

A WHOLE NEW BALL GAME

HEALTH INFORMATION
FOR AUSTRALIAN MEN
ISSUE 22 // FEBRUARY 2014

- 1 MOLLY MELDRUM –
KNOW YOUR CAPABILITIES
- 2 ARE YOU SAFE AT WORK?
- 6 F49 AMBASSADORS
SPEAK OUT
- 7 10 TIPS FOR 2014
- 8 HEALTH PROMOTION
ON YOUR DOOR-STEP



QUESTIONS FOR THE QUACK



with Associate Professor
Gary Richardson

Welcome to edition 22 of the Whole New Ball Game Magazine. This time we have focused on risk and prevention, with a few facts about accidents particularly at work and on the road as well as some comments on prevention. Blokes are 'hard wired' to take risks either calculated or spontaneous; cutting corners, taking the easiest way out, being competitive – it's in our nature – it's what blokes are meant to do.

Sadly – in some instances these male cultural attitudes can lead to horrendous accidents and even fatalities. So why not take a step back, have a think and see if you fit into the mould – or are you a bit different? Do you care what happens to your young workers, have you experienced the devastation cause by a car accidents or a fatality at work that could have been prevented.

The same goes for looking after your health, an annual visit to your GP can make the difference between life and death – quite literally. Many health conditions can be avoided with a few simple lifestyle changes including consuming nutritious food and undertaking more activity – don't be another sad statistic. Work on reducing that gut – you will feel great and become energised!

Let's make 2014 an excellent new year where we all take responsibility for ensuring our workforce and particularly the young and impressionable, are supported and protected and get home from work unscathed every day of the year.

Secondly, take better care of your own health – remember your health doesn't just affect you!

Live Long, Live Well
Cheers, Gary

Foundation 49 Men's Health

LIVE LONG. LIVE WELL.
WWW.49.COM.AU

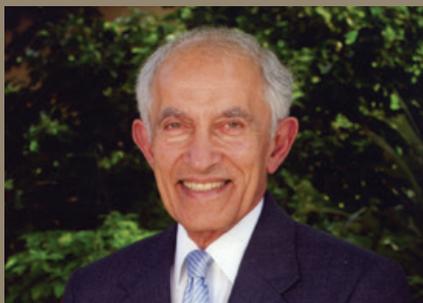
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Thanks to Cabrini for its ongoing support.

This magazine contains general health information and does not take the place of regular medical advice and treatment from a GP. We recommend all men consult a doctor or health professional for a thorough personal examination on a regular basis.

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Foundation 49 Patron,
Former Governor of Victoria
Professor David de Kretser, AC



PAUL 57 ASKS:

Over the last 3 months I have been more tired than usual and on occasions short of breath. I also realise I am experiencing a bit of 'brewers droop' when attempting sex. Lately I am not always able to achieve an erection and if I do, it tends to droop pretty quickly before I reach orgasm.

I am a happily married man, a non smoker, social drinker a bit over weight with a bit of a gut. I am office based not very active at work and don't have time for exercise as just too busy. I drink a few beers/ wine at the weekend but little during the week and my wife is pretty good at making healthy food with vegetables.

Erectile Dysfunction (ED) is the failure to get an erection or keep an erection long enough for satisfactory sexual activity. It isn't a disease, but a symptom of some other problem, either physical psychological or a mixture of both.

In your situation, being 57 years old, overweight and inactive, I would be concerned about your risk of heart disease. Your recent tiredness and shortness of breath suggests you might already have a heart problem.

ED is strongly linked to heart disease. Diabetes, high cholesterol, high blood pressure, smoking and obesity all cause ED and are important risk factors for heart disease. Also ED has been shown to be predictive of subsequent heart attacks.

FOR MORE INFORMATION:
www.andrologyaustralia.org

MARK 22 ASKS:

Over the last month I have noticed a creamy yellow discharge from my penis and a burning sensation when having a piss. I am a straight uni student and have a hectic social life including sex with a few partners and have been pretty slack with using condoms. I am worried I may have a STI – what should I do?

STIs (sexually transmitted infections) are infections transmitted through close body contact, including anal, vaginal and oral sex or touching your partner's penis, anus or vagina. STIs can be viruses (HIV, genital and anal herpes, genital and anal warts, hepatitis A, B, C), bacteria (chlamydia, gonorrhoea, syphilis), fungi (thrush), or parasites (crabs, scabies).

Unprotected sex and genital contact can put you at risk not only of unwanted pregnancy but the common sexually transmitted diseases. Condoms don't eliminate the risk but can drastically reduce them.

Many STIs have minor or no symptoms – signs that you may have an STI include: unusual discharge from your penis, vagina or anus, itching or stinging when urinating, sores, blisters or rashes in the genital area.

You need to get this checked out. Your GP can assist or attend a sexual health centre in your capital cities for free assistance.

Melbourne Sexual Health Centre –
580 Swanston Street, Carlton, 3053
P: 9341 6200

FOR MORE INFORMATION
www.sti.health.gov.au

ASSOCIATE PROFESSOR GARY RICHARDSON
CHAIRMAN, FOUNDATION 49

MOLLY MELDRUM – KNOW AND ACCEPT YOUR CAPABILITIES!



