


A WHOLE NEW BALL GAME

HEALTH INFORMATION
FOR AUSTRALIAN MEN
ISSUE 19 // SEPTEMBER 2012

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Thanks to Cabrini for its ongoing support.

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

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



THINGS YOU SHOULD KNOW!

THE HUMAN EYE BLINKS
AN AVERAGE OF 4,200,000
TIMES A YEAR

FIDGETING CAN BURN
ABOUT 350 CALORIES
A DAY

ANTS STRETCH WHEN
THEY WAKE UP IN THE
MORNING

THE BIBLE HAS BEEN
TRANSLATED INTO
KLINGON

QUESTIONS FOR THE QUACK



with Associate Professor
Gary Richardson

You know the old saying, "knowledge is power", and who doesn't like a bit of power from time to time? Well in this edition you can find great information to increase your knowledge, and give you the power to make healthy choices! We are focussing on workplace health, and I hope this magazine will give you lots of information to help you live long and live well in your workplace, but also with your mates and family. Cheers, Gary.

JAMES, 57 ASKS:

Should I be worried that my 22 year old son is drinking a lot of high energy drinks especially before he goes out socialising with his mates?

High energy drinks are often marketed to young people and typically contain caffeine and other ingredients that stimulate the central nervous system. Regularly consuming more than 300mg of caffeine a day can lead to health problems such as insomnia, headaches, nausea, vomiting, and heart palpitations. A standard 250mL energy drink contains at least 85mg of caffeine (the equivalent of a standard 150mL espresso coffee) but some energy drinks are reported to contain up to 500mg of caffeine.

Mixing high energy drinks with alcohol is a combination of a stimulant (caffeine) with a depressant (alcohol), and will hide the effects of drinking too much alcohol and may lead to serious dehydration and the many risks associated with being drunk such as driving over the limit and unsafe sex. Encourage your son to be aware of the caffeine content of energy drinks and to chat to you and his GP about the health effects of caffeine and alcohol use.

FOR MORE INFORMATION:

www.racgp.org.au

'Combining energy drinks with alcohol'

MATTHEW, 39 ASKS:

Is it risky for me to play golf with someone who has shingles?

Shingles appear as a painful blistering skin rash which can last for a few days or weeks and is the reactivation of the chicken pox virus in a person who has already experienced chicken pox. Around 15% of people who have had chicken pox will also develop shingles later in life, usually over the age of 50. It's not clear why this happens but it may be due to a weakened immune system, often during illness. Playing golf you are only at risk if you have never had chicken pox and you come in contact in any way with the fluid inside the other person's blisters, even via clothing or a shared towel. This is excellent motivation to find out your childhood and family medical history and, if you have never had chicken pox, discuss vaccination with your GP.

FOR MORE INFORMATION:

www.mydr.com.au myDr

www.betterhealthchannel.vic.gov.au

Better Health Channel

ASSOCIATE PROFESSOR
GARY RICHARDSON
CHAIRMAN, FOUNDATION 49

BACK SAFETY AT WORK



No matter what your job, looking after your back is important for you to be able to keep doing it! Whether you are a fireman like the guy on the front cover, a tradie like these blokes or an office worker, here are some ideas to help keep your back in the best shape possible.

Chronic back pain affects many people, and practicing back safety at work can keep your back healthy, but also prevent a return of past problems. Planning ahead, getting help, and working “smart” helps prevent back injuries from occurring on the job.

Plan Ahead

Your body is most vulnerable when you have not moved for extended periods of time, such as when you get to your work place. Plan ahead for your workday by sleeping for eight hours and waking up refreshed, have a look at the article on pages 4–5 to get some tips on sleeping well. Make sure you take frequent breaks throughout the day, moving around the office to prevent fatigue. Practice a healthy lifestyle by eating healthy food; drinking lots of water, and getting one hour of moderate exercise per day.

Consider stretching and exercising before you go to work to reduce the strain on your back muscles. Minimise the amount of time you carry heavy or awkward items, have the items delivered to your workspace or use a trolley, even for seemingly lightweight items. While the weight of the object is a factor, bending over excessively can also cause back problems.

Think about how you can adjust your office so that everything is at waist level, including your desk and computer. If these are the items you use most, reducing the amount of time your back extends in either direction is a wise move. Practice good posture and ensure your chair is adjusted properly when using computer equipment or sitting in a meeting. Ergonomic equipment is desirable, but few employers are able to spend the extra money, so why not consider buying your own back-friendly chair at work if you sit for hours at a time. Prevent work-related back injuries by ensuring your working conditions are free of things lying around, loose cords and spills.

