

# A WHOLE NEW BALL GAME

HEALTH ADVICE FOR  
AUSTRALIAN MEN  
ISSUE 4 // DECEMBER 2007



- 1** Victory comes in more ways than one
- 5** Being a good dad
- 6** The prostate low-down

I realise I'm a role model for ... all the kids watching when I'm playing a game,"  
Kevin Muscat – Captain, Melbourne Victory

## FROM THE EDITOR



## THIS ISSUE:

- 1 Victory comes in more ways than one
- 2 Fighting the good fight
- 4 Sleep and shiftwork
- 5 Being a good dad
- 6 The prostate low-down
- 8 Caution! Road ahead needs repair
- 9 New round of community grants
- 10 Five minutes with cricketer Mitchell Johnson

Welcome to the latest edition of *A Whole New Ball Game*.

First of all, the team at Foundation 49 congratulates the Movember guys for yet another sensational campaign promoting men's health. My own mo is destined to hit the plug hole very soon, after a month of teasing. I am proud to have helped raise funds during November to support the growing Movember annual event.

This edition is packed with motivation to help you get up and go. Summer's here – the best time of the year to make the most of the longer days in the sun, some time-off over Christmas and a change in that relentless daily routine.

The men featured in this edition offer us some tips on staying well, balancing work commitments and making the most of every day. As I get older, I look back and realise how important it is to be there for my kids and to make time to look after myself.

During a normal week, many of us endure shiftwork, early mornings or late nights. In this edition, we have some tips for making the most of sleep time during the day and we meet a team of fire fighters who really enjoy the freedom that comes from four days on, four days off.

Thanks to Kevin Muscat from Melbourne Victory for sharing his thoughts on elite sport, family commitments and staying mentally well. It's a great read.

Finally, to all those readers who submitted a one-pot recipe, thanks and congrats on a range of really delicious and easy meals. Last mag, we featured Tobie Puttock and a spaghetti recipe. One reader who sent in a recipe for a spicy vegetable hotpot, Gavin Edwards, has won Tobie Puttock's book, *Everyday Italian*.

And to all those anglers who registered for *A Whole New Ball Game* – well done for taking a step towards a healthier life. Ken Pare from Cromer in NSW has won the fabulous rod and reel offered to readers back in September. No doubt, some sad fish will be making their way into Ken's pot soon.

ASSOCIATE PROFESSOR  
**GARY RICHARDSON**

CHAIRMAN, FOUNDATION 49

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Foundation 49 is funded through donations and special events. For more information or to make a donation, please call (03) 9508 1567 or visit our website, [www.49.com.au](http://www.49.com.au)

Foundation 49 is an initiative of Cabrini Health. Thanks to Cabrini for its ongoing support.



Team captain, Kevin Muscat, has kindly donated gold section tickets to a Melbourne Victory match against Wellington on January 11 at Docklands. With Melbourne Victory going from strength to strength, there will be nothing to compare when the team runs-out to the roar of a home crowd determined to eliminate a haka-hollering New Zealand side. Visit [www.melbournevictory.com.au](http://www.melbournevictory.com.au) for more on the team including the fixture and player bios.

To enter, visit the Foundation 49 website at [www.49.com.au](http://www.49.com.au), register for the competition by answering a question (see page 6 for a clue).

## Victory comes in more ways than one

Melbourne Victory's captain Kevin Muscat is enjoying life. Each match attracts more fans than the one before and his team has the 2006 grand final under its belt. He's a healthy specimen, has two gorgeous kids... and a new puppy.



Soccer – or should we say football – players have got to be some of the fittest guys around. Every match they run many kilometres and appear to exhaust themselves through passionate outbursts as they perform the full gamut of emotions – questioning sheer injustice and stupidity – to ecstasy when the ball hits the back of the net.

Kevin Muscat, 34, is no exception. His small frame is powerfully built and designed to run. Since playing with Victory, he has never missed a penalty. He's renowned for his fiery temper on the field, his guts and determination. Kevin was born in the UK to parents of Maltese background. He grew up in Melbourne's St. Albans before fast-tracking his way into the Socceroos.

