


A WHOLE NEW BALL GAME

HEALTH ADVICE FOR
AUSTRALIAN MEN
ISSUE 13 // MAY 2010

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QUESTIONS FOR THE QUACK

with Associate Professor Gary Richardson

International Men's Health Week is coming around again soon, June 14 to 20, so look out for some activities in your area. This is a great time to get started having an annual health check, so go on, call your local GP! If you are involved in running a men's health event, check out page 9 for info on getting some free resources from F49, *beyondblue* and other organisations. Cheers, Gary.

Peter 42 asks: My GP wants me to have my cholesterol checked, what exactly is cholesterol?

Cholesterol is a waxy, fatty substance found in some foods and made by your liver. There's good (HDL) and bad (LDL) cholesterol – the bad stuff builds up along your arteries and slows or blocks blood flow to the heart. Your genes, your diet and your weight all affect your cholesterol level in your blood.

To keep your cholesterol levels under control, limit foods high in saturated fats or cholesterol, such as cakes, pastries and biscuits, as well as meat and seafood, dairy products, eggs, coconut, palm and cocoa oils.

You should be having your cholesterol levels checked annually from around 40 if you don't have risk factors such as family history and heart disease, but even earlier if you do, speak to your GP to know for sure.

Sean 56 asks: Where is the fountain of youth!! I feel like my age is catching up with me and I am wondering what I can do to live a long life and be healthy as well.

If there is anything close to a fountain of youth, it is exercise. Exercise reduces your chances of getting a host of illnesses, keeps bones strong and healthy, helps you maintain your vitality and independence in later years, and improves your mood and mental functioning. In short, it can help you live a longer, healthier life.

Research shows that fitness prolongs life. Researchers have reported that moderate and high activity levels extended total life expectancy and held off cardiovascular disease.

They found that for men, moderate activity added 1.3 years of life, while high activity levels tacked on 3.7 years of life. It has also been found that it's never too late to reap the benefits of exercise.

A large study of people aged 65 and over found that men and women who were at least moderately active gained between 3 and 5.7 years, depending on how often they exercised.

And just as importantly, a large portion of those years were lived free from disability. Also remember to stay active with your friends and family. Keeping connected with people helps increase levels of well-being, confidence and opportunities to participate in physical activities.

But before you start anything, chat to your GP about an exercise program that is right for you. **See page 8 for more info.**

ASSOCIATE PROFESSOR
GARY RICHARDSON

CHAIRMAN, FOUNDATION 49



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

LIVE LONG. LIVE WELL.
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Foundation 49 is funded through your donations and special events. For more information or to make a donation, please call (03) 9508 1567 or visit www.49.com.au

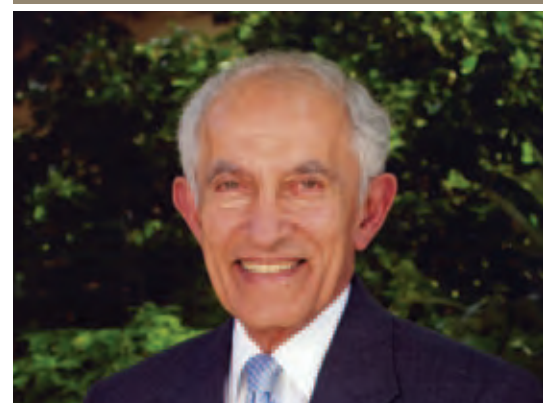
This magazine is generously supported by *beyondblue: the national depression initiative*. For more information call 1300 22 4636 or visit www.beyondblue.org.au

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



Should everyone take an aspirin a day?

If you are having a heart attack, chewing a full-strength aspirin tablet can be a lifesaving move. If you have heart disease, have had a heart attack or stroke, or are at very high risk for having one, taking a low-dose aspirin every day is part of a proven strategy for preventing one of these life-changers. Aspirin makes blood platelets less “sticky.” This limits the formation of clots in the bloodstream, which can trigger heart attacks and strokes. But what if you are relatively healthy? Will taking aspirin help you keep heart attack, stroke, and other forms of cardiovascular disease at bay?

