

A WHOLE NEW BALL GAME

HEALTH ADVICE FOR
AUSTRALIAN MEN
ISSUE 12 // FEBRUARY 2010

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Governor of Victoria Professor David de Kretser



QUESTIONS FOR THE QUACK

with Associate Professor Gary Richardson

Welcome to a new year with new opportunities to make the most of your health and wellbeing. Diabetes is affecting more and more of us, so we thought it would be useful to highlight some things you can do to reduce the risk, or minimise the impact of diabetes in your life. Also, don't forget to pass this magazine on to anyone you think might benefit from the information. Cheers, Gary.

Jarrold, 35 asks: I work the night shift and rather than getting better at sleeping during the day, I am finding it more difficult. Is there anything I can do to get more sleep, or should I just get some sleeping tablets?

Going against your natural body clock can be a real challenge, but many people successfully manage shift work over many years. Before resorting to medication, I would encourage you to try the following:

- Try wearing sunglasses after a night shift until you get home to stop bright lights keeping your brain awake.
- Go to sleep as soon as possible after your shift and stick to a sleep routine.
- Control noise and disturbances by lowering the ring tone of your phone, using ear plugs and put a "Do Not Disturb" sign on your front door.
- Soundproof your bedroom and block out sources of light.
- Avoid caffeine five hours before bedtime.
- Have a light snack before bed, not a heavy meal.
- Exercise regularly after sleep, not before.
- Have a warm shower or bath before going to bed.
- Play calming music or try a relaxation technique.

If you continue to have trouble sleeping, talk to your doctor.

More tips to improve your sleep are also available in the *beyondblue* Fact Sheet 7 – Sleeping well, available from www.beyondblue.org.au or the *beyondblue* info line on 1300 22 4636.

Matt, 43 asks: There is always too much I have to do and never enough time to do anything I want to do, and it doesn't look like changing. How do I get rid of this tension in my life?

Stress is one of the major health problems men face today. Many illnesses are rooted in stress – from headaches and upset stomachs to heart disease, high blood pressure, cancer, skin disorders and infertility. Stress is the physical response you have when life's pressures get too much. It's like your computer crashing when it gets overloaded. Here are a few tips to help you reduce the stress in your life:

- Find an activity that relaxes you.
- Sweat it out with exercise.
- Try breathing exercises, meditation or yoga.
- Eat well.
- Tackle the causes one-by-one.
- Avoid unrealistic deadlines and expectations.
- Avoid bringing work home.
- Don't unload on your family.
- If it's work-related talk to your boss.
- Talk to mates, colleagues and family.
- Avoid excessive drinking and smoking.
- Read and spend quiet time alone.
- Talk to your doctor.

To find out more on stress see the *beyondblue* Fact Sheet 6 – Reducing stress, available from www.beyondblue.org.au or by calling the *beyondblue* info line on 1300 22 4636.

ASSOCIATE PROFESSOR
GARY RICHARDSON
CHAIRMAN, FOUNDATION 49



Foundation 49 is grateful for the support of *beyondblue: the national depression initiative* in publishing this magazine.

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Foundation 49 is an initiative of Cabrini Health. 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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Patron: The Governor of Victoria
Professor David de Kretser AC



Foundation 49 and Cabrini say thank you!

F49 has had a very busy year, and has received fantastic support from many organisations and individuals throughout 2009.



On November 25th last year, we had the opportunity say thank you to many of our supporters at an awards presentation evening hosted by the Governor of Victoria, Professor David de Kretser and his wife Jan, at Government House. Professor de Kretser is the patron of Foundation 49. It was a spectacular evening in spectacular surrounds!

Certificates of Appreciation were awarded to:

Fred Kent, Cobram Beat the Pro Golf day fundraiser for F49

Fred organised a Beat the Pro competition at his golf club in Cobram, to support F49.

Stewart Langton, Tony Hitchin Memorial Wine Auction

Stewart partnered with F49 in a wine auction to raise funds for F49 in memory of an old friend Tony Hitchin. Langtons collected, stored and auctioned all the donations of wine.

Michael Rogers, Brighton Footy Club

Michael has been supporting his football club, The East Brighton Vampires, by providing F49 health information and resources to the members. He organised the F49 Cup in International Men's health Week 2009.