He was recently described in a glossy Melbourne newspaper magazine as "enforcer-turned-sporting ambassador" recognising his move from ruthless ball chaser to elder statesman, charmingly promoting the game in a city dominated by the Australian Football League.

When Kevin met with Foundation 49, he was mulling over a more personal campaign – balancing the need to maintain conditioning while allowing a torn lateral ligament to heal.

The life of an elite sportsman is one of constant fine-tuning – of diet – "more carbs leading up to a game", to pacing his physical training to ensure stamina on match day. As Kevin ages, he is allowing himself fewer carbs – "the young guys need more than me". His eyes and skin are clear and reflect his well-managed regime.

But away from soccer, he's a dad with more time than many to pick-up his kids from school. He is a proud father of Olivia, 8, and James, 5. "I've been really lucky to be able to spend more time with my kids, thanks to my employment," Kevin says. He's enjoying a more settled life, living near the sea. It's certainly a different pace to that of an international soccer star. Olivia was born in the Midlands of the UK and James in Scotland.

He feels a deep sense of responsibility as a dad. "I realise I'm a role model for both my own children and all the kids who are around and watching when I'm playing a game.

"When you have your own kids, the reality really hits." A new puppy, Sheriff, is also posing a challenge... to the carpets, furniture, cushions and doors of his immaculate home. Kevin laughs it off and accepts a lick.



# Fighting the good fight

(L TO R) DICK GRANT, SAM JONES, NIK KOTUZIAK AND DAN CONDON

Staying fit and mentally healthy is vital for professionals responding to an emergency. Being a fire fighter, a paramedic or policeman is a demanding job, physically and mentally. Foundation 49 visited a fire station recently to watch a typical day in the life of a fire fighter.

On a recent visit to an inner-city fire station we found a very fit team of men, working-out in the gym as they waited for the call.

As they lift weights, they talk about a supportive employer and a very healthy workplace.

When the announcement comes, detailing a nearby fire, the guys drop the weights and run. Sadly, modern fire stations no longer have a pole for the guys to slide down. Too many sleepy workers have fallen or damaged ankles when attempting the pole during night-time call-outs.

Within half an hour, they are back – fire in rubbish bin extinguished – and there is great camaraderie as they sit together – lots of joking and teasing. But they are also very proud of their role in society, a few wearing navy t-shirts commemorating colleagues lost in New York six years ago.

One of the men, Dan Condon, was a policeman for two years but moved to Melbourne's Metropolitan Fire Brigade (MFB) after watching one of his five brothers enjoying the job. "There's fantastic mateship

and teamwork," Dan says. "And every time you go out on a call, it's to help someone. You're always met with a positive attitude."

The men talking to Foundation 49 also reckon the shiftwork is a bonus, allowing plenty of time for other career pursuits or fitness training. They all work fours days on, four off with a combination of two days and two nights. A strong peer support program offers effective debriefing after a traumatic job or when there are problems at home or mental health issues. These guys regularly witness house fire injuries and deaths, as well as road trauma. They are often the first to respond to an emergency medical call.

Paul Meehan, an MFB health and fitness trainer and assessor across the MFB's 50 stations, believes the work environment is well-balanced and supportive, despite stressful times. He and his colleagues try to visit each member at least once a year, for fitness testing.

At Windsor, a large kitchen is well stocked and regular huge cook-ups are enjoyed by the team on duty. A couple of fire fighters compare a cooking show on

the brigade's own Fire Vision TV each Thursday afternoon, offering new menu ideas. The health and fitness team regularly encourages healthy eating to overcome a tendency for these emergency workers who, like ambos and police, tend to stop at fast food outlets when coming back from a job.

Dick Grant, 53, is nominated by the younger men as the fittest at the station. Dick has been with the brigade for 29 years. He and his colleagues are offered an annual health check involving all the usual suspects – heart health, diabetes risk, weight check, lung capacity, cholesterol levels, prostate and renal health. They are keen to make the most of the offer and a few admit they may not get around to an annual health check if it wasn't provided by their employer.

Dick is a passionate aerobic exerciser, regularly running in masters' marathons, triathlons and riding his bike. "As a young bloke I smoked until my brother and I went for a six kilometre jog. I was knackered. I gave up the smokes and five months later, ran a marathon.