Ian ‘Molly’ Meldrum AM – is a much loved Australian celebrity and a legend in the history of Australian music. Molly who was born in 1943 is a music critic, an interviewer of international celebrities, a record producer and an entrepreneur. There wouldn’t be a person in Australia who does not know Molly and his trademark Stetson hat which is often mistaken for an Akubra.

Molly’s interest in music started in his college days when he stayed with his friend Ronnie Burns and his family. They were caught up in the ‘Beatlemania’ era and the significant changes that occurred in popular music around that time, all of which would inform Molly’s future career. Over the years Molly has become an icon in the Australian music industry and an integral part of numerous music and TV shows. These included Countdown where he ‘spotted’ many up-and-coming musicians and singers and the extremely popular ‘Hey Hey it’s Saturday’ television show.

“When anyone from a child to an adult receives a knock on the head, take it seriously – if in doubt go the hospital and get it checked out.”

Molly hosted the Australian contribution to the Live Aid and Oz for Africa initiatives, the results of which provided life saving assistance to the desperate African Nations during these times. He received a member of the Order of Australia (AM) ‘for the fostering of International Relief and to Youth’ in 1986.

Molly received an Australian Recording Industry Award (ARIA) in 1993 for his ‘Special Achievements’ and the Australian Performing Rights Association (APRA) Ted Albert Award in 1994 for ‘Outstanding Services to Australian Music’. In 2013 Molly was honoured to be inducted into the TV Week Hall of Fame. Today, Molly reports for the Seven Network’s morning show ‘Sunrise’ and is a host on Foxtel’s music channel ‘MAX’.

Highly respected amongst his peers, Molly Meldrum remains one of the best loved personalities in the music business. When Molly had an accident 2 years ago at his home suffering life threatening injuries, the whole country was shocked and horrified. The Prime Minister and the rest of the nation followed Molly’s progress and ‘willed’ his recovery. It was a great relief to everyone when he moved from the acute to the rehabilitation stage – which marked the start of his remarkable progress to full recovery.

Today I am sitting with Molly in his beautiful home, it is just before Christmas and Molly assures me has had nothing to do with putting up the Christmas lights!

It is two years since he had the accident and since then Molly has been on a crusade to ensure other people, but in particular men, don’t have a similar accident! Molly says “I want to remind everyone of the importance of safety equipment and of knowing your own capabilities.”

Molly states very clearly – “Just because ‘you’ think you can climb up and clean something or do something, saving a bit of time or a bit of money – doesn’t mean you are capable, because one slip can cause devastation!” During his recovery Molly met many people at the Epworth and the Alfred hospitals who had fallen off ladders. Most of these accidents could have been prevented if men would own up to the fact they are not ‘up to the task’. Molly says “Forget the macho, masculine bravado and ‘she’ll be right mate’ attitude, a bang on the head can have lifelong consequences and could even be fatal.”

Molly and Professor Jeffrey Rosenfeld from the Alfred are now working together to promote awareness about concussion and its effects. Molly admits that being a St Kilda AFL and Melbourne Storm NRL supporter he sees many of the players getting significant knocks to the head. “The coaches and managers don’t take any chances and neither should the public” says Molly, “the long-term effects can be ongoing and may prevent you playing at all in the future, if not taken seriously enough.”

Molly suggests “When anyone from a child to an adult receives a knock on the head, take it seriously – if in doubt go the hospital and get it checked out.”

So what is Molly’s New Year Resolution? “To spend more time and make more effort to become fitter in my gym, I’ve been a bit slack with my fitness lately but this is my prime objective in 2014.”

And Molly’s health tip? “Fish oil or krill oil capsules daily following the directions on the container.”

With this great story of personal resilience, Molly’s health promotion message is getting out into the community – know your capabilities and limitations and don’t take the risk!

YOUR WORK PLACE CAN BE A FATAL PLACE

Work related injuries, illness and deaths impose costs on employers, workers and the whole community. Direct costs include those such as workers compensation, premiums paid by employers, or payments paid to injured or incapacitated workers through workers compensation jurisdictions. (SWA 2013)

INJURIES AT WORK – WHO ARE MOST AT RISK?

In 2009–10 workers aged under 25 years (young workers) accounted for 20% of work-related injuries experienced by all Australian workers. Of all occupation groups, young technicians and trades workers recorded the highest incidence rate of work-related injury (113.8 injuries per 1000 workers).

Body stressing, falls, trips and slips of a person and being hit by a moving object were responsible for 75% of serious workers' compensation claims in 2010–11.

It is important to note that casual staff had a higher risk of injury than those employed on a permanent basis.

DEATHS AT WORK – WHO MOST AT RISK?

Over the period 2008–2011, 72 young workers died following a traumatic injury that occurred while working. Young males accounted for the majority of these fatalities.

Almost half of the young workers who died following a traumatic incident were labourers (32 fatalities) technicians and trades workers (14 fatalities) and professionals (8 fatalities). Almost half of the fatalities of young workers were due to vehicle incident (34 fatalities) (AIHW 2013).

COST OF WORK-RELATED INJURY AND DISEASE

- Work related injury and illness were estimated to cost \$60.6 billion in the 2008–09 financial year. This represented 4.8% of GDP.
- Injuries accounted for 51% of the cost with disease the balance.
- Nearly two-thirds of the cost (74%) was borne by the affected worker with 21% borne by the community and 5% by the employer.