If taking aspirin were without side-effects and completely risk free, it might make sense for everyone with heart disease, or just worried about it, to take it. But aspirin does have risks. Reducing the blood’s clotting potential can lead to hemorrhagic stroke (bleeding inside the brain). In the stomach, aspirin can cause everything from a feeling of mild heartburn to bleeding ulcers. Severe gastrointestinal bleeding can be deadly.

The benefit-risk balance

It’s the balance of benefits and risks that guides who should take aspirin for primary prevention — preventing heart attack, stroke, or another manifestation of cardiovascular disease in seemingly healthy people.

Researchers from six large primary prevention trials of aspirin pooled their data and analysed them as if they were from a single large trial. It’s a legitimate technique called meta-analysis. In this relatively healthy group of 95,000 volunteers, the reduction in heart attacks and strokes in people taking aspirin was almost counterbalanced by major bleeding in the gastrointestinal

system and the brain. The researchers concluded that for individuals without previously diagnosed cardiovascular disease, “aspirin is of uncertain value.”

Another meta-analysis showed only a modest overall benefit, if any, for aspirin among people with diabetes but no cardiovascular disease, and it had little impact on heart attack or stroke. When the researchers analysed the data by sex, aspirin reduced the risk of heart attack in men but not women.

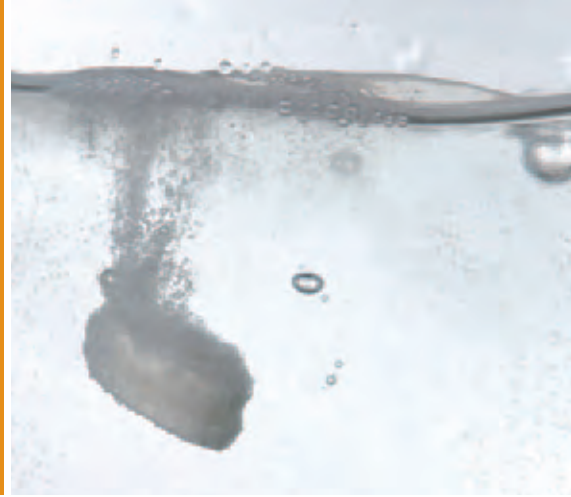
The British journal *Drug and Therapeutic Bulletin* also weighed in on the topic in November 2009. After reviewing and analysing information from relevant primary prevention studies, the journal’s editors concluded that the benefits and harms “may be more finely balanced than previously thought,” and aspirin should not be recommended as an across-the-board option to help healthy people prevent heart attack and stroke.

Finding the tipping point

Don’t take aspirin just because you’ve heard it can help prevent a heart attack or stroke. It can, but it can also do some damage. There’s no exact tipping point at which it makes sense to start taking an aspirin a day. If you are healthy, haven’t been diagnosed with heart disease or other cardiovascular disease, and don’t have risk factors for them, aspirin probably isn’t for you. You’ll reap little benefit while exposing yourself to side effects you’d rather stay away from.

The less healthy your heart and arteries, the more likely the advantages of taking aspirin will outweigh any risks.

Information for this article has been supplied by the Harvard Medical School



Things you should know!

Your nose and ears never stop growing.

Men get hiccups more often than women.

Human thigh bones are stronger than concrete.

A hippo can open its mouth wide enough to fit a 4 foot tall child inside.

P.S. look after your kids!

Geoff 'Coxy' Cox on bowel cancer testing & prevention

In late 2008, much-loved entertainment and TV personality Geoff 'Coxy' Cox was diagnosed with bowel cancer. 'Coxy' went on to receive treatment at Melbourne's Cabrini Hospital, having a tumour "the size of a tennis ball" removed from his colon, before undergoing a course of chemotherapy that was completed in May 2009.