“The exercise is holding the tide of ageing. This is a really strenuous job where you go from doing nothing to high activity in a matter of minutes. You might have to climb five sets of stairs with a hose and breathing apparatus before breaking down a door – you’ve simply got to be fit.”

Dan is into boxing and running and appreciates the chance to work-out at the station’s gym. Not only does he feel better when fit, but the work-outs ensure he is up to the demands of the job – and he believes his physical strength helps prevent workplace injuries.

He says his employer is supportive of each worker pursuing other interests including other career paths, around their four-on, four-off shifts. In their spare time, some fire fighters are DJs, actors, business operators and gardeners. “It’s about life balance and staying mentally well,” Dan says.



## SAFE FIT TIPS

These tips are from Paul Meehan, a health and fitness officer with the Metropolitan Fire Brigade.

One of the biggest causes of injury results from overuse as well as from overdoing unfamiliar activities. If your body is not used to it, take it easy.

Also:

Wear adequate and supportive footwear

Warm up with suitable general stretches or limbering up exercises, particularly the calf muscles.

Keep yourself well hydrated and protected from the sun at all times.

Exercise within your limits – more than 60 minutes at a time is often excessive for the non exerciser and can lead to overuse injuries.

Consider participating in a regular resistance training and stretching program to ensure muscles are both strong and flexible enough to withstand the dynamic forces applied through a wide variety of sporting activities.

Eat a balance of carbohydrates and protein and limit saturated fats.

Remaining injury free is a much better option than spending days, weeks or months recovering from a preventable injury...

## STAYING HEALTHY DURING THE SUMMER

### DO IT

Slip, slop, slap. Yeah, yeah, we hear it all the time but it’s easy and quick to do. If you’re outdoors during the day, make sure your skin is covered.

Limit the grog. We all know how easily an afternoon in front of the cricket can turn into a blinder as you put away a lazy dozen cans... Make sure you have two big glasses of water for each beer you drink – and pace yourself so you stop after two standard drinks. Make sure you have some cold, non-alcoholic drinks in the fridge – and eat some healthy snacks.

Look after your spine. Check water depth before diving. Surf big waves with care and drive carefully.

### WHY?

In Australia, melanoma is the fourth most common cancer among males (after prostate cancer, bowel cancer and lung cancer). An Australian male has a one in 25 chance of having a melanoma.

If you binge drink – and 72 per cent of men admit to it – you are likely to suffer from long term brain, heart and liver damage. There’s also an increased risk of developing cancer. An Australian study says men in blue-collar jobs are two-and-a-half times more likely to die from liver disease than white-collar workers. It’s the 10th biggest killer of men in Australia.

These are the three main causes of traumatic spinal injury in men each year. There were about 380 cases last year – mostly men – and the tragedy is that they could all have been prevented. It’s usually young men who are injured, often with another 40 or 50 years to live – in a wheelchair or on a respirator in bed.

### TOP OF THIS PAGE

TOP LEFT: DAN CONDON, EX-POLICEMAN, NOW HAPPY FIRE FIGHTER;

BOTTOM RIGHT: DICK GRANT, 53, DESCRIBED AS THE FITTEST FIRE FIGHTER AT THE STATION.

# Sleep and shiftwork

Shiftwork – work that occurs outside the usual day-time working hours – is increasing in many Australian industries. Here, educator and author, Dr John Ashfield, offers some tips for a sound sleep while the sun shines and the birds are singing.

About 25 per cent of employees work shifts and, with a burgeoning resources industry, the number is set to increase substantially. Whilst it creates many potential advantages in productivity and profitability, it also has many inherent risks and hazards for employees. One of the most serious and persistent problems shift workers face is sleep disturbance, leading to sleep deprivation.

Like other animals, humans have natural body rhythms that are regulated by a circadian clock in the brain; a clock that is linked to nature's pattern of light and darkness, and which follows a 24-hour cycle of wakefulness and sleepiness. This clock also regulates corresponding cycles in body temperature, heart rate, high and low digestive activity, and so on. That's why the human desire to sleep is greatest between midnight and six am. Shift workers commonly feel drowsy at work in the night-time, and find it difficult to sleep during the day, even if they are "dog tired", because it is contrary to the settings of their circadian clock. In fact, such disruption causes symptoms similar to jet lag. And though one might expect the body to eventually adjust, generally it can't, and that's why so many shift workers suffer ongoing sleep problems.