Use Assistive Equipment

Chances are your workplace has equipment available for you to use, such as forklifts, trolleys, hoists, furniture pads, shoulder straps, and wheelbarrows. Use the equipment you have to reduce the strain on your back and hip muscles. If you do not have this type of equipment available and you perform the job often, ask your employer to buy the equipment for your workplace. Always ask a colleague or co-worker to help you move heavy containers or equipment.

Work Smart

When you are lifting or moving objects, keep them as close to your body as possible, creating a low centre of gravity. Do not twist your extremities when you lift or put down materials, turn your entire body at once. Improve back safety at work by lifting materials smoothly and using your legs rather than back muscles for strength.

Rough jerking motions irritate the upper and lower disks in your spine, causing soreness the next day. If you need support when lifting, lean on a sturdy object and do not bend over. If the item is too heavy, kneel down and support the object on your knee before you lift it. Ask someone to help you if the item is heavy.

GET HELP

There is a difference between being lazy and working smart. Everyone is afraid of appearing weak in front of their employers, but practicing proper back protection techniques is a smart move. If you miss work for one or two days, your employer may have additional costs, such as hiring a temp worker or paying sick leave. If you have existing back conditions, always follow your doctor's instructions. If you experience back problems on the job seek immediate medical attention and follow your company's policy on work-related injuries.

To get some back exercises that are right for you, contact a local physiotherapist, or go to the Australian Physiotherapy association, where you can find a physio in your area.

**www.physiotherapy.asn.au
or call 03 9092 0888.**

A photograph of two men outdoors. The man in the foreground is smiling and looking towards the camera. He is wearing a dark t-shirt. The man in the background is looking off to the side and holding a yellow hard hat. The background is a blurred natural setting with green and brown foliage.

MENTAL HEALTH AND THE WORKPLACE

Did you know...

Depression and anxiety disorders are the second leading cause of disability and mortality in Australia. Nearly three million people experience depression and/or anxiety each year, and unlike many physical illnesses, depression and anxiety impact on people during their prime working years. Effective treatments are available but 50 per cent of people do not seek treatment.

The impact of depression in the workplace includes:

- Three to four days off work per month for each person experiencing depression
- Over six million working days lost each year in Australia
- 12 million days of reduced productivity each year

The workplace provides an appropriate setting in which to address the issues of

depression and anxiety because we know that workplace factors can contribute to poor mental health.

We know that workplaces often don't know what to do to address depression and anxiety or how to do it, and one of the aims of *beyondblue* is to address this knowledge and skill gap. Mental health problems also have a direct impact on workplaces through increased absenteeism, reduced productivity and increased costs.

A couple of things that can help if you are feeling down or depressed:

- Speak to your GP about how you are feeling
- Ask the person responsible for HR at your organisation to organise a workplace mental health program, such as provided by *beyondblue* and The Black Dog Institute
- Remember you are not alone and help is available

BEYONDBLUE

The National Workplace Program is a series of workshops focusing on awareness, early intervention and prevention programs specifically for workplace settings and aims to increase the knowledge and skills of staff, managers, human resource staff and senior leaders to address mental health issues in the workplace.

**For more information contact
beyondblue: 1300 224 636
www.beyondblue.org.au**

THE BLACK DOG INSTITUTE

The Black Dog Institute can assist workplaces in developing healthy, happy workplace environments by increasing awareness to mood disorders, building skills in resilience, stress management and in developing skills to manage individuals with a mood disorder. The programs are delivered by experienced facilitators and mental health clinicians, who are psychologists, general practitioners, or psychiatrists.

**For more information contact
the Black Dog Institute on:
02 9382 8506
www.blackdoginstitute.org.au**

GET ACTIVE AT WORK

You may spend your workdays at a desk, but you don't need to take it sitting down. Make workplace exercises — from fitness breaks to walking meetings — part of your routine.



If you're doing your best to set aside time for physical activity either before work or after work, good for you — but finding time to exercise can be a challenge for anyone who has a busy schedule. Why not work out while you're at work? Consider 10 ways to make workplace exercises part of your routine.

1. MAKE THE MOST OF YOUR COMMUTE

Walk or bike to work. If you catch the bus or the train, get off a few blocks early or at an earlier stop than usual and walk the rest of the way. If you drive to work, park at the far end of the car park. In your building, take the stairs rather than the lift.

2. LOOK FOR OPPORTUNITIES TO STAND

You'll burn more calories standing than sitting. Stand while talking on the phone. Better yet, try a standing desk — or improvise with a high table or counter. Eat lunch standing up. Rather than texting, emailing or phoning your work mates, go for walks to other desks or offices.