CONCLUSIONS

These startling facts lead to some obvious conclusions – for younger workers, we need to ensure they receive first class induction and OH&S training and strong support from mentors. Casual workers need to be provided with the same training and support as their fully employed counterparts. This is particularly evident for the manual labourers and trades workers where extra care is needed around potentially harmful machinery, chemicals and other hazards.

Strong leadership and setting a good example by following recognized, endorsed protocols will assist in providing younger workers with a great work ethic. A supportive role model is an excellent starting place.

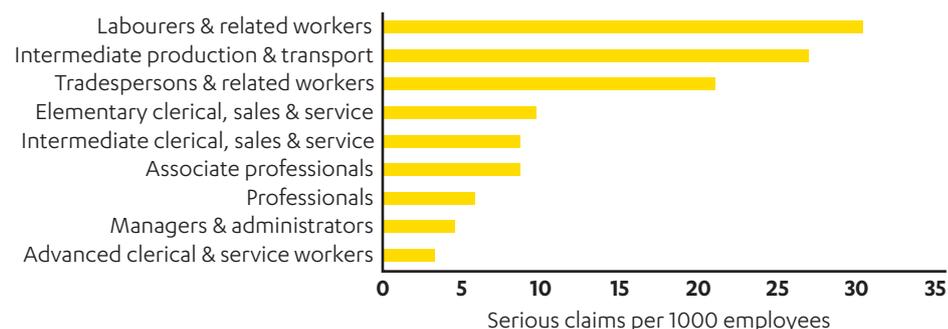
For older workers – don't let complacency or over confidence be your downfall – lead by good example, don't cut corners, let's get these awful statistic reduced.

Importantly – remember the victim pays the majority of the cost of recovery almost 75% – this must be one of the greatest incentives to abiding by safe work practices.

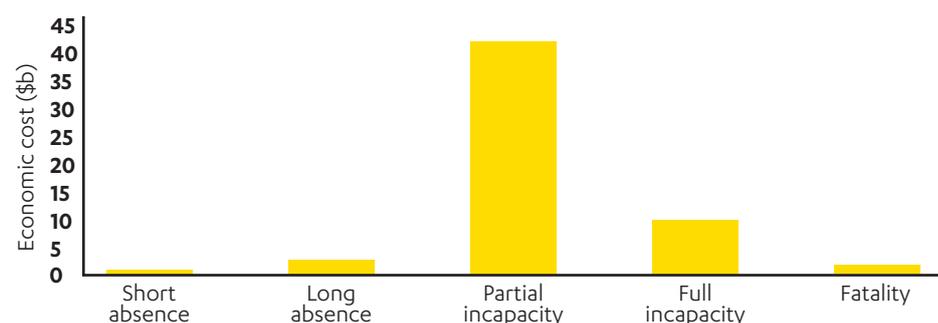
Work Safely – Live Long, Live Well



HOW THE INJURY OR DISEASE OCCURRED



COST OF WORK-RELATED INJURY AND DISEASE BY SEVERITY, 2008–09



“Always assume something will go wrong and be prepared, control the things that are in your control, don’t waste your attention on distractions, always pay full attention to your riding.”

CAN YOU RIDE FAST & RIDE SAFE?



Speed kills, speed is bad, speed is dangerous, we’ve all heard the mantra a thousand times, hurled at us constantly in ads and news reports, but is it true? If such simplicity was true we would never get on a plane, in that case speed is good and safe, it’s the sudden lack of speed and sudden impact of zero speed that’s dangerous and usually fatally so!

In mid 2011, I decided to start cycling on the recommendation of a friend and long time cyclist, to try and improve chronic back pain which had resisted all attempts except surgery, to improve it. I had been a motorcyclist and amateur racer until the back pain put an end to that pursuit after 40 years of riding.

Initially, I was a sceptical novice taking to the local bike paths and avoiding hills at all costs. My first foray from my front door and up the hill caused a severe case of ‘where has my breath gone and why are my lungs on fire, after 50 meters?’ However to my surprise the back pain lessened and over the next few weeks almost disappeared.

Six months later and on a shiny new flat bar road bike, I found myself on the start line of the 2011 Round the Bay (70Km route) and not at all sure how I had arrived there or if I could finish the course. This first ever group ride proved exhilarating and the sense of achievement was unexpected and as it turned out, very addictive. I was on the road to becoming one of that much maligned and misunderstood groups, the MAMIL’s (Middle Aged Men In Lycra).

Fast forward 12 months and this time the start line was the local bicycle club criterium circuit and my first ‘race’ on a new carbon road bike. Having raced a GP bike at Phillip Island I thought this ‘race’ with a bunch of middle aged blokes on push bikes would hold no fears. However I was in for a rude awakening as my legs cramped 2 laps from the end and I didn’t even finish, something needed to be done!

A few months later things had improved and thinking I was the next Cadel Evans, I was looking for a place or possibly a win, but the third placed rider slightly changed line and BANG, I was down. The lost skin (stitches at the local hospital) and damaged pride were primarily the result of inexperience, lack of attention, lack of skill, an attitude that nothing could go wrong and some speed. The point is, speed alone was not the cause on that day, all the grades above ours were travelling much faster and had no mishaps.