Given that most shift workers have been found to sleep an hour or two less in daylight hours and have poorer quality sleep than night-time sleepers, it's of paramount importance for them to do everything possible to maximise their chances of sound sleep. Continued poor quality sleep is unfortunately associated not only with increased potential for workplace accidents and injuries, but also psychological and physical ill health. Some key strategies to help with falling asleep and staying asleep include:

- After a night shift, wear sunglasses until you get home. Bright light sends a message to your brain to be awake.
- Go to sleep as soon as possible after work, and set yourself a sleep-wake routine that you stick to even on weekends.
- Try to control noise and disturbances; use a 'do not disturb' sign on the front door; lower the ring tone on your phone; use ear plugs; let the neighbours know your sleep routine.
- Sound insulate your bedroom, and block out all sources of light.

- Avoid caffeine five hours before bedtime. Alcohol can disturb your sleep as well. Have only a snack before bed, not a big meal. Have regular meal times.
- Keep the room temperature cool; it will improve your sleep.
- Exercise regularly after, not before sleep.
- Prepare for sleep with a warm shower or bath, and use a calming music CD or relaxation technique.

If, despite your best efforts, you still experience sleep problems, be sure to talk to your doctor. You may need advice on a sleep therapy.

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PSYCHOTHERAPIST **JOHN ASHFIELD'S MATTERS FOR MEN**, IS A SELECTION OF SHORT, SHARP AND CLEAR ARTICLES ON EMOTIONAL AND PHYSICAL ISSUES CONFRONTING MEN. IT IS AVAILABLE ONLINE AT [WWW.PEACOCKPUBLICATIONS.COM.AU](http://WWW.PEACOCKPUBLICATIONS.COM.AU) (CLICK ON 'NEW PUBLICATIONS'). RRP: \$16.50 PLUS \$5 POSTAGE. ORDERS OF 10 OR MORE COPIES ATTRACT A DISCOUNT.

# Being a Good Dad



THE KERRIGAN FAMILY SHARE A MOMENT.  
PHOTO: WORKING DOG PTY LTD

Can you think of a dad you really admire? Someone who seems to be doing a really good job at parenting his kids? **Professor Rob Moodie**, a long-time campaigner for a healthier Australia, has a favourite dad – apart from his own. It's the character Darryl Kerrigan, the battling-against-all-odds tow truck driver in the film, *The Castle*. Darryl is full-on involved in what his kids are doing (even if one is in jail), his house is his castle, he is genuinely supportive of his children and his wife, and they're always off to Bonnie Doon to share the serenity.

Here, Rob discusses the challenges facing real dads.

Being a good dad isn't easy, and we are not born 'good dads'. But we can learn – even if it's learning what not to do – from our own dads, from watching and talking to other dads, and from our partners.

Being a good dad, no matter the situation, is about a few important essentials: loving and hugging your children, getting involved in their lives, remembering you are always a role model to them, teaching them about the realities of life, and working together with your partner – for their sakes.

The best way you can show your children that you love them is to get involved in their lives. At the beginning that means getting up at night, changing nappies, feeding them and dressing them.

As they grow, reading to your children and playing with them are probably the two easiest and most beneficial things you can do with them.

Later on it can be involving yourself in their school activities, being part of birthdays, concerts, sports, shopping, going to the doctor, getting to know their friends and their friends' families.

You need to create time. To do this you need strong motivation to put fatherhood ahead of work, and you need work flexibility, which may be out of your control. At the same time we know many men feel the pressure to work longer rather than shorter hours.



The best advice I have heard is to imagine what your children would say about you as a father to their friends later on in their lives.

Children learn more from what dads do, than from what they say. For daughters, Dad is the first and most important male in their lives, so how they are treated and how their mothers are treated can profoundly impact on the way they understand how all women are treated.

Sons learn from their dad what it is to be a man. That it's OK to show your feelings, to ask for help, while still being assertive and confident. The best advice I have

heard is to imagine what your children would say about you as a father to their friends later on in their lives.