Being the big-hearted man that he is, 'Coxy' has now stepped forward to promote the importance of screening for the early signs of bowel cancer. He is especially keen to emphasise the existence of a type of screening called a Faecal Occult Blood (FOB) Test because it is a simple, non-invasive test that can be completed in privacy at home, without any discomfort or embarrassment.

What was your introduction into the entertainment industry, how and when did you make your TV debut?

I started in the industry as a drummer in a Rock and Roll band in 1967. Through Rock and Roll I met all types of people including an advertising exec who suggested I would be perfect for TV ads, so in 1975 I did the Southern Motors advertisements, my first TV gig. In 1998 I was offered the hosting job for Postcards and 5 years later we all moved to Channel 7 and Coxy's Big Break was born.

You seem to have an interest in men's health; where did that come from, and do you have any health concerns?

My interest in Men's Health came from my diagnosis of Bowel Cancer 18 months ago. Like many men I knew something wasn't right but I chose to try and ignore it in the hope that it would go away. Actually I was too scared to find out.

Luckily, my wife, Vivien forced me to see a doctor and the tumour was removed. I am all clear now but it was a close call. If I had listened to family, friends and my doctor and been tested I would have found it earlier and not put my life at risk. I am extremely concerned that most men don't consider their health seriously unless forced to or until it's too late.

What would you do differently about your health if you had your time over?

Firstly, I would listen, read more, watch TV shows about health so that I would be better educated and therefore less likely to ignore problems. I would then know that most men are addressing their health issues often too late.

Secondly, through that knowledge I would have been more inclined to follow up on appointments for tests suggested, would have been more inclined to exercise, eat well, drink less alcohol and give up cigarettes earlier.

We can't put an old head on a young body but hopefully we can get the message through to more men that good health is a gift not a given.

When was the last time you had a check up with your GP?

3 weeks ago. I now go regularly.

What is the best health tip you have been given?

The best tip is to eat at least one apple a day. Apparently it is true that an apple a day keeps the doctor away.

We know from the TV you are really into holidays, is there a favourite place where you like to take a break?

My favourite place to holiday is on a houseboat at Echuca. It is fabulous all year round. I love the history, the restaurants, the bush and the Murray. If I go further afield I love Port Douglas in Queensland.



Bowel cancer snapshot

- Bowel cancer is the most common cancer affecting both men and women in Australia
- There are around 13,000 new cases of bowel cancer diagnosed in Australia each year
- Almost 100 Australians die from bowel cancer each week – that's approximately 1 person every 2 hours
- Symptoms may include: bleeding from the bottom or blood in the stool, persistent change in bowel habits, unexplained tiredness or weight loss
- Often symptoms only appear once the disease has progressed, making it difficult to treat to a full recovery

About "Let's Beat Bowel Cancer"

An initiative of Cabrini Health, "Let's Beat Bowel Cancer" is a not-for-profit, community awareness program dedicated to saving lives through improved bowel cancer research, education and prevention. Let's Beat Bowel Cancer urges everyone over 50 years to have an annual FOB test. More information on obtaining FOB tests is available at www.letsbeatbowelcancer.com or through GPs and local pharmacies.

Good News:

Even though bowel cancer is Australia's second biggest cancer killer after lung cancer, the good news is that if detected and treated at an early stage, 90% of bowel cancers can be cured.

For further information, contact:

Let's Beat Bowel Cancer.

Ph: 03 9508 1016

Email: [enquiries@](mailto:enquiries@letsbeatbowelcancer.com)

letsbeatbowelcancer.com

Website references:

www.letsbeatbowelcancer.com

www.health.gov.au/internet/screening/publishing.nsf/Content/bw-facts

www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/bowel_cancer



Healthy body, healthy mind – how exercise can ward off the blues

Anyone who exercises regularly will be familiar with the stress-relieving benefits of a good workout. In recent decades, those instant mood-boosting endorphins from physical activity have been proven to have long-term advantages for maintaining good mental health and well-being. Research shows that regular physical activity can reduce the risk of developing depression and improve low mood.