I recalled a lesson from my motorcycling days “always assume something will go wrong and be prepared, control the things that are in your control, don’t waste your attention on distractions, always pay full attention to your riding.”

July 2013 I am in France on the last day of a tour following the Tour De France; just completed 52 kilometres and the last two big climbs of the whole 10 days. Houquette D’Ancizan at 9.6Km long, average 7.7% grade and 1564Mts, then the monster Col Du Tourmalet at 17.2 K’s average 7.4% grade and 2115Mts, exhilarated at having finished but extremely tired. The Spanish guide turns and says “c’mon we go now, down the mountain” he grabs my arm and I realise he wants me to follow him. This guy is a lean skilful fast bike rider, there’s no time to think, in a blink of an eye we are away and my focus is 100%. We know the danger spots having seen them on the way up, I decide to try and stay in his slipstream, concentrating hard. The climb took us 1hr 40mins to complete, it took us 16 mins to descend reaching speeds of 78ks/hr and not once did I feel the speed was ‘dangerous’.

What could have been dangerous or even fatal would have been a lapse in concentration, taking a split second to look at the sheer drop, a split second to let my thoughts wander or even thinking I wouldn’t make it through a turn.

I consider that descent to be one of the best moments of my life, more satisfying than any motorcycle victory. Clearly speed was not the key factor on that day, otherwise I wouldn’t be here to tell the tale. Speed is a factor in crashes just like concentration, or road conditions, or other road user’s actions, but in my opinion and experience, speed alone is not the enemy. Complex issues rarely have simple solutions and blaming speed as the single element in crashes is simplistic in the extreme. Concentration, skill, awareness, quality/appropriate equipment, play at least as much part and usually much more of a part in avoiding crashes as speed alone.

So the next time you are driving on a narrow country road, safe in your steel box, with your seat belt and air bags and decide to pass a cyclist with 50mm to spare and hurling abuse as you go, instead of slowing down for say 2 SECONDS, just pause and consider that MAMIL you so enthusiastically disparage might just be just as entitled to his or her little bit of road space as you are and your attitude, lack of concentration and respect for others, is more likely to cause an accident than speed alone.

Ride fast ride safe.

Curt Tebbutt



KEEP YOUR GNASHERS IN GOOD CHOMPING ORDER!

Having good oral health means being able to eat, speak and socialise without discomfort or embarrassment. Bad breath, stained and dirty teeth can be extremely off putting and active oral diseases may and probably will affect overall wellbeing.

Mouths are full of bacteria that build up in a sticky colourless film on teeth called Plaque. These bacteria produce acids and toxins that attack and break down teeth (dental decay) and may also cause serious gum problems (periodontal disease) which can affect the bone and soft tissues supporting the teeth leading to possible extraction.

According to Dental Services Victoria (2011) 70% of tooth loss is due to dental decay and 20% to gum (periodontal) disease. But that's not all – oral health problems are increasingly being considered and recognised in relation to general health, further emphasising the need and importance of good oral health.

Studies over the last 15 years have made connections between oral health and serious chronic diseases. These include cardiovascular disease in particular, which affects the heart and blood vessels and remains the cause of more male deaths in Australia than any other disease (AIHW 2011). Research also indicates that there is relationship between people with diabetes and gum disease – probably due to the fact that they are already more prone to infection. Indicators suggest that the presence of gum disease may make it more difficult to maintain blood sugar control, which is a damaging two way relationship.

So what is the key message? Protect your teeth from decay and gum disease by early detection and prevention and maintain a clean and health mouth. There is strong evidence to support a link between poor oral health and general health and further research is being undertaken.

References

Australian Institute of health & Welfare (AIHW 2011) Cardiovascular disease: Australian facts 2011. Cardiovascular disease series no. 35. Cat. no CVD 53. Canberra

Links between oral health and general health the case for action (2011) Dental Services Victoria, 720 Swanston Street, Carlton, Vic, 3053, www.dhsv.org.au



SMILE YOUR WAY TO GOOD HEALTH!

Dental Hygienist Virginia Street provides some great tips on perfecting your oral health routine.

Bacteria in the mouth, particular those living in plaque, can seriously damage your teeth and gums and may also affect the general health of our bodies. Careful, gentle, thorough daily tooth brushing (hopefully twice daily) with a soft hand or electric toothbrush is recommended. Remember the brush or brush head needs to be changed regularly, to be really effective. Flossing and/or using other aids including little 'bottlebrushes' to clean between the teeth is essential in maintaining healthy mouths. In some instances mouthwashes can be helpful but ensure you follow the directions.

Regular dental health checks with a Dentist and Dental Hygienist are also vitally important for our teeth, gums, mouth and our overall wellbeing.

Remember, there is no better 'turn on' than a lovely smile and a happy, healthy mouth :-)

Virginia Street

Registered Dental Hygienist (RDH)
Trained at Kings College Hospital London.
Recent Clinical Tutor University of Adelaide
Dental School.



Forty, fit and focused.

What about your eyes?



From around the age of 40 years, it is normal to start to experience changes in your vision and you are also at much higher risk of certain eye conditions. While many of these changes or conditions can be treated easily, very often you won't know if you have a serious eye condition that can lead to permanent vision loss if it is left untreated.