Mary-Jane Remy, Father's Day breakfast fundraiser

Mary Jane organised a fundraising Father's Day breakfast for friends who had recently lost a male friend or family member to cancer. She chose F49 as the group to receive any funds raised from the breakfast.

Community Partner Award Recipients:

Craig Munns

Craig is the F49 poster boy! He has been a great contributor by featuring in the

F49 magazine, and by being the face of F49 in our Father's Day mail out this year. He has also been featured in the Cabrini Connections magazine, and has spoken to many people about his health crisis. He takes every opportunity to encourage men to take better care of their health. Craig is also an official F49 Ambassador.

Peter Wirth

Peter has put many volunteer hours into F49 as a committed men's health advocate. He is an Emergency Physician who is passionate about preventive health. Peter tirelessly follows up on fundraising and business opportunities for F49.

Nicole Donegan

Nicole has been a great supporter of F49 over the past 18 months. She has facilitated our online men's health surveys, and through these surveys we have had 1600 men opt in to be part of an online consumer reference group. The results of the surveys can be found on our website 49.com.au.

Corporate Partner Award Recipients:

beyondblue

beyondblue have supported F49 through sponsorship of the Whole New Ball Game magazine in 2009, and contribution of articles addressing mental health. They also provided sponsorship for the translation of F49 fact sheets into 8 languages, including Arabic, Chinese, Dari, Greek, Italian, Polish, Somali and Vietnamese.

Prostate Cancer Foundation of Australia

PCFA has supported F49 through the sponsorship of health checks in VIC, NSW, QLD delivering 1300 health checks, and the printing of the F49 Tool Kit.

sanofi-aventis

sanofi-aventis have generously provided ongoing sponsorship for F49 over a number of years. They have recently sponsored the Decades of Life health check program roll out at Cabrini in 2010, providing all male staff and volunteers with an on the spot health check.



You may have seen Craig Munns smiling face on the front of the November 2008 edition of this magazine. He is the latest F49 Ambassador and kindly shared his story with us at Government House.

"I attended a Father's Day breakfast at my son's kinder, which was funded by a Foundation 49 Community Grant. There I had my BP checked and it was very high. This alerted me to a problem (which I didn't do anything about), so when I had pain in my arm – I headed straight to the ER. A few days later I was in theatre having a blocked artery in my heart repaired, and made it home in time for my son's sixth birthday celebrations... I was very lucky; I might not have been there. I was only 38, and I am a paramedic who should have known better! But I am a bloke, and here to say for our family's sake, we need to take better care of ourselves."

Harold Mitchell

Harold Mitchell is a self-made man in the highly competitive media and advertising industry.

From humble working-class roots as a saw-miller's son in Gippsland, Harold started his own company in 1976 with \$2000, and has built a powerful empire as Australia's largest and most successful media buyer, worth more than \$280 million.

His company, Mitchell Communication Group buys advertising space from media companies on behalf of advertisers, and helps plan their advertising strategies.

Harold also has a passion for assisting health and the arts, and has been helping Foundation 49, along with the major advertising company, Clemenger BBDO, to develop a national media awareness campaign for men's health.

As a very successful business man, what achievements are you most proud of?

I don't measure my life in achievements, and I believe that you should not look back and live off the past. An achievement I am proud of though, has been that in a changing world I have been able to raise and keep my family together.

Have you had any health issues which have been significant in your life?

I have had life-long battles with addictions to alcohol, smoking and eating. I still refer to myself as an alcoholic, even though I had my last drink of alcohol in my 20's (I'm now 67 years old). I realized that I was drinking too much, which was partly an occupational hazard in high powered business.

I then took up smoking, and smoked up to 4 packets of cigarettes a day. Again I stopped "cold-turkey", in my 20's.

My longest battle has been with my weight, having tried and failed many diets. I have finally won the battle by undergoing lap-band surgery in February 2009, and my weight has fallen from 165kg to nearly 90kg.

What was your motivation to address your health issues?

Not wanting to die. I want to be around to see my grandchildren grow up. I want to enjoy life. Specifically, I did not want to develop diabetes.