One of the greatest contributions dads can make to their children's emotional health is to respect and treat their partners well. This not only shows children how to partner, but it provides an environment of psychological and physical safety in which they can learn to cope with the ups and downs of life.

Hug them from early on. This provides enormous protection and safety. Tell them that you love them regularly, practice it if you find it difficult to say and, as importantly, show them your love by being part of their lives.

**ROB MOODIE** IS A CHAIR IN GLOBAL HEALTH AT THE NOSSAL INSTITUTE FOR GLOBAL HEALTH. A 30-YEAR VETERAN OF PUBLIC HEALTH, PROFESSOR MOODIE HAS BEEN CHIEF EXECUTIVE OF VICHEALTH AND WAS THE 2005 VICTORIAN FATHER OF THE YEAR.

FOR MORE INFO ON BEING A GREAT PARENT: [WWW.CYH.COM](http://WWW.CYH.COM) OR [WWW.NGALA.COM.AU](http://WWW.NGALA.COM.AU) OR [WWW.RELATIONSHIPS.COM.AU](http://WWW.RELATIONSHIPS.COM.AU)

# The prostate low-down

The future for the treatment of prostate cancer is promising, according to Daniel Moon, a urologist at Cabrini Health and Foundation 49 ambassador. As treatments are tailored to individuals and surgical techniques advance, more men are living with this common disease, with fewer side-effects.

Prostate cancer is the second most common cancer in men – after skin cancers. So it can seem pretty frightening. But according to urologist, Daniel Moon, a diagnosis can be insignificant – especially if the man is over 70 years of age. It is very common – and usually slow-growing – so many men with it will die from some other cause before it causes concern.

“One of the greatest challenges we face is whether to treat the prostate cancer when the side-effects may be worse than the symptoms,” Daniel says.

Scientists, he says, are searching for better ways to identify the cancer and its level of aggression. And surgery is advancing quickly too, with less invasive options being used – especially keyhole surgery which offers the surgeon a better

view of the pelvis, causes less post-op pain and a quicker recovery.

Cabrini doctors are also using an ultrasound technique that “cooks” the prostate to prevent tumour growth. Radiotherapy is progressing too – with less damage to surrounding tissue and fewer side-effects.

But the option of “active surveillance” is growing in popularity. Doctors are assessing whether the cancer is low level and slow, allowing the patient to rely on regular blood tests to check it remains stable.

Psychologists are stepping up to the plate, offering counselling to help men deal with sexual problems, trouble with continence and the shock of a cancer diagnosis. Daniel often refers patients

## Are you high risk?

Do you have a father or brother who has had prostate cancer at an early age? If so, you’re at least twice as likely to develop the disease as a man without a family history. Many experts recommend men at high risk are tested regularly, beginning in their 40s.

## What are the tests?

Most men will have heard the debate about whether to be tested. If you are thinking about it, you’re probably also wondering what sort of examination to have.

Caught in its early stages prostate cancer can be cured especially when the cancer is still confined within the prostate gland. Testing through a blood test – the Prostate Specific Antigen (PSA) or by having a digital rectal examination (DRE) – offers

the best chance to pick-up a prostate cancer. Why not book-in to have a general health check-up around your birthday each year? When you’re there, talk to your doctor about whether to have a prostate check-up as well.

## To be tested or not?

According to Mr Daniel Moon, a urologist and Foundation 49 ambassador, there is little argument to be had.

“Early detection is the key to better outcomes and potential cure of prostate cancer. The Cancer Council Australia recommends that men at 50 with no family history of prostate cancer, and men at 40 with a family history, should discuss with their GP the option of having a blood test.”

It can be life threatening to wait for symptoms before seeking assessment.

## What is the prostate?

The prostate is a small gland at the base of the bladder. It produces a fluid which protects and nourishes sperm. It is close to the bladder and surrounds the tube that carries urine, so if there is a problem with the prostate, a man may have trouble urinating. But remember, as they grow older, one in four men have urinary symptoms which are completely unrelated to prostate cancer.