What are the main symptoms to look for at 40?

- Blurred type and the need to read the newspaper either at arm's length or very close to your eyes to see more clearly
- Poor concentration, eye strain, headaches or tiredness from reading or other close work
- Any other more unusual changes that may be affecting your eyesight or ability to go about your everyday life. Examples of warning signs include spots in your vision, sudden eye pain or redness, loss of central vision or edges of your vision, and distorted and double vision.

What are the major eye conditions among over-40s?

• Presbyopia

Presbyopia is a gradual loss of ability to focus at normal reading distance, due to a change in the shape and flexibility of the lens of our eye. It occurs naturally as we age. Presbyopia cannot be prevented but it can be treated easily by using correctly prescribed reading spectacles or contact lenses.

• Glaucoma

Progressive damage to the optic nerve cells, often due to pressure inside the eye, can lead to blindness if untreated. As vision loss is gradual, you may not know that you have glaucoma until irreversible damage has been done, so it is vital for it to be detected and treated early. Most cases of glaucoma can be successfully treated with ongoing management to slow the progression of the disease. The risk of glaucoma increases over the age of 40 years and it can be hereditary.

• AMD (age-related macular degeneration)

AMD is the deterioration of the central part of the retina, which distorts close vision. Your chance of developing AMD is much higher if it runs in your family. You may not realise you have AMD until your central vision becomes quite blurry. While it cannot be cured, preventative treatments are available.

• Cataract

A cataract is a clouding of the lens inside the eye, which causes loss of vision. Cataracts are very common and are usually a result of ageing and long-term exposure to sunlight. A cataract can be easily removed surgically and replaced with a plastic lens

• Diabetic retinopathy

Diabetes can affect the blood vessels at the back of your eye, which can cause serious vision loss. This condition, known as diabetic retinopathy, should be detected and treated early.

What can I do to maintain my eye health?

Know your eyes

Be aware of the health of your eyes and how your vision is affecting your everyday life; learn to look for warning signs and changes.

Have your eyes examined regularly by an optometrist

You may not know when you have a serious eye condition and after the age of 40 years, the risk of developing certain eye diseases is much greater. The earlier eye conditions are detected, the greater the chances of successful treatment and retaining your vision.

If you think you may have a problem with your eyes or vision, consult an optometrist immediately

Your optometrist can provide a comprehensive eye examination to detect, diagnose and manage or treat eye health problems, and to prescribe spectacles or contact lenses if they are required.



Eye examinations attract a Medicare rebate and no referral is required.

This brochure is produced by Optometrists Association Australia in the interest of the visual welfare of the Australian people. ABN 17 004 622 431 LMC2B Copyright © 2009

‘SPORTING SENSATIONS’ NIC STIRZAKER AND LACHLAN MITCHELL ARE PLAYERS FOR THE MELBOURNE REBELS RUGBY UNION CLUB AND ARE ALSO OUR FOUNDATION 49 AMBASSADORS!

They take the role seriously, recognising that the statistics for men’s health and wellbeing in Australia indicate there is still a discrepancy between genders in life expectancy. A male baby born in Australia today has a life expectancy that is 5 years less than a female baby. Every hour four men die from potentially preventable health conditions or illnesses – why do some blokes still ignore their health?

Nic and Lackie suggest that young men often don’t consider the ‘future’ which is why they have provided a few tips and ideas on how to get strong and blokey messages across.

Drive and Drink – no way! – Alcohol can have the effect of lessening powers of reason. Drink driving is an example, the consequences of an accident will live with you forever – for the sake of a few bucks get a cab! – this gives a **Powerful message** to those around you!

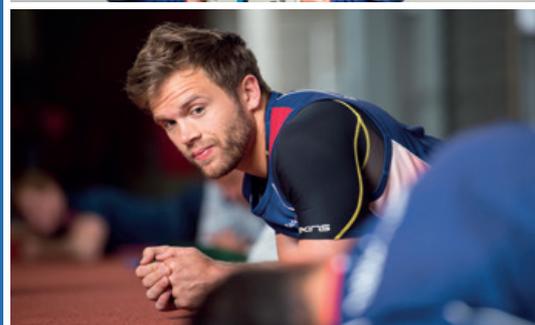
Driving too fast and ‘Hooning’ – Sometimes friends can persuade you to take risks or you may feel you need to impress? – Bravado and testosterone gets in the way of good sense. Counter the persuasion with humour, just bluff and keep smiling – this gives a valuable lesson in **Strength of Character**.

Disagreements & fights – Some people just know how to push your buttons and sometimes it’s hard not to react! – Be aware of the fact you are starting to get heated in a confrontation and have the strength to walk away – the **Manly** way to react!

Sexual attraction – We have all been in a situation where someone has caught our eye, who isn’t attracted to someone who is extremely appealing? Just be aware of your own desires and remember to be respectful. Don’t let the surging hormones get the better of good judgement – the **Gentlemanly** thing to do!

Water activities – Having a romp in the waves, a pool or on the river is fun and exciting, but also fraught with danger. Be aware of those who are weaker swimmers and don’t push them into unsafe activities. Keep a keen eye on your mates to stop them getting into difficulties – be a **Good Mate** in these situations.