Regarding my weight, the turning point came when my young granddaughter asked me with typical frankness of a child "Grandpa, why do you have two tummies?" I knew that my family was becoming worried about my weight, and they approached my friend Kerry Stokes, who first introduced the idea of lap band surgery. I believe that the surgery was only part of the solution, with the mind being the greatest barrier to keeping the weight off. The team of nurses, respiratory specialists, physiotherapists, psychologists, dieticians and doctors made a great difference, and it appears to be working very well. Now my aim is to reach 90kg and live to 90!

What have been the benefits of addressing your health issues?

I have much more energy, both mentally and physically. I sleep 2 – 3 hours less each night and get up feeling refreshed. I feel great! I now play with my grandchildren where as I used to just watch, I can climb stairs, I can do my work more comfortably, and I can generally enjoy life. I can now travel and fit in airplane seats, lots of things have opened up to me again.

How are you maintaining the weight loss?

I exercise three times per week for 30 minutes or so, and have a weekly session with a personal trainer. I also see my doctor every three months to make sure all is still going to plan.

What are your thoughts on work-life balance?

The business of relaxing and having fun is deadly serious. It is probably the most important and least understood aspect of business life. Why? Because you won't be having too many holidays when you are dead after a heart attack because you have devoted yourself to your business and ended up a shell of a person.

I am probably addicted to work and working hard, and I love doing deals and fixing problems. But I have developed a succession plan where my son Stuart has become CEO, and I have changed my



Peter Biggs

At the helm of Clemenger BBDO Melbourne.

Peter Biggs is Managing Director of advertising agency Clemenger BBDO in Melbourne. Before taking up his appointment in Melbourne in March 2006, he was Managing Director of Clemenger BBDO in Wellington, New Zealand. Under Peter's leadership Clemenger BBDO has won many prestigious awards.



role to that of chairman, with less of the daily responsibilities.

You have started the Harold Mitchell Foundation. What is that for?

In 1999 I made a lot of money from the float of my company, so I founded the Foundation and gave it \$10 million to fund projects in health and the arts. My daughter Amanda has been a director of the Foundation, and I have no direct involvement in its operation.

I believe that health is essential to life, and the arts give meaning to life.

Projects I am particularly proud of include the Harold Mitchell Chair of Indigenous Eye Health at Melbourne University, to support the great work of Professor Hugh Taylor in eradicating trachoma in the Indigenous population.

The Mitchell Group employs more than 600 people. What responsibility do you think the boss has in regard to his employee's health?

Leadership comes from the top. If you see the boss working hard, and looking after his health, that should inspire your staff. I don't believe you should hound your staff.

Harold has published an autobiography titled "Living Large" in which he details his journey so far.

Has your health been a priority for you?

Yes, Latin poet, Juvenal in his Satire X, wrote: "Mens sana in corpore sano" – which means "a healthy mind in a healthy body." I believe that, if I am to be an athlete of the imagination (I work in advertising), I need to be a physical athlete as well. Also, I have four children and I want to be around as long as possible, for their sake.

Do you think men take adequate care of their health?

I think men can very easily get caught up in the treadmill of their career and all of the other things that crowd into their life, and so their health gets pushed to one side. What we have to do is redefine masculinity in terms of taking care of yourself and nurturing your body.

How do you maintain your health?

I try and keep physically fit (I'm at the gym a minimum of four times a week). I try and have other things in my life besides work. I attempt to eat well, although, as Managing Director of one of Australia's biggest advertising agencies, this is very difficult as I do a lot of entertaining.

Do you see the workplace as a valuable place to promote good health messages?

I think that it's important to have conversations about fitness and health as part of the culture. At Clemenger BBDO/Melbourne, it's amazing how many natural conversations occur during the day about exercise and health, which I think is a really good thing.

What role can the media play in good public health?

Just keeping the topic top of mind is the crucial role the media can play – particularly stories and examples of how easy it is to be healthy. People don't have to go to "boot camps" or rigorously diet to be healthy.

What attracted you to offer your company's support to F49?

Clemenger BBDO has been part of the Australian landscape for almost 65 years, and we have worked with many clients on products skewed towards men such as Four 'N Twenty Pies and Carlton United Breweries. I am keen to continue to support the men and families of Australia in a new focus on health and wellbeing. We think that, by supporting F49, we are helping men to live even happier and healthier lives by encouraging them to take an interest in their health and wellbeing.