Depression is a common health problem that affects one in six people in Australia. It accounts for more days of lost productivity than any other illness – including cancer and heart disease – and can seriously affect the quality of a person's life.

There is no singular cause – it can happen as a result of a complex combination of many factors. And although certain people are more at risk of developing depression (i.e. those with a family history of mental illness or people with a chronic illness), it can occur in any person at any time. The good news is, with a range of effective treatments such as counselling and/or medication available, most people recover.

Doctor Nicole Highet is a psychologist and deputy CEO of *beyondblue*: the national depression initiative. She says there is

strong research evidence that confirms the importance of exercise for the prevention of depression.

“There is evidence that exercise can play an important role in the improvement of mild depression,” Dr Highet said.

“When people exercise, ‘feel good’ endorphin chemicals are released in the brain. As well as improved mood, people who exercise reap the overall physical benefits, a sense of achievement, and occasionally social benefits from meeting people at a gym, through sports or from exercising with friends – all of which play an important role in preventing depression.”

We are also finding evidence that exercise may be beneficial for people with anxiety. Exercise may alleviate anxiety symptoms by improving sleep, improving the ability to cope, or as a distraction from worries – however, more research is needed in this area.

Some facts about exercise and depression

- Regular aerobic and strength-training activities of light or moderate intensity can result in up to a 50 per cent reduction in symptoms of depression and anxiety, especially for women and older people.

- Jogging, weightlifting, walking, stationary cycling and resistance training (pushing or pulling weights with arms and legs) have all been found to be helpful in preventing or treating mild to moderate depression.
- In older people, regular exercise has been found to be as helpful as antidepressant medication or social contact in treating depression.
- The effects of physical exercise can help mental health in a number of other ways, including healthier sleep patterns, an increase in energy and increased social contact.

This information is from the *beyondblue* ‘Keeping Active’ - Fact Sheet 8, which can be downloaded from www.beyondblue.org.au or ordered by phoning 1300 22 4636. *beyondblue* also has an excellent ‘Healthy Eating’ - Fact Sheet 30 which includes tips on sticking to a diet that will benefit your mental health.

Exercise physiologists provide services relating to health, fitness and exercise. People who have ongoing health conditions are able to access up to five visits to an exercise physiologist under Medicare with a referral from a GP.

For more information visit
www.medicareaustralia.gov.au



Case study – Ed Jones

Ed Jones, 25, lives a happy, healthy life with his partner in tropical Cairns as Sales Manager at a Toyota dealership. This year, he's planning to run the Gold Coast Half Marathon.

Three years ago, Ed began his career in the automotive industry. Far from the sometimes humdrum of university life he'd left behind, the pace was exhilarating and the work challenging. However, the long hours and demands of the job started to take their toll.

"I really enjoyed it, but the fun came hand in hand with long hours. I'd finish work at 7pm then head straight to the pub and have a couple of beers. Pretty soon, it was four or five beers a night, most nights," he said.

"Before I knew it I had a panic attack. I felt short of breath, flustered and uncomfortable. Because I was so run down, I had developed anxiety."

After 12 months of heavy drinking and neglecting his physical and mental health, the anxiety took hold. He became constantly fretful and stopped going out. Ed gradually overcame the disorder with five months of medication – but the key for him was exercise.

He swears by regular exercise, not only to manage his anxiety and prevent it from returning, but to improve his life as a whole.

"I replaced the drinking with exercise," he said. "I started going to the gym a few days a week. That refocussed me and motivated me and I started to achieve more on the work front. The job is very stressful and you don't have a lot of physical labour during the day, so you have a build-up of frustrated or negative energy – if I go for a run, I burn it off."

Ed's advice to starting a fitness regime? Find yourself a good training partner and start slowly. Do exercise you enjoy, rather than pushing yourself to exhaustion.


"If you keep hammering yourself with exercise, then it's not going to give you much motivation to get back out there," he said.