## How common is prostate cancer?

Pretty common. Prostate cancer is the second most diagnosed cancer amongst Australian men, after skin cancer. About 12,000 men are diagnosed each year.

to Addie Wootten, a psychologist who specialises in helping men adjust to their new situation, to help with sexual rehabilitation, incontinence and anxiety. “After nearly five years of research into men’s psychological health, we are seeing the benefits of psychology becoming a routine part of men’s health – which is great.”

## When talking to your doctor:

- Clarify your main concern
- Find out your personal risk
- Balance up the benefits and risks of early detection.

It is **your** decision whether to have a test. **You** need to decide what is best for you.

*Men who haven’t been diagnosed with a prostate condition can receive a Medicare rebate for a PSA test once every 12 months.*



## First step: testing

### PSA test

Only about 4 in 10 men with a higher than normal PSA test result are found to have prostate cancer.

PSA stands for Prostate Specific Antigen. It is a protein produced by prostate cells. PSA is detected with a simple blood test.

### Rectal examination

Because the rectum is located just behind the prostate, a doctor can sometimes feel a cancer by placing a gloved finger inside the rectum. This test may be uncomfortable but is rarely painful. If this test is performed along with a PSA test, the chance of picking up a cancer is better.

## The next step: Biopsy

Under anaesthetic, an ultrasound probe is placed in the rectum to help the doctor to see the prostate. Samples of prostate tissue from several different areas of the gland are taken. A biopsy is needed to find out if you do have prostate cancer. It also gives you information about the cancer's likely growth.

## So to treatment...

If the cancer has not spread beyond the prostate, three different treatment options may be offered.

- 1 Active surveillance – often chosen by men who are undecided about treatment, men over 70 years, or men with serious illnesses.
- 2 Surgery – an operation to remove all of the cancer – the whole prostate gland and some nearby tissue.
- 3 Radiotherapy – irradiation of the pelvic area or a different type of radiotherapy where radioactive 'seeds' are left in the gland.

*The information provided here is not intended to take the place of medical advice. Information on prostate disease is constantly being updated so it's a good idea to have a GP you know and trust and who can advise you on your unique needs.*

### For more information, visit:

[prostate.org.au](http://prostate.org.au) – The Australian Prostate Cancer Foundation

[prostatehealth.org.au](http://prostatehealth.org.au) – Australian Prostate Cancer Collaboration

Cancer Council Australia's free and confidential helpline: Phone 13 11 20. A great source of written material, advice and reassurance.

## Good News

- Because most prostate cancers are slow growing and many occur in older men, they may not be a threat to life. A man may therefore have this cancer, but it may not cause him any trouble.
- If prostate cancer is detected and treated before it spreads beyond the prostate, it can be cured. Surgery which removes the whole prostate, or radiotherapy which destroys the cancer, can cure it.
- The PSA test can indicate prostate cancer at an early stage. If prostate cancer is detected after it has extended beyond the prostate area it can be slowed down by hormone treatments, radiotherapy and chemotherapy.
- If you have urinary symptoms such as frequent emptying of the bladder and a weak urinary stream, this is probably not due to prostate cancer, but to benign prostate enlargement (non-cancer growth).
- Benign enlargement of the prostate does not 'turn into' cancer.

## Not-so-good news

- The location of the prostate is just beneath the bladder, surrounding the urine outlet tube and close to nerves that are important for erections. This means that treatment can affect your ability to have erections and your ability to "hold on" to urine.
- Because these cancers grow at different rates, doctors are not always sure which of the early cancers pose a threat and whether treatment is needed. It is not always easy to know whether a cancer is confined to the prostate, and whether it is curable or not. Early prostate cancer usually does not have any symptoms.
- If a man is diagnosed at a young age (eg. 50s), prostate cancer is likely to progress and eventually affect life and health.

# Caution!

## Road ahead needs repair

**Apart from this great magazine, when was the last time you took notice of some health advice written specifically for you, a male? Chances are, you can't remember. We asked health educator, Sarah Hardy, to do a study to help us determine the state of Australian men's health education. Here, Sarah reports on her findings.**

While women's health has been up in lights for nearly two decades, men's health has been out of sight, hiding away in the shadows. Fortunately things are slowly changing, thanks to groups like Foundation 49 and Andrology Australia. But there are still some significant cracks needing a good dose of gap filler. After all, there's a lot more to men's health than sexual dysfunction, bowel and prostate cancer.