Lap Band® surgery



Dr Chris Hensman is a specialist surgeon with over ten years experience. His major interests are in minimally invasive surgery, surgeon training and new and emerging technologies in surgery. He is the Director of Clinical Research at LapSurgery Australia.

What is Lap Band® surgery?

It is the placement of a permanent adjustable silicone band just below the junction of the stomach and was first described in Belgium some 15 yrs ago.

In selected people with weight problems Lap Band® surgery can be an extremely effective and safe way to induce and maintain weight loss, when used in combination with dietary and life style modification.

How does the Lap Band® surgery work?

The band works not only by helping to reduce the portion size people can eat, but more importantly it works because of the pressure of the band on the stomach. This results in shutting down the hunger centre in the brain.

Once the band is introduced and once scar tissue has formed around the band, and its position is secure, the band can be tightened in the surgeon's office. This is done using a simple injection of fluid into the band and will induce weight loss.



Can anyone have a Lap Band® surgery?

There is an extensive qualification, preparation and education process that precedes the placement of the band. Strict adherence to advice given by the caring team of dietitians, psychologists nurses and doctors is vital to get good results and avoid problems.

How is the Lap Band® placed?

The Lap Band® is placed using keyhole surgery in hospital under a full general anesthetic which avoids making large incisions. A quick recovery and early return to work can be expected for most people.

The Lap Band® is made of solid silicone and unlike liquid silicone found within breast implants it has no direct adverse effects.

What sort of weight loss can be expected?

Results from many large centres indicate a weight loss of about 50% of the excess weight that any one person is carrying could be lost. The loss can be maintained if the program is followed correctly.

Are there risks with Lap Band® surgery?

As in all surgical procedures there are risks. The main issues relate to the Lap Band®. The most common is movement of the band down the stomach called a slip. This is a serious problem seen in about one in ten people after Lap Band® surgery and usually requires another operation to fix it.

Another type of problem is where the band wears its way into the stomach, which is a more serious problem that may require removal of the band.

Are there any restrictions on diet once the band has been placed?

Generally there are no strict exclusions of foods, but a healthy balanced diet is very important. Occasionally people do experience difficulty with some foods such as fresh bread and may need to avoid certain foods as a result of the band. Advice from a specialist dietician can be used to work around these issues.

Is there a problem with eating a healthy diet when the band is in place?

No

Is vomiting a normal consequence of surgery?

No, when the band is correctly adjusted vomiting is not normal.

Can the Lap Band® be removed once the target weight has been achieved?

As the disease of obesity is a chronic one, generally if the band is removed then weight gain is the norm! However the procedure is totally reversible as no permanent change is made and should a new method be discovered in the future the band can be removed leaving the person as normal as prior to the procedure.