3. TAKE FITNESS BREAKS

Rather than hanging out in the staffroom with coffee or a snack, take a brisk walk or do some gentle stretching. For example, face straight ahead, then lower your chin to your chest. Or, while standing, grab one of your ankles — or your pant leg — and bring it up toward your buttock. Hold each stretch for 15 to 30 seconds.

4. TRADE YOUR OFFICE CHAIR FOR A FITNESS BALL

Consider trading your desk chair for a firmly inflated fitness or stability ball, as long as you're able to safely balance on the ball. You'll improve your balance and tone your core muscles while sitting at your desk. You can even use the fitness ball for wall squats or other workplace exercises during the day.

5. KEEP FITNESS EQUIPMENT IN YOUR WORK AREA

Store resistance bands — stretchy cords or tubes that offer weight-like resistance when you pull on them — or small hand weights in a desk drawer or cabinet. Do arm curls between meetings or tasks.

6. GET SOCIAL

Organise a lunchtime walking group. You might be surrounded by people who are ready to lace up their walking shoes — and hold each other accountable for regular exercise. Enjoy the time-out, and encourage each other when the going gets tough.

7. CONDUCT MEETINGS ON THE GO

When it's practical, schedule walking meetings or walking brainstorming sessions. Do laps inside your building or, if the weather cooperates, take your walking meetings outdoors.

8. PICK UP THE PACE

If your job involves walking, do it faster. The more you walk and the quicker your pace, the greater the benefits.

9. IF YOU TRAVEL FOR WORK, PLAN AHEAD

If you're stuck in an airport waiting for a plane, grab your bags and take a brisk walk. Choose a hotel that has fitness facilities — such as treadmills, weight machines or a pool — or bring your equipment with you. Skipping-ropes and resistance bands are easy to fit into a suitcase. Of course, you can do jumping jacks, crunches and other simple exercises without any equipment at all.

10. FOR THE REALLY COMMITTED, TRY A TREADMILL DESK

If you're ready to take workplace exercise to the next level, consider a more focused walk-and-work approach. If you can safely and comfortably position your work surface above a treadmill — with a computer screen on a stand, a keyboard on a table or a specialized treadmill-ready vertical desk — you might be able to walk while you work. In fact, research estimates that overweight office workers who replace sitting computer time with walking computer time by two to three hours a day could lose 20 to 30 kilograms in a year. The pace doesn't need to be brisk, and you don't need to break a sweat. The faster you walk, however, the more kilojoules you'll burn.

This information has been contributed by the Mayo Clinic.

8 TIPS TO A GOOD NIGHT'S SLEEP

Almost everyone has trouble sleeping from time to time. But when insomnia persists day after day, it can become a real problem. Beyond making a person tired and moody, a lack of sleep can have serious effects on health, increasing the risks for obesity, heart disease, and type 2 diabetes.

Sleep issues can increase as we get older. "Later in life there tends to be a decrease in the number of hours slept," says Dr. Karen Carlson, associate professor of medicine at Harvard Medical School.

Many people turn to sleep medications in search of more restful slumber. However, these drugs can have side effects ranging from appetite changes to dizziness, drowsiness, dry mouth, and strange dreams. A study in the *British Medical Journal (BMJ)* found that people who were taking hypnotic drugs had a higher incidence of cancer, and death, than people who didn't take these sleep medicines.

If a sleep aid is needed, there's no reason to avoid using one. But before turning to pills, here are eight tips for getting a better night's sleep:

- Exercise at some point during the day.
- Reserve your bed for sleep and sex—not work or TV.
- Keep the bedroom comfortable.
- Start a sleep ritual.
- Have a bedtime snack—but not too much.
- Avoid alcohol and chocolate before bed.
- Wind down before going to bed.
- See your doctor about what's keeping you up at night.

After a night spent tossing and turning, you wake up feeling like a couple of the Seven Dwarves: sleepy...and grumpy. Restless nights and weary mornings can become more frequent as we get older and our sleep patterns can change.

"There are also some changes in the way the body regulates circadian rhythms," Dr Carlson adds. This internal clock helps your body respond to changes in light and dark. When it undergoes a shift with age, it can be harder to fall asleep and stay asleep through the night.

You don't need to avoid sleep aids if you absolutely need them, but before you turn to pills, try these eight tips to help you get a better night's sleep:

1. EXERCISE

Going for a brisk daily walk won't just trim you down; it will also keep you up less often at night. Exercise boosts the effect of natural sleep hormones such as melatonin. Just watch the timing of your workouts. Exercising too close to bedtime can be stimulating. Carlson says a morning workout is ideal. "Exposing yourself to bright daylight first thing in the morning will help the natural circadian rhythm," she says.