Check out the Melbourne Rebels website for further info and details of Melbourne’s No 1 Rugby Union Club
www.melbournerebels.com.au



VICTORIAN MEN ARE ON THE TOP – FOR ALL THE WRONG REASONS!

Victorian men are the biggest risk takers on our roads, according to research and statistics.

In the latest TAC Road Safety Monitor, men were more likely to take risks than women in basically every issue surveyed.

Men admitted to travelling faster in any given speed zone more than women and receiving more speeding infringements.

They were also almost twice as likely as females (6% surveyed compared to 3%) to have driven over the legal blood alcohol limit and/or have fallen asleep at the wheel (4% of men surveyed compared to 2% of women).

Of the 55,000 mobile phone infringements issued by Victoria Police in 2012, two thirds of them were issued to men.

TAC Road Safety Monitor research also revealed that men tend to rate themselves as ‘better than average drivers’ more so than women.

Almost 80% of drink drivers killed are male with the majority aged between 21 and 39 years old.

Between 2003 and 2012, 77 % of drivers killed on our state’s roads were male, however, this figure fell to 66.5 % in 2013 (161 of the 242 road fatalities).

In recent years, there has been a considerable decline in the proportion of licence holders who admit they had driven a car in the past 12 months whilst potentially above the legal blood alcohol limit.

The TAC encourages all road users, male or female, to not speed, or to drive under the influence of drugs or alcohol and to avoid distraction and fatigue when taking to the streets.

One death on our roads is one too many – the loss of a loved one in a road accident is a traumatic experience no family should have to go through.

Samantha Cockfield –
TAC Senior Manager Road Safety 2014

TEN TIPS FROM A DIETITIAN FOR A HEALTHY START TO 2014



1. COMMIT TO BEING FIT

The Heart Foundation Australia has identified that more than half of Australian adults are not sufficiently active. Lack of physical activity is linked to a range of health problems, including heart disease, stroke, type 2 diabetes, obesity and some cancers. The 'National Physical Activity Guidelines for Adults' recommend 30 minutes of moderate physical activity daily.

Tip – A pedometer can be a good way to make you move more, aim for 10,000 steps daily.

2. LIMIT ALCOHOL INTAKE TO DECREASE YOUR RISK OF DISEASE

The National Guidelines for Alcohol Consumption recommend drinking no more than two standard drinks on any one day to reduce your risk of alcohol related disease, including cardiovascular disease, some cancers, overweight and obesity. Have at least two alcohol free days a week.

Tip – Just 10g of pure alcohol (approximately 1 standard drink) is the equivalent calories of one slice of bread.

3. WATCH THAT WAIST

Regardless of your height or build, a waistline of more than 94cm indicates internal fat deposits, for men it is a sign that you are at greater risk of developing type 2 diabetes, heart disease, stroke, high blood pressure and some cancers.

Tip – Aim to reduce your waist circumference in order to decrease your risk of disease.

4. CHOOSE WATER MORE OFTEN: IT MAKES SENSE

Water makes up approximately two-thirds of our body weight – The National Health and Medical Research Council suggests men drink 2.6L (10 cups/day). This can include, milk and other fluids, however it is recommended to aim for a minimum of 6–8 cups of plain water.

Tip – Water is an ideal drink – it is cheap, it has no calories or caffeine, and it keeps you hydrated. It makes sense.

5. DIETARY FIBRE – FAR MORE TO IT THAN JUST KEEPING YOU REGULAR

Dietary fibre has been associated with lower blood cholesterol and reduced risk of obesity, heart disease, diabetes and even bowel cancer, so it goes well beyond keeping you regular. The average Australian man consumes only 60–85% of the daily recommendations for general health.

Tip – to increase your daily intake of dietary fibre make the switch to wholegrain bread and cereals.

6. DON'T WAIT UNTIL IT IS TOO LATE

For a fresh start to 2014 ask your doctor about the screening tests available for cholesterol, blood pressure, diabetes and bowel health.

Tip – take control of your health before medications have to.

7. QUIT SMOKING TODAY AND START LIVING

It is never too late! Quitting smoking offers both short and long term health benefits and reduces your risk of developing smoking-related disease, including heart disease, lung disease and a number of cancers.

Tip – The day you decide to quit, your risk of getting smoking related illnesses in the future starts to decrease, so quit today and reduce your risk.

8. EAT MORE FRUIT AND VEGETABLES: IT IS THAT SIMPLE

Fruit and vegetables contain lots of fibre, vitamins, minerals and antioxidants. Increasing fruit and vegetable intake can reduce your risk of heart disease, overweight and some cancers. It can lower blood pressure, cholesterol and assist with managing diabetes.

Tip – Aim for 2 pieces of fruit and 2.5 cups of vegetables daily – it is that simple.

9. MAINTAIN A HEALTHY WEIGHT

Maintaining a healthy weight is one of the best things you can do for your health and wellbeing. Being overweight increases your risk of heart disease, high blood pressure, cholesterol, some cancers, diabetes, arthritis and sleeping problems. Maintaining a healthy body weight is about achieving a balance between the energy you consume through food and drink and the energy you use during physical activity.

Tip – Try ½ a plate of vegetables or salad with all meals, they are low in calories and keep you full for longer.