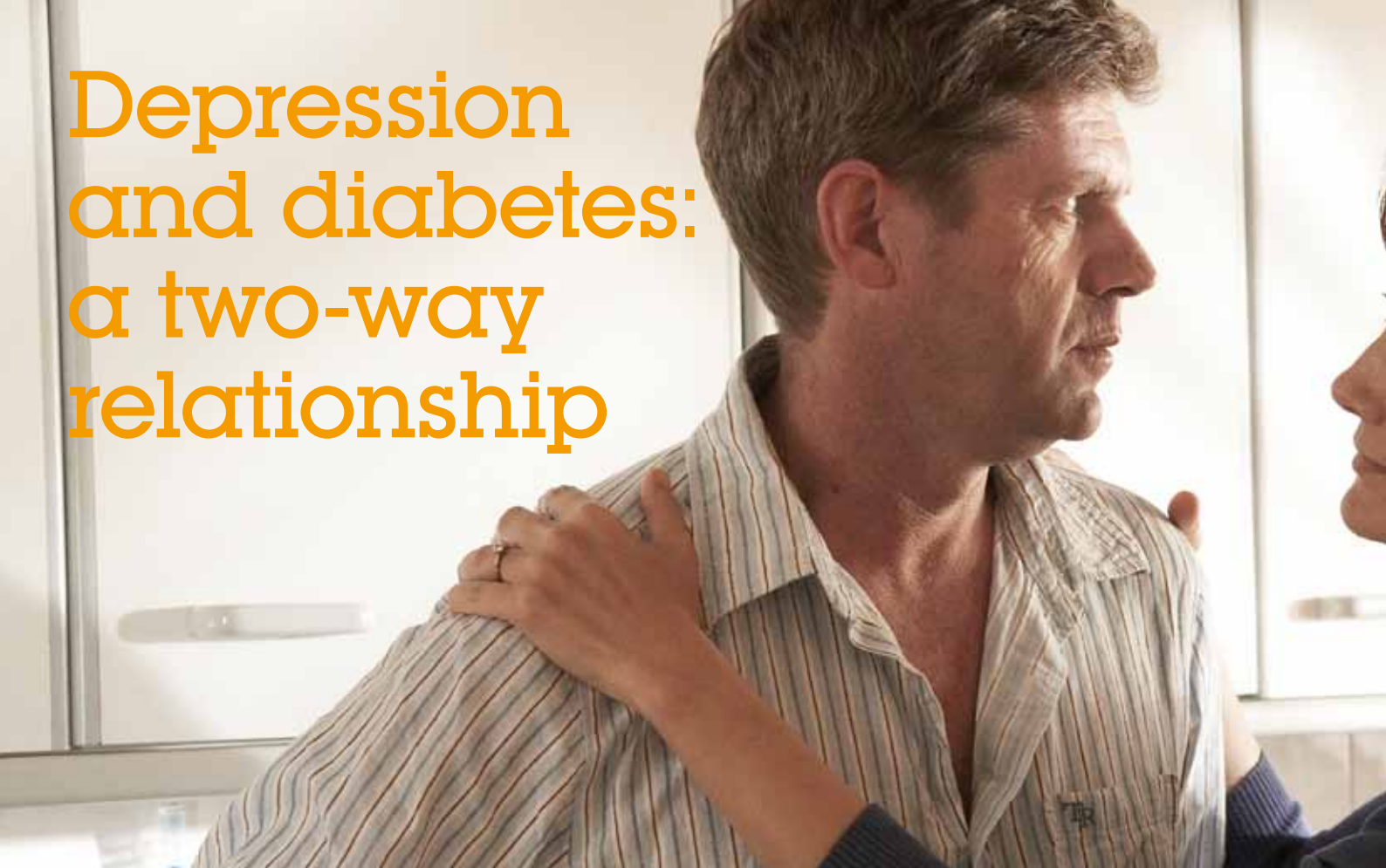


What about future treatments for obesity?

Scientists are on the threshold of inventing new drugs that may be helpful in combating obesity. Several exciting avenues have come to light. This will most certainly be the way obesity will be treated in the future.

However, it is expected that the drugs will take at least 15 years to be tested and proven to be effective, and at this stage we do not have any idea of the success rate of the drugs. For individuals already overweight a solution must be available now and a reversible option such as Lap Band® surgery might be an ideal fit in selected individuals.

Depression and diabetes: a two-way relationship



People with diabetes know that it's crucial to keep a close check on blood sugar levels and aim for good physical fitness.

In recent years, however, more complex links between diabetes and mental health have emerged.

Professor David Clarke, Research Adviser to *beyondblue: the national depression initiative*, says although depression and anxiety commonly co-exist with serious chronic illnesses (i.e. heart disease, cancer, asthma), diabetes is a curious case.

"The level of disability caused by having diabetes and depression is more severe than with any other chronic illness," Prof. Clarke explains. "We don't know exactly why, but we do know that the body's response to stress is the release of cortisol, which increases blood pressure and blood sugar, which tends to make diabetes worse."

Some people react to a diagnosis of diabetes with feelings of denial, anger, guilt or grief, and this can lead to depression and/or anxiety.

Even the rigorous routine required to manage diabetes can take its toll and leave a person feeling frustrated, fed up, overwhelmed or "burnt out", leading to mental health problems.

"Without the proper help people abandon their health routine and plunge into a downward spiral", Prof. Clarke says.

"Untreated depression and anxiety makes it harder to deal with everyday tasks and affects a person's ability to manage diabetes. This means that depression can increase the likelihood of developing diabetes complications," he said.