"I run three nights a week, go to the gym twice a week, have a round of golf and have a day off. My next goal is the Gold Coast Half Marathon in July, which I'm currently training for.

"My advice to anyone who has feelings of depression or anxiety, is to consider completely changing their lifestyle first and foremost, and start doing those healthy things that are good for them. It will pay off for your physical and your mental health."



beyondblue
the national depression initiative
www.beyondblue.org.au



Heads up on the big C

Men & cancer

About 48,000 Australian men are diagnosed with cancer each year, but the most shocking fact is that half the cases could have been prevented. Making positive lifestyle changes and cancer screening can reduce your risk of getting cancer. Looking after yourself means being aware of any changes in your body and seeing your doctor immediately if you notice any unusual symptoms. Detecting cancer early gives you a fighting chance of beating it.

The prostate

Prostate cancer is the second leading cause of cancer death in Australian men. About 19,000 men are diagnosed with prostate cancer each year. The prostate is the golf-ball sized gland men have, it sits below the bladder and wraps around the urethra, the tube that carries urine from the bladder to the outside of your body. Most cases of prostate cancer occur in men over 60 – it is rare in men under 45.

No one knows what causes prostate cancer so prevention is difficult, but a family history of prostate cancer is a risk factor. Speak to your GP to know if prostate cancer testing is right for you. Prostate symptoms, including frequent and sometimes painful urination, blood in the urine or a weak stream, may also be caused by a non-cancerous enlarged prostate. This is a very common condition

in men over 50. An enlarged prostate does not mean prostate cancer and does not lead to prostate cancer. Speak to your GP if you have any symptoms at all.

For information about prostate cancer and the risk of depression and anxiety, check out *beyondblue's* Fact Sheet 34.

The bottom line

Changes in your bowel function are an early warning sign that something might be wrong. You should see your doctor if you notice blood in your poo or toilet bowl. Because blood is often hidden, it is important that men over 50 check for blood regularly and be tested every year. You don't even have to go to your doctor – simple DIY testing kits are available from your GP and many pharmacies – yep, you just send the samples in the mail. You should also check with your doctor if you have changes in bowel habits that last more than two weeks; regular bowel cancer screening could save your life. (For more info see page 3)

Play ball

While testicular cancer is relatively rare, it is the most common cancer in men aged 15 - 45 years. It is more common in men born with undescended or partially descended testicles. No one knows how to prevent it, but treated early it has one of the highest cure rates, and even surgically

removing a cancerous testicle does not affect sexual performance or fertility.

Regular self-examination is the best way to find lumps or swelling that could be signs of testicular cancer. Check after a warm bath or shower when the skin of the scrotum is relaxed. Don't be embarrassed to ask your doctor for tips and make sure you go to your doctor if you feel pain or discomfort in your testicles or scrotum.

For information about testicular cancer and the risk of depression and anxiety, check out *beyondblue's* Fact Sheet 43.

Butt out

Lung cancer is the leading cause of cancer death in Australian men. It's also the most preventable. Chances are, if you smoke, you're smoking yourself to death. The most important action you can take to reduce your risk of cancer is to quit smoking. At any age, quitting will improve your health. Whether you go cold turkey, use nicotine patches, substitutes or alternative therapies, remember, it may take several goes to finally quit.

The first few days are the hardest as nicotine withdrawal can make you irritable, tired and tense and bring on cravings.

Within days, however, your taste buds and sense of smell will be revived and within weeks you will find it easier to exercise as



your blood flow improves. Your risk of heart disease decreases after one year and after 10 smoke-free years your risk of lung cancer is reduced by half of that of a smoker.

For more info call the Quitline on 137 848 or ask your GP.

The smoking gun

- > Smoking increases your chance of developing cancer of the mouth, throat, bladder, kidneys, stomach, pancreas, penis and anus
- > Smoking affects your ability to have and maintain an erection
- > Smokers have a lower sperm count
- > Tobacco contains more than 60 chemicals known to cause cancer
- > Exposure to your smoke increases the risk of those around you getting cancer

Be SunSmart

Skin cancer kills almost twice as many men as women. Most skin cancers are caused by ultraviolet (UV) radiation from the sun but did you know skin can burn in as little as 15 minutes in summer? Men are more prone to skin cancer because they often don't protect themselves from the sun.