2. RESERVE BED FOR SLEEP AND SEX

Don't use your bed as an office for answering phone calls and responding to emails. Also avoid watching late-night TV there. "The bed needs to be a stimulus for sleeping, not for wakefulness," Dr. Carlson advises. Reserve your bed for sleep and sex.

3. KEEP IT COMFORTABLE

Television isn't the only possible distraction in your bedroom. Ambience can affect your sleep quality too. Make sure your bedroom is as comfortable as possible. Ideally you want "a quiet, dark, cool environment," Dr. Carlson says. "All of these things promote sleep onset."

4. START A SLEEP RITUAL

When you were a child and your mother read you a story and tucked you into bed every night, this comforting ritual helped lull you to sleep. Even in adulthood, a set of bedtime rituals can have a similar effect. "Rituals help signal the body and mind that it's coming to be time for sleep," explains Dr. Carlson. Drink a glass of warm milk. Take a bath. Or listen to calming music to unwind before bed.



5. EAT — BUT NOT TOO MUCH

A grumbling stomach can be distracting enough to keep you awake, but so can an overly full belly. Avoid eating a big meal within two to three hours of bedtime. If you're hungry right before bed, eat a small healthy snack (such as an apple with a slice of cheese or a few whole-wheat crackers) to satisfy you until breakfast.

6. AVOID ALCOHOL AND CAFFEINE

If you do have a snack before bed, wine and chocolate shouldn't be part of it, particularly as chocolate contains caffeine, which is a stimulant. Also stay away from anything acidic (such as citrus fruits and juices) or anything spicy, which can give you heartburn.

7. DE-STRESS

The bills are piling up and your to-do list is a mile long. Daytime worries can bubble to the surface at night. "Stress is a stimulus. It activates the fight-or-flight hormones that work against sleep," Dr. Carlson says. Give yourself time to wind down before bed. "Learning some form of the relaxation response can promote good sleep and can also reduce daytime anxiety." To relax, try deep breathing exercises. Inhale slowly and deeply, and then exhale.

8. GET CHECKED

An urge to move your legs, snoring, and a burning pain in your stomach, chest, or throat are symptoms of three common sleep disrupters—restless legs syndrome, sleep apnea, and gastroesophageal reflux disease or GERD. If these symptoms are keeping you up at night or making you sleepy during the day, check it out with your GP.

This article was provided by and reprinted with permission from the Harvard Medical School.

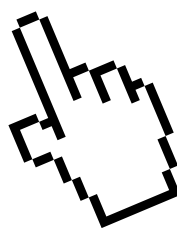


TAKING SLEEP MEDICINES SAFELY

If you've tried lifestyle changes and they aren't working, your GP may prescribe sleep medications. These drugs can help you fall asleep faster and stay asleep longer, but they also can have side effects. Here are some tips for ensuring that you're taking these medicines as safely as possible:

- Tell your GP about all other medicines you're taking. Some drugs can interact with sleep medications.
- Take only the lowest possible effective dose, for the shortest possible period of time.
- Carefully follow your GP's instructions. Make sure you take the right dose, at the right time of day (which is typically just before bed).
- Call your GP right away if you experience any side effects, such as excess sleepiness during the day or dizziness.
- While you're taking the sleep medicine, also practice the good sleep habits outlined in this article.
- Avoid drinking alcohol and driving while taking sleep medication.
- Sleep medications may make you walk unsteadily if you get out of bed in a drowsy state. If you routinely have to get out of bed during the night to go to the toilet, be sure the path to your bathroom is clear of obstacles or loose rugs so you don't fall.

FOUNDATION 49 ONLINE RESEARCH



The vision of Foundation 49 is to improve the health of Australian men by raising health awareness and encouraging all men to have a regular check-up. Staggeringly, in Australia 5 men die every hour from preventable conditions.

In order to further understand men's health habits, attitudes, the key barriers to men undertaking regular health check-ups (they key means of prevention), and to get men thinking about their health, Foundation 49 undertakes research in the form of regular, short online surveys to a group of Australian men who have agreed to participate.

The surveys are sent out to the F49 Survey Team (now totalling just over 2000 men) and housed on the home page of the F49 website www.49.com.au. Our fantastic F49 Survey Team complete the surveys three to four times per year.

This research is only possible with the pro bono expertise and support of StrategyCo (marketing, communication and research organisation), who manage the distribution of all surveys, and collect and compile all data. The surveys are specifically designed as online surveys with the aim of being short and sharp to encourage completion and passing on to others.