"If someone with diabetes suspects they might have problems with their mental health, it's vital to be aware of the signs and symptoms and talk to a General Practitioner or mental health professional.

"The signs of depression and anxiety in a person with diabetes are the same as in anyone else. Perhaps you're under stress, not coping, getting angry easily, sleeping too much or too little, or drinking too much – quite often other people in your life will notice the warning signs before you do.

"There are therapies and medications which are effective treatments for depression and anxiety, but the most

important thing is to reduce stress and to learn ways of coping. Fortunately, simple lifestyle changes such as getting good regular sleep, eating well and exercise will help alleviate symptoms of both the depression and diabetes."

Resources

- *beyondblue* www.beyondblue.org.au – 1300 22 4636. Download or order Fact sheet 19 – *Depression and diabetes*. A FREE DVD featuring the stories of people with diabetes and depression/anxiety, carers and clinicians, will be available from *beyondblue* in April 2010. Check the *beyondblue* website for updates.
- Diabetes Counselling Online www.diabetescounselling.com.au
- Diabetes Australia www.diabetesaustralia.com.au
- SANE Australia Helpline – 1800 18 SANE (7263) www.sane.org

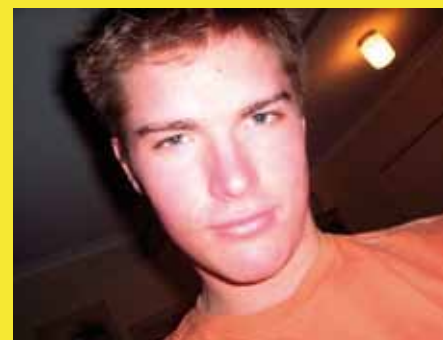




The facts

- Up to one in two people with Type 2 diabetes has depression and one in seven has generalised anxiety disorder.
- Depression and anxiety are less common among people with Type 1 diabetes, although one in eight of these people will experience depression.
- Women with either type of diabetes are more likely than men to experience depression and anxiety.
- People with symptoms of depression tend to be less physically active, eat more, and be more likely to smoke, which are all risk factors for developing Type 2 diabetes.
- The important thing to remember for anyone experiencing symptoms of depression or anxiety is to seek help early. Effective treatments are available and with the right treatment, most people recover.

Case study: Jason Triggs



Melbourne early childhood educator and playwright Jason Triggs, 25, was diagnosed with Type 1 diabetes at age 14. He injects insulin four times a day. Following the diagnosis, Jason developed severe panic attacks. He was later diagnosed with social anxiety, which he manages with methods he learned in counselling sessions.

"When your blood sugar is too high or too low, you get confused. I'd go for long walks just to get away and I'd cry."

In Year 12, Jason stopped taking insulin and as a result, he became very ill. His blood sugar levels fluctuated, the anxiety worsened to the point where he could not take public transport, was terrified of crowds, constantly paranoid about what his classmates were thinking and struggled with venturing out alone. At his worst, Jason was experiencing several panic attacks a week and isolated himself from people.

"I'd get dizzy and light-headed, I'd feel like fainting and get really confused. It's as if you're standing at a crossroad and you don't know which way to go – sometimes I felt like it was a good option to end my life. It's this overwhelming panic and feeling of 'I can't do this'," Jason explains.

"When your blood sugar is too high or too low, you get confused. I'd go for long walks just to get away and I'd cry."

All of a sudden, I'd be stuck somewhere with no mobile phone, which is bad news because your blood sugar will drop eventually and you can 'go low'."

"I have since changed my insulin and my routine and now I feel fantastic – a lot of it has to do with the type of food you eat. You need to work on getting your mind in that balance. It's like a set of scales. When the diabetes was out of whack, my mental illness escalated and vice versa. If you can get everything in harmony, it works."

After a junior diabetes camp, Jason began seeing a psychologist who taught him to handle the panic attacks. His health improved and now he is managing his illness and recovering well from the anxiety.

"I still have four insulin injections a day, I eat all the meals I need to and I watch what I eat. I also try to exercise. It also helps to keep my mind active by reading, writing and doing research," he said.