Construction workers and labourers can be exposed to 10 times recommended UV levels. Be alert to changes on your skin and see your doctor if you notice anything different. Watch out for spots that change colour, size or shape, or have irregular borders, become itchy or bleed. Melanoma, the most deadly skin cancer, most commonly hits men in the upper torso, so whether you are working, gardening or just hanging out, think before you take your shirt off.

Here are a few essential tips:

- > Stay in the shade whenever you can
- > Avoid the sun between 11am–3pm when UV levels are highest
- > Slip on a shirt and cover your skin
- > Slop on broad spectrum (SPF30+) water resistant sunscreen
- > Slap on a hat that shades your face, neck and ears
- > Wear snug-fitting sunglasses that meet Australian standards
- > Have an annual skin check with your GP

For more information, check out the following websites and contact numbers:

- > Sun protection at SunSmart
www.sunsmart.com.au or call 13 11 20
- > Quit smoking at Quitline
www.quit.org.au or call 137 848
- > Bowel cancer prevention at
www.letsbeatbowelcancer.com
- > Prostate information at The Prostate Cancer Foundation of Australia
www.prostate.org.au or call 1800 22 00 99
- > For information on all cancers, The Cancer Council in your state or Cancer Council Australia at
www.cancer.org.au or call 13 11 20
- > Information on cancer and depression and anxiety at *beyondblue*
www.beyondblue.org.au or call 1300 22 4636

Cancer impacts a man's whole life – not just their body – so it's not surprising that many men who are affected by cancer also develop depression or anxiety. It's important to be aware of the signs and symptoms of depression and anxiety and seek help as soon as you recognise them.

To find out more see:

***beyondblue* Fact Sheet 34** – Prostate cancer and the risk of depression/anxiety

***beyondblue* Fact Sheet 43** – Anxiety disorders and depression in men with testicular cancer

***beyondblue* booklet** – Maintaining your well-being: Information on depression and anxiety for men with prostate cancer and their partners

All *beyondblue* resources can be downloaded from www.beyondblue.org.au or ordered by phoning 1300 22 4636.

Exercise to prevent chronic illness



A wise man once said “an ounce of prevention is worth a pound of cure.” With rates of chronic diseases such as diabetes, heart disease and cancer on the rise amongst Australian males, this famous saying has never been more applicable. Too often men don’t consider their health until something goes wrong. The stereotypical Aussie male attitude of “I’ll be right” can be extremely costly because many chronic conditions can sneak up on you with very few noticeable symptoms. One day you’re apparently healthy and the next you are being told you have a serious chronic disease. Many people also don’t realize that chronic diseases can be accompanied by depression and anxiety. The good news is that many of these conditions are preventable through simple lifestyle modifications such as regular exercise.

Metabolic Syndrome

Statistics: Metabolic syndrome is a group of dangerous risk factors that increase the risk of having a heart attack. Abdominal obesity, high blood pressure, high blood glucose, low good cholesterol levels and high blood triglycerides make up Metabolic Syndrome. More than two thirds of Australian males aged 18 years and over are overweight or obese.

Exercise benefits: Regular cardiovascular exercise when combined with a balanced, low calorie diet helps to reduce body weight and all Metabolic Syndrome risks. It is also important in long term weight maintenance.

Type 2 Diabetes

Statistics: Men over 40 with a family history of type 2 diabetes have an increased risk of developing type 2 diabetes; this is an unavoidable risk factor. But, being overweight, inactive and having

a poor diet greatly increases your risk of diabetes and these risks factors you can change. Diabetes greatly increases the risk of vascular disease and heart attack in men. Currently it is estimated that for every person that is diagnosed with type 2 diabetes, there is one person that is undiagnosed.