The surveys

So far in 2012 three surveys have been completed, they are:

1. You and your GP: what men are looking for in a GP (March 2012)
2. Men accessing health information: online searches, medications, information (June 2012)
3. Father's Day Survey (September 2012)

The demographics of respondents for all three surveys are:

- 100% were men
- Approximately 85% were aged 40 or older
- Approximately 80% were either married or had a partner
- 84% had children
- The greatest number of responses came from the 51–60 age group

SURVEY 1: YOU AND YOUR GP – WHAT ARE MEN LOOKING FOR IN A GP?

The survey was distributed to 1800 men, with 854 eligible surveys returned. This represents a 47.4% response rate. The questions covered topics including: why have a regular health check, your GP, reasons to go to the GP, what men look for in a GP and medical history.

Following is some of the important and interesting information that came out of the survey.

Key information:

- 89% of respondents had visited a GP in the last 12 months
- 73.6% of respondents had a regular GP they see for all/most appointments
- 53% of respondents have an annual health check

The most common reason for not having a regular check up is “never get around to it”, also “too busy” and “lack of time” rated highly as reasons not to have a regular health check.

When asked about what would prompt a visit to the GP, symptoms such as chest pain, illness and prescriptions were stated, but also the following reasons were quite popular:

- Staying healthy for my partner
- Having a doctor I can trust
- Being able to get an appointment on weekends or afterhours

It is interesting to note that 65% (about 2/3 of men) are not concerned if their GP is male or female. Of the remaining 35%, 32% prefer a male GP while only 3% prefer a female GP.

When thinking about what men want from their GP, the most important thing men reported was trust. Other results are as follows:

Trust	Extremely important to 67.4%
Listening to me	Extremely important to 64.8%
Taking concerns seriously	Extremely important to 60.3%
Experience	Extremely important to 54.6%
Frank approach	Extremely important to 51.9%
Communication skills	Extremely important to 50.5%
Plain English	Extremely important to 47.8%

SURVEY 2: MEN ACCESSING HEALTH INFORMATION – ONLINE SEARCHES, MEDICATIONS, INFORMATION

The second survey was distributed for International Men's Health Week in June 2012. It was distributed to 2007 men, with 414 eligible surveys returned. This represents a 20.6% response rate. The questions covered topics including: Demographics, searching for information, Google, use of online symptom checkers, online medications, online health discussions and forums.

Key information:

- When looking for health information, men go online (65%); to family members (25.6%); to websites (39.1%); and to magazines (19.1%). Only 2.4% have used Nurse On Call, the governments phone-help line.
- The first place people look for health information is their doctor (35.7%), followed by online (34.5%).
- Men use Google to search for health information: 24% once or twice a year; 9% use it weekly; 10% use it monthly and 17% never use Google for this. 28% only use it when they have symptoms, so no regular pattern.
- 28% of respondents have used an online symptom checker when they have symptoms, with 2% always using it.
- 20% said it diagnosed them correctly and 71% said it sometimes diagnoses them correctly.
- 7% of respondents purchase medicine online.
- The main reasons for purchasing online are: it's cheaper (55%); a better range (21%); and convenience (18%).
- Only 14% have used an online health improvement program. The main reasons are for fitness, healthy eating, mental health and weight loss.
- In most cases the program somewhat or did meet expectations.
- 3% of respondents have participated in an online health discussion forum; of these most found them somewhat helpful.



HAVE AN ONLINE HEALTH CHECK

Have you ever wondered what you need to do to stay healthy and well, and if you have an increased risk of developing an illness because of your age or family history? Why not complete the quick online health check on the F49 website www.49.com.au. It is found on the home page, and just click the Start your health check button, and you will go straight to it.

You will get a print out health report, and a letter to take to the GP to follow up any concerns you have. If you don't have a GP, why not ask a friend or family member to recommend one, or go to www.healthengine.com.au to find one in your local area.

Foundation 49: Men's Health
Live long, live well.

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Web: www.49.com.au

Foundation 49: Men's Health
a Cabrini Initiative



SURVEY 3: FATHER'S DAY SURVEY

The third survey was distributed for Father's Day in September 2012, and there were 336 responses. It covered topics such as fatherhood, parenting, relationship with the participant's father and their own kids, and family history relating to health discussions with parents. It showed that the thing the majority of men enjoy most about being a dad is the relationship they have with their kids.

Encouragingly, most men (61%) felt their relationship with their dad was pretty good or excellent, while 26% felt it was ok, and 9% felt it was bad or very bad.

MORE INFO