"I have come to accept that this is forever. It is part of my life. It's like when most people wake up and automatically boil the kettle. With me, I prick my finger and have my insulin. When I'm 40, 60, 80-years-old, and let's hope I get to 90, I will still be doing this. However, I hope to God there is a cure."

On March 18, Jason will represent the Manningham Shire as one of 100 delegates chosen to attend Kids in the House in Canberra – a meeting between young people with Type 1 diabetes and politicians. The aim of the meeting is to push for more government support to fund diabetes research and aim for a cure.

The tidal wave of type 2 diabetes – is it coming your way?

Causes and Diagnosis

Diabetes is the fastest growing non-infectious disease in the world.

Alarming, for every person who has diabetes, there's another person who has the disease and doesn't know it yet.

Understanding diabetes

Glucose is the basic fuel for the cells in the body. Insulin is a hormone produced by the pancreas that is released into the blood and allows glucose to move into the cells.

- Type 1 diabetes, also known as insulin-dependent diabetes, is usually first diagnosed in young children and young adults. In type 1 diabetes, the body does not produce insulin.
- Type 2 diabetes, previously known as non-insulin-dependent diabetes, is the most common form of diabetes, and occurs when the body's cells don't use the insulin effectively, causing blood glucose levels to rise.

Type 2 diabetes accounts for about 85 per cent of all cases of diabetes, usually developing in adults over the age of 40. About 80% of people with type 2 diabetes are overweight, while a family history of the disease also increases an individual's chance of developing it.

Symptoms and diagnosis

Often diabetes goes undiagnosed because of the nature of many of its symptoms, but recent studies indicate that early detection and treatment can decrease the chance of developing the complications of diabetes.

Some diabetes symptoms include:

- frequent urination
- excessive thirst
- constant hunger
- unusual weight loss
- feelings of fatigue and lethargy
- irritability
- vision problems
- slow healing of cuts and sores

If you have one or more of these symptoms, it is important to see your doctor.

Cardiovascular complications

When glucose builds up in the blood instead of going into cells, it can cause problems. In fact, having type 2 diabetes may cause cells to be starved of energy and over time it increases your risk for serious complications, including:

- heart disease
- blindness
- nerve damage
- kidney damage

With diabetes, heart attacks can occur earlier in life and often result in death. However, with careful management of diabetes, high blood pressure and cholesterol, people with diabetes can reduce their risk significantly.

Prevention and Management

Management of diabetes aims to keep blood glucose levels near normal at all times and generally includes diet, exercise, blood glucose testing and, in some cases, oral medication and/or insulin.

Effective management can only be achieved by personally taking care of your diabetes. Follow your doctor's advice closely every day to help prevent other health problems that diabetes can cause.

Diet and exercise

Diabetes Australia recommends that patients keep active and follow a healthy nutrition plan developed by a dietitian. The aim is to achieve and maintain an ideal body weight and normal blood glucose levels.

In most cases eating smaller meals more frequently is a better way of maintaining blood glucose levels than eating one or two larger meals. Aerobic exercise such as walking, dancing, swimming and bike riding are all good physical activities and recommended for children and adults with diabetes.

By reducing body weight by 5-10 per cent, and performing 30 minutes a day of moderate exercise, you can reduce your chances of developing type 2 diabetes by 60 per cent.

Cholesterol watch

Nearly all people with diabetes have abnormal cholesterol levels which contribute to their increased risk for heart attack and stroke. By choosing foods wisely, increasing physical activity and taking medications as prescribed by your doctor, you can improve your cholesterol.

Other recommendations

It is estimated that up to 60% of type 2 diabetes can be prevented. People at risk of type 2 diabetes can delay and even prevent this disease by following a healthy lifestyle. This includes:

- maintaining a healthy weight
- regular physical activity
- making healthy food choices
- managing blood pressure
- managing cholesterol levels
- not smoking.

For more information about diabetes, go to diabetesaustralia.com.au, or call 1300 136 588. For information about diabetes and mental health, please turn to page 6.



Are you at risk of Type 2 diabetes? Find out here.

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 and over ☐ 8 points

2. Your gender

- Female ☐ 0 points
 Male ☐ 3 points

3. Your ethnicity/country of birth

3a. Are you aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No ☐ 0 points
 Yes ☐ 2 points

b. Where were you born?