Exercise benefits: Resistance training can improve muscle strength and endurance and improve body composition. Regular physical activity can prevent type 2 diabetes in up to 60% of cases.

High Blood Pressure

Statistics: Long term high blood pressure greatly increases the risk of heart failure, heart attack, stroke, and kidney disease.

Exercise benefits: High levels of physical activity and fitness are associated with a decreased risk of high blood pressure. Cardiovascular endurance training and resistance training not only prevents high blood pressure in the long term but can also reduce blood pressure after exercise for up to 22 hours.

Heart Disease

Statistics: As men get older, those with a family history of heart disease are at a higher risk of developing heart disease themselves. Men can also increase their risk further if they smoke, don’t exercise, are overweight, have a poor diet, diabetes, high cholesterol and depression.

Exercise benefits: Regular cardiovascular exercise has been shown to reduce blood cholesterol, help with weight maintenance and reduce your diabetes risk, greatly reducing heart disease risk.

Cancer

Statistics: Being physically inactive is a risk factor for bowel cancer, prostate

cancer and lung cancer in men.

Being overweight or obese also greatly increases the risk of cancer.

Exercise benefits: Maintaining a healthy body weight and being physically active helps account for a risk reduction in 30% of all cancers.

Depression

Statistics: Research shows that having a chronic physical condition puts a person at greater risk of developing depression. Depression also increases the risk of developing a chronic physical condition, particularly heart disease, stroke and type 2 diabetes.

Exercise benefits: Jogging, weightlifting, walking, stationary cycling and resistance training have all been found to be helpful in preventing depression.

Exercise Recommendations

The Australian National Physical Activity Guidelines currently recommend a minimum of 30 minutes of moderate to high intensity cardiovascular exercise on most, preferably all days of the week as well as resistance training 3-4 times per week. You should always consult a doctor or an exercise professional before starting a new exercise program.

For tips on starting an exercise program, see the *beyondblue* ‘Keeping Active’ – Fact Sheet 8, which can be downloaded from www.beyondblue.org.au or by phoning 1300 22 4636.

Sarah Holmes

Personal Trainer

Graduate Diploma Exercise Rehabilitation
Currently Completing Master’s in Exercise for Rehabilitation

Photo Source: Vichealth

International Men's Health Week.

June 14 – 20, 2010

Are you running a men's health event in International Men's Health Week this year?

Would you like some resources for your event?

If you answered yes to these questions, we want to help you!

Foundation 49 is offering free resources, call the office on **03 9508 1567** and place your order over the phone, or go to the F49 website www.49.com.au where you will find an order form under the Printed Resources tab on the left hand side of the home page. Just fill it in and post or fax it back to us.

Some of the F49 resources available include:

- Men's health fact sheets decade by decade, these are in English, but are also available in eight other languages, Arabic, Chinese, Somali, Vietnamese, Greek, Italian, Polish and Dari.
- A Whole New Ball Game Magazine
- The One Minute Men's Health Check



beyondblue resources are also available to order, or download and print at www.beyondblue.org.au (click on Get Information) or by calling the *beyondblue* info line on 1300 22 4636 (local call cost from a landline).

Other organisations that may be able to help you are:

PCFA

Ph: 1800 220 099
www.prostate.org.au

Cancer Council

Ph: 13 11 20
www.cancer.org.au

MensLine

Ph: 1300 789 978
www.menslineaus.org.au

Andrology Australia

Ph: 1300 303 878
www.andrologyaustralia.org

F49 and PCFA Community Grants Program – now open for applications

It is with great excitement that we can announce that the Men's Health Community Grants Program will be available again this year through a partnership between Foundation 49 and the Prostate Cancer Foundation of Australia. Applications are now open for the F49 and PCFA Community Grants, for individuals and organisations who would like to apply for funding for a men's health activity in their local community to be held in September 2010.