Compared to women's health, we know men have poorer wellbeing, higher death rates and less access to health services. So why are men not targeted more by state and federal governments and peak organisations to address this inequality?

The cause could, perhaps, be blamed on a lack of coordination, collaboration and leadership across Australia. Individual organisations across the country are doing their own thing, often with the best of intentions, but more often than not it's in isolation. They may not be aware what others are doing. Frustration levels are high with passionate people 'pressing on', clearly asking for direction and recognition for the need to educate men about their health. Funding for men's health is scarce and short-term with those who have received precious government resources limited in their capacity due to minimal funding or a dedicated focus on a specific disease.

We know men are interested in their health. If approached in the right way, with relevant information, men become actively engaged in seeking health info and advice.

So how do most men like to be informed? Our research tells us they like to attend informal workplace education sessions, and they are better appreciating and understanding the importance of follow-up health assessments, particularly with general practitioners.

Speaking of GPs – the study found there was no specific men's health education program for GPs from the divisions surveyed, the Australian Medical Association or the Royal Australian College of General Practitioners (RACGP). The RACGP, while offering GPs education on women's health, doesn't offer a similar initiative for men.

Local community health centres are currently a key source of men's health education, though events tend to be 'one-off' or occasional screening opportunities.

At a national level, the study found a complete lack of a national men's health policy or strategic framework, with national bodies focusing on specific conditions like heart disease, mental illness and prostate issues.

So where should we go for reliable men's health information? Well, Foundation 49 of course... Other great organisations praised by those questioned in the study include the University of Western Sydney's Men's Health and Information Resource Centre and for information on sexual health, Andrology Australia. The web is shaping up as a very popular method of reaching out to men seeking health info, as is the workplace where a captured market is often eager to engage.

And to improve the situation, we believe we need to see a national men's health policy developed to influence government and to offer a logical and meaningful way forward. We need to examine and improve the training of health professionals, offer an incentive for GPs to provide men's health checks and expand health information for men way beyond sexual and prostate health.

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**SARAH HARDY** IS A HEALTH EDUCATOR WITH 20 YEARS' EXPERIENCE IN COMMUNITY HEALTH PRIMARILY IN THE NOT FOR PROFIT SECTOR, EXAMINING BEST PRACTICE PROGRAMS ON A STATE AND NATIONAL LEVEL. SARAH HAS DEVELOPED AN EDUCATION STRATEGIC PLAN FOR FOUNDATION 49 USING THE KNOWLEDGE AND FEEDBACK OBTAINED FROM THIS NATIONAL SURVEY.

# New round of community grants

Interested in holding an event to promote men's health? Foundation 49 is proud to offer small grants to help you make your community event a reality.

Last year Foundation 49 watched in awe as our 22 inaugural grant recipients took to their communities with amazingly innovative plans. And the results spoke for themselves. Farmers bringing their cattle for sale were offered impromptu health-checks at the sale yards; men flocked to sheds around the country for a BBQ and a health info session; fathers ate healthy breakfasts with their sons and prisoners spent months training for a footy match played during Men's Health Week.

So what, we wonder, will all those creative community-minded health workers dream- up for the 2008 community grants program?

Non-recurrent grants of up to \$1,500 (including GST) are available to plan, implement and evaluate a health promotion project, promoting health awareness for men in the local community. It's easy to apply with application information on our website [www.49.com.au](http://www.49.com.au) under the heading Community Grants. If you need any help to fill in your application, just call the office on 03 9508 1567 and we will be happy to help you.

- Applications open late November 2007 for the Men's Health Community Grants to be funded in 2008
- Applications close 29 February 2008 at 5.00pm. No extensions to the closing date will be given and applications received after this date will not be accepted.

Applications are invited from registered or incorporated community organisations in Australia and should be developed in conjunction with local health services, if applicable. We strongly encourage collaboration between organisations. Collaboration is seen as an advantage because this widens the skills base of the project and the capacity to deliver great results.