- Australia ☐ 0 points
 Asia ☐ 2 points
 (including the Indian sub-Continent, Middle East, North Africa, Southern Europe)
 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, and while standing)

Waist measurement (cm)

For those of Asian or Aboriginal or Torres Strait Islander descent

- Men
 Less than 90 cm ☐ 0 points
 90 – 100 cm ☐ 4 points
 More than 100 cm ☐ 7 points

Women

- Less than 80 cm ☐ 0 points
 80 – 90 cm ☐ 4 points
 More than 90 cm ☐ 7 points

For all others

- Men
 Less than 102 cm ☐ 0 points
 102 – 110 cm ☐ 4 points
 More than 110 cm ☐ 7 points

Women

- Less than 88 cm ☐ 0 points
 88 – 100 cm ☐ 4 points
 More than 100 cm ☐ 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 – 14:** Intermediate risk – For scores of 6 -8, approximately one person in every 50 will develop diabetes. For scores of 9 – 14, approximately one person in every 20 will develop diabetes.

- ☐ **15 or more:** High risk – For scores 15 – 19, approximately one person in every seven will develop diabetes. For scores of 20 or above, approximately one person in every three will develop diabetes.

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

If you scored 6 – 14 points in the AUSDRISK you may be at increased risk of Type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing Type 2 diabetes.

If you scored 15 points or more in the AUSDRISK you may have undiagnosed Type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent Type 2 diabetes.



Want to support F49?

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

Yes, I'd like to help Foundation 49 protect men from potentially preventable diseases.

Here is my gift of: \$ _____

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

- ☐ VISA ☐ MASTERCARD
☐ AMEX ☐ DINERS

Credit card number

Expiry date ____/____/____

Name on card

Signature

Name

- ☐ Miss ☐ Mrs ☐ Ms ☐ Dr ☐ Mr

First Name

Surname

Address

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Promoting Health
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Five minutes with... Sam Mitchell



Sam Mitchell, 27, is Captain of AFL Club the Hawks. Mitchell was recruited from the Under-18 Box Hill Hawks and made his AFL debut in 2002.

In September 2008, Mitchell captained the Hawks to the team's first Premiership in 17 years, beating the reigning premiers, Geelong, by 26 points. He lives in Melbourne with his wife. The couple are expecting their first child in April.

How long have you been playing footy, and how did you get into it?

I started playing when I was a very little kid, from when I was about six. I had some friends playing AFL Auskick in primary school and the old man took me on a Saturday morning. I enjoyed it from the start.

What has been your greatest sporting moment/career highlight?

Premierships are always a career highlight. I won my first at Mooroolbark when I was playing in the under-14s, one at Box Hill in the VFL, and of course in 2008 when we won the AFL Premiership with the Hawks. Hopefully there will be a couple more after that and then maybe I'll call it a day.

What is your training routine in pre-season?

We train five days a week and have Sundays and Thursdays off. We train an average 30 hours a week, with running, meetings, yoga, pilates and weights. It's a good lifestyle. It's hard work but you get plenty of time to go home and see the family and keep in touch with friends.

What is the biggest health challenge you have faced?

I've had some surgery. I had a plate in my shoulder for about four months of this pre-season and dealing with that has been reasonably tough. I have been fortunate in that I haven't had any other health issues except injuries. I try to keep healthy.

What is your favourite non-footy thing?

Obviously my family. I have a little bub on the way, which will create some challenges. I like to relax when I get home and do a fair bit of reading to wind down.

How do you de-stress?

I enjoy reading and I like to go for walks with my wife and watch TV.

What is the most important ingredient in a winning team?

Friendship. When you're close to the people you play with and genuinely care for each other then you end up doing the right thing and playing the role a bit more earnestly.

What is the best health tip you have ever been given?

To be number one, you have to train like you're number two. When it comes to health you need to have all aspects of your life right. If you're doing a lot of exercise and you're not worried about your diet, or you're eating right and you aren't exercising, neither of those things are going to work.

Favourite food and favourite drink?

Whatever the wife cooks me! I like sushi and Japanese food and I am mainly a water and tea drinker.