10. REDUCE YOUR SALT INTAKE, IT IS HIDDEN EVERYWHERE

The average Australian adult consumes about 9 grams (almost 2 teaspoons) of salt every day, 75% in processed foods. The Heart Foundation of Australia recommends reducing your salt intake to less than 6 grams a day to lower blood pressure and reduce your risk of cardiovascular disease. Salt is listed as sodium on nutrition labels, look for those with less than 120mg of sodium per 100g.

Tip – Choose packaged foods that are labelled with 'no added salt'.

Jacqueline Baker

MDiet St, BSc (ExSc + Nutr)
Accredited Practising Dietitian
and Accredited Nutritionist,
Oncology Clinics Victoria



FOUNDATION 49: MEN'S HEALTH SUPPORTING LOCAL LEVEL MEN'S HEALTH PROMOTION ACTIVITIES THROUGHOUT AUSTRALIA

A SNAP SHOT OF FOUNDATION 49: MEN'S HEALTH — COMMUNITY GRANTS PROGRAM 2013

The Foundation 49: Men's Health, Community Grants Program began in 2007, and provides non-recurrent funding of up to \$2000, to community based organisations for men's health promotion activities in urban and rural areas around Australia.

The Men of Malvern a community group of 'Good Men doing Good Things' and the Department of Health and Ageing through former Minister Warren Snowden, allocated funding to Foundation 49: Men's Health to facilitate the 2013 Community Grants Program.

76 applications were received from groups around Australia and after a robust selection process, funding of up to \$2000 was provided to 26 community or not for profit organisations to plan and execute a Men's Health event or activity to coincide with International Men's Health Week in June.

PROJECTS FUNDED

- 1. A HEALTH & WELLBEING PROGRAM –**
Wombat Housing Health & Wellbeing Program – For men with drug and alcohol misuse issues and mental health concerns. Health promotion sessions on well being, quit smoking and diabetes provided. **VIC**
- 2. COMMUNITY LIVING ASSOCIATION HEALTHY EATING WEEK –**
Activities in partnership with a local railway cafe. A healthy breakfast with health resources, diet plans and tips. **QLD**
- 3. DUNMUNKLE MEN'S SHED HEALTH DAY –**
Introducing strategies for successful retirement, staying active, awareness of physical and mental health issues. **VIC**
- 4. POSITIVE PROSTATE PREVENTION –**
Cooktown District Community Centre, 7 prostate cancer information sessions for Aboriginal and Torres Strait Islanders and other men in remote communities. **QLD**
- 5. KIMBERLEY ABORIGINAL MEDICAL SERVICES COUNCIL –**
Activities for the Aboriginal and Torres Strait Islander community, Alcohol free basketball carnival, men's camp and expo for men. **WA**
- 6. THE FLAGSTAFF GROUP –**
Information sessions and healthy lunch provided for male workers with a disability. A community dentist explained about access to dental services, a personal trainer ran a mini boot camp. **NSW**
- 7. NGAMBAGA BINDARRY GIRRWAA COMMUNITY SERVICES –**
A Healthy Men's Living Program for the Aboriginal and Torres Strait Islander Elders to raise awareness of the importance of physical activity and healthy eating. **NSW**
- 8. ALBURY AND WODONGA ABORIGINAL HEALTH SERVICE – PIT STOP PROGRAM –**
Men's health check-ups based on using a car mechanics theme. Education sessions promoting healthy lifestyles to prevent long term chronic health problems. **NSW**
- 9. COUNCIL OF THE AGEING –**
Men's Health Forum including speakers, information expo, Pit Stop Health Checks, prostate cancer awareness. **SA**
- 10. BENALLA HEALTH –**
2 x Men's Health education sessions including lunch and speakers, support for those affected by drought, fires, crop and stock losses, unemployment and those suffering from mental health issues. **VIC**
- 11. OCEAN GROVE & DISTRICT MEN'S SHED –**
The development of a Men's Health resource model that can be used during men's health week promoting aspects of men's health. **VIC**
- 12. HEYWOOD MEN'S SHED –**
Men's Health Day with urologist speaker, mental health nurse, dietitian, health checks, health information, cooking demonstrations and a bush poet. **VIC**





13. NIMMITABEL SHOW SOCIETY –

Men's Health Dinner with a health quiz and meal aimed at encouraging farmers, shearers, station hands and individuals who live remotely to engage in healthy eating, health awareness and disease prevention. **NSW**

14. COFFS AREA ALLIANCE –

A Men's Health day was run to provide information about the local services and to promote positive male images in the community, encouraging men to consider what it means to be a 'Good Man'. **NSW**

15. FOOTPRINTS IN BRISBANE –

A Men's Health Breakfast for disadvantaged residents in a rooming house incorporating health education and health check-ups and healthy lifestyle activities. **QLD**

16. STRONG ACTIVE MEN –

SHARE Southern Metropolitan Region – a celebration of men's health week providing free 'men only' exercise classes for men in a low socio economic area with great ethnic diversity. **NSW**

17. MAN UP PROJECT – MEN'S HEALTH NIGHT KOOLUNGA PRIMARY SCHOOL –

A forum designed for men to actively engage in conversation with other men about related health issues. **SA**

18. MEN'S GOLF DAY HARROW BUSH NURSING CENTRE –

Promoting physical activity and health messages, each tee had a health message sponsored by local businesses and the score card also has health messages. **VIC**

