenting; after-hours crisis telephone counselling through Veterans Line; group programs to develop skills and enhance support; information, education and self-help resources; and referrals to other services or specialist treatment programs.

For help, to learn more, or to check eligibility for VVCS services, call 1800 011 046 or visit http://www.vvcs.gov.au.
Build at least 30 minutes of exercise into your daily life.
Aim for a combination of moderate and vigorous activity for at least 30 minutes each day. If that’s not possible, start with whatever you can, and build up. Regularly break up long periods of sitting.

Eat wisely, always include breakfast and watch portion sizes.
Reward your body with lots of fruit, vegetables and fish. Go easy on highly processed foods. Say no to added salt, added sugar and animal fat.

Do something intellectually stimulating every day.
Feed your brain by doing something intellectually stimulating every day. Learning new things will keep your brain cells connected.

Know the signs of poor mental health and act on them.
Find time for the people and activities that you love. If you’re worried about someone, ask them if they’re OK. De-stress and embrace the outdoors.

See your GP for regular screening and, where recommended, vaccinations.
She or he will help you manage cancer screening, vaccinations, blood pressure and cholesterol checks, and will refer you to a specialist when necessary.

Be active (and sun smart) outdoors.
Get together with family and friends for physical activity. If you have children, play with them outdoors. Consider getting a pet. Spending time outside will boost your Vitamin D levels, but be careful not to get sunburnt.

Try to avoid breathing polluted air.
Don’t smoke and avoid other types of air pollution, including passive smoking. Gas heaters and cookers should have a flue, and your wood heater should burn brightly, not smoulder. Breathing polluted air increases the risk of lung, heart and other diseases.

Limit alcohol.
Despite messages about the protective effects of alcohol, this actually only applies to very small amounts and in middle-aged or older people. If you have made a decision not to drink, stick with that decision. Say no to other recreational drugs.

Be safety conscious.
Drive/ride carefully and follow safety protocols at work, particularly in an industrial environment.

Start today.
No matter how young or old you are, even small changes make a difference.

Menzies Institute for Medical Research

TOP TEN TIPS
for a long and healthy life.

menzies.utas.edu.au
WHEN WAS YOUR LAST SERVICE?
Spanner in the Works? Is an initiative of the Australian Men’s Shed Association, supported by the Australian Department of Health.