Applications are available online at www.49.com.au

It is very simple; just have your application in to the F49 office by the closing date to be considered. Please read the application guidelines carefully before you fill in your application to make sure you are eligible. Good luck!



Presents...

Boy's Night Out with Sheeds

Get motivated...
Get real... Get healthy...

With Kevin Sheedy, A/Prof Gary Richardson and a panel of men's health experts

So come with your questions!

15 June 2010

BMW Edge Theatre
@ Fed Square Melbourne
6pm start, over by 7.30

More info at 03 9508 1567
or www.49.com.au

FREE
ENTRY



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

Phone

Email

Mail to: Foundation 49, 183 Wattletree Rd,
Malvern, Vic, 3144.

Fax to: (03) 9508 8549

**You can also donate by calling
(03) 9508 1567.**

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



CABRINI HEALTH ABN 33 370 684 005.

Men at work

Call Foundation 49 to find out about a straightforward and practical health assessment program catering for all men in the workplace. We provide individuals and employers with valuable feedback on health risks, recommendations on well-being initiatives and useful health information. Each participant receives an individual health report.

The *beyondblue* National Workplace Program trains staff and managers to tackle common mental health problems at work. To find out more, call 03 9810 6100 or email workplace@beyondblue.org.au

Foundation 49.
Promoting Health
Awareness in Men

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Fax: 03 9508 8549
Email: admin@49.com.au
Web: www.49.com.au

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Info line 1300 224 636



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*beyondblue: the national
depression initiative* is proud
to acknowledge the support
of the Movember campaign
in raising awareness of
depression and anxiety in
men across Australia.

Five minutes with... Ryan Hoffman Melbourne Storm



Ryan Hoffman is an Australian professional rugby league footballer for the Melbourne Storm of the National Rugby League. An Australian, international and New South Wales State of Origin representative second-rower, he has played his whole NRL career to date with Melbourne.

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

I started playing rugby league when I was five years old. My dad played for the Canberra Raiders in the 80's and I have very fond memories of going to his games and watching the footy so I always knew it was what I wanted to do.

What is your training routine?

During the season, our weeks follow a pretty typical formula comprising skills sessions, strength and conditioning sessions, weights sessions and rehabilitation exercises such as massage, stretching and hot/cold baths. In pre-season there is a stronger emphasis on cardio work and fitness training to get our fitness levels up before the season kicks off.

What is the biggest health challenge you have faced?

Unfortunately injuries are a day-to-day part of rugby league. In my professional career I have had a bone graft in my wrist, an arthroscope in my elbow, I have pins inserted in my ankle and most recently I tore a medial ligament in my knee which required surgery. It's not only the recovery and rehabilitation of these injuries that present health challenges for me but the residual problems I may have later in life as a result, such as arthritis. I am fortunate at Melbourne Storm to be surrounded by

an exceptional injury management team comprising physios, GPs and trainers, and I am always careful to heed their advice to the letter! On a personal level I have a history of high cholesterol in my family, which requires regular monitoring.

What is your favourite non-rugby-league thing?

I am a bit of a film buff and like to watch movies anywhere anytime. We watch a lot of DVDs at home, we go to the movies nearly once a week and in summer we like to go to Moonlight Cinema and Rooftop Cinema in Melbourne for something different.

How do you de-stress?

I don't often get stressed but like a lot of blokes I like to unwind by playing Play Station. It keeps me occupied but gives my body a chance to rest and recover after training.

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

It's easier to stay fit than get fit! It's a particularly useful tip when contemplating the off-season training programs given to us to undertake ourselves during end of season and Christmas breaks.

Favourite food and favourite drink?

Every night before a home game I eat beef stroganoff with pasta. It's a great meal because it fills me up and provides a good dose of carbs for the following day. The protein in the meat is also good for muscle recovery. I have also recently discovered a smoothie recipe including bananas, light chocolate mouse, milk and ice cream. Sometimes after a game I don't feel like a full and large meal, but the smoothie goes down nicely and provides a serve of fruit, as well as protein and calcium.