19. JAMES BOND NIGHT –

Edenhope & District Memorial Hospital a Men's Health night with a James Bond theme and guest speaker. **VIC**

20. MEN'S HEALTH WEEK BREAKFAST – EDEN MEN'S SHED –

A breakfast for men to assist in breaking down the barriers about mental health and depression in a small community decimated by closures of the timber and fishing industries. **NSW**

21. BIRCHIP BLOKES BOUNCE – 3 DAY HEALTH PROGRAM ORGANISED BY BIRCHIP BUSINESS & LEARNING CENTRE –

A 3 day health program to infiltrate the community with messages that good health, being happy and healthy, and having the energy to enjoy your family (referred to as the Bounce!). **VIC**

22. KEEP YOUR EYE ON THE BALL – NORTHERN DISTRICT CHS –

A testicular cancer awareness program which includes the design and production of a marketing campaign with resulting resources to encourage men in timely help seeking behaviour, regarding their health. **VIC**

23. MEN'S DAY OUT – RESERVOIR NEIGHBOURHOOD HOUSE –

An event to encourage men in the local community to have fun, attend activities with other men find out about health promotion and enjoy a healthy barbeque lunch. **VIC**

24. JOY FM HEALTH FORUM – MEN'S HEALTH WEEK –

A Men's health broadcast to the gay and lesbian community during the community announcement program. The broadcast was attended by Assoc. Prof. Doug Lording, encouraging safe sexual practices, along with a focus on general health conditions and mental health issues. **VIC**

25. HEALTHY MEN – HAPPY SHEDS URUNGA MEN'S SHED –

A free men's health awareness event during International Men's Health Week. A joint approach between health agencies resulted in men's health promotion fridge magnet. **NSW**

26. HEALTHY LIVING FOR YOUNG MEN – SOUTHERN YOUTH AND FAMILY SERVICES –

Provided a four week program for young men at considerable risk, either homeless or from disadvantaged backgrounds. Program included kickboxing, gym sessions, healthy eating sessions run by a dietitian and health education sessions. **NSW**

Thank you to the Men of Malvern and the Department of Health & Ageing through former Minister Warren Snowden for funding these brilliant events to highlight the importance of Men's Health at local level.

Congratulations to all the organisers, for their passion and dedication to their local communities enabling preventative health messages to be disseminated.

Live Long, Live Well

Penny Christie Manager

Foundation 49: Men's Health

WANT TO SUPPORT F49?

Each hour, four men die from potentially preventable conditions. Foundation 49 is working to tackle this crisis.

Yes, I'd like to help continue this important work.

Here is my gift of: \$ _____

Payment can be made by credit card or cheque made payable to: Cabrini / Foundation 49.

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Mail to: Foundation 49: Men's Health.
The Patricia Peck Education & Research
Precinct, Level 3, 154 Wattletree Road,
Malvern 3144, Victoria.

Fax to: (03) 9508 3501

**You can also donate by calling
(03) 9508 3549 or visit www.49.com.au**

All donations over \$2 are tax deductible.
Your support is gratefully acknowledged.
Foundation 49 is an initiative of Cabrini.



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5 MINUTES WITH SQUADRON LEADER AARON WARD – DEFENCE FORCE



1. WHAT DOES IT TAKE TO MAKE A GREAT FIGHTER PILOT?

Someone who is calm under pressure, and a good team player. A good "all-rounder" is the type of candidate who normally succeeds more so than someone who specialises in one area like being brilliant at maths. A bit of hand-eye co-ordination and common sense go a long way. You also have to be able learn from criticism and be comfortable with being your own harshest critic.

2. WHAT IS THE MOST IMPORTANT INGREDIENT OF A COHESIVE TEAM?

The individuals within that team, and their ability to listen, learn and when required, lead.

3. WHAT HAS BEEN THE GREATEST ACHIEVEMENT OF YOUR CAREER?

Being selected as the second Australian to fly and instruct on the Super Hornet, and teaching the first batch of Australian Super Hornet aircrew with the US Navy for two years.

Helping to instruct our own fighter pilots here in the RAAF over the years.

4. WHAT DO YOU DO TO KEEP YOURSELF FIT BOTH PHYSICALLY AND MENTALLY?

Regular exercise, eating well, regular flying as part of daily work helps keep you fit, and then making sure I get away from work when I am supposed to and spend time with my family.

It's easy to get sucked into spending more time and effort on this type of work than you should. I've learnt that for my own wellbeing and my performance at work, I have to make the most of time away from work.

5. WHAT HAS BEEN THE BIGGEST HEALTH CHALLENGE YOU HAVE FACED?

Having 3 fractured vertebrae from compressive G-forces, at the same time as a 15 month old and a newborn baby.

6. WHAT HAS BEEN THE BEST HEALTH TIP YOU HAVE BEEN GIVEN?

Don't push too hard – it's unnecessary and harmful. I wish I had listened.

7. WHAT IS YOUR FAVOURITE MEAL AND WHERE DO YOU ENJOY IT?

Weekend breakfast and coffee with my family somewhere I can see the surf.

8. WHAT DO YOU DO TO RELAX AND UNWIND?

Doing the things I like doing for myself – surfing, playing music, some amateur photography, and time with my family.