We will be influenced by:

- An innovative and comprehensive approach to education
- Good project design and planning
- Careful targeting of health education for men
- Project sustainability, if possible
- projects to be completed in June 2008, with preference given to those held during International Men's Health Week, June 9–15
- Financial or in-kind commitment to the project, eg, administration support

Foundation 49 must receive applications by Friday 29 February 2008, at 5.00pm.

**Fax to:**

Men's Health Community Grants  
Foundation 49  
(03) 9508 1071

**Mail to:**

Men's Health Community Grants  
Foundation 49  
Cabrini Health  
183 Wattletree Rd  
Malvern  
VIC 3144



PRISONERS FROM MOBILONG PRISON IN SOUTH AUSTRALIA PLAY FOOTY AFTER MONTHS OF FITNESS TRAINING, THANKS TO A FOUNDATION 49 GRANT.

## Would you like to help us?

Foundation 49 receives no government funding and relies solely on donations, sponsorship and grants. Each year we hold a gala dinner to celebrate men's health and to raise much needed funds. Would you like to donate something for us to auction? From Vespas to holidays, signed cricket bats to seats at a footy grand final – we gratefully accept contributions and will acknowledge all donors in the dinner program on the night. If you're going to be in Melbourne in June and would like to come along, give us a call on (03) 9508 1567 to book seats or a table. It's always a great night – with a few surprises thrown-in.

# Fast facts

- Foundation 49 is an initiative of Cabrini Health
- It aims to help all men over 20 years of age – of all cultures and socio-economic backgrounds
- Widespread screening and health promotion are key goals
- We believe supporting men to take control of their health is vital
- Our Decades of Life project is a tool for all men and for health professionals to help them assess a patient's risk of disease, to avoid illnesses and to assist in making early diagnoses of physical and mental problems.

Foundation 49.  
Promoting Health  
Awareness in Men

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Foundation 49  
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## Five minutes with... Mitchell Johnson



When Dennis Lillee discovered Mitchell Johnson he described the left-armer as a “once in a generation bowler”. Despite a career marred by painful back fractures, this 26 year-old Queenslander debuted for Australia during the 2005–2006 season. In India in October, made he headlines with a career-best 5-26, contributing to an Australian series win.

Selectors are excited by this young gun. So how has he effectively jumped the queue, winning a place on the one-day and Test teams? He has the rarest of Australian bowling commodities: a genuinely fast left-arm capable of swinging the ball viciously. The kind of cricketer who, if fit and in form, coaches covet and selectors salivate over. He spoke to Foundation 49 from India.

### How do you manage to keep in-touch with family when you are travelling so much of the year?

I've lived away from family since moving to Brisbane from Townsville when I was 18 so basically phone calls are the go most times. When overseas I will tend to speak to my brother over the net and also the odd phone call. I live with my girlfriend, Jess, and it's hard being away for long periods but I call her.

### Any tips for staying mentally well?

For me to stay mentally fresh and healthy I try to keep my mind off cricket and do something fun like driving to the Gold Coast to chill at the beach, and spending time with friends and family.

### Your favourite meal and where?

Well this is a tough one because I really love Jess's cooking, in particular any roast she cooks but I would also say tandoori chicken in India. Matt Hayden has ordered some really nice Indian meals when over there.

### Your best moment in life?

My best moment in life would be having the opportunity to play for my country and play with and against some absolute legends. During the last World Cup I nervously asked Glenn McGrath for one of his playing shirts and he signed it for me too. I was so pumped!!

### Best career moment?

Being in the World Cup team and being a part of the Ashes series. Even though I didn't play during both series, it was a great learning experience and also I believe it has made me more ready to play cricket for Australia because I have been around the guys during these big events and now have more confidence. But getting Lara and Sachin out are definitely up there – that's for sure!

### Worst career moment?

Being dropped from the QLD squad a few years ago and enduring way too many stress fractures in my back. But I guess if I didn't lose my contract with QLD, I'm sure I wouldn't be here playing for Australia now.

### When was your last health check?

We get checked out once a year through Cricket Australia so it was around the time of our camp this year before 20/20 World cup.

### Best health tip you've been given?

Eat your greens ha ha. That's what my Dad use to say to us kids.

### What are you looking forward to this Christmas?

The presents of course! I'm looking forward to spending time with Jess and family with a nice big ham off the bone, yum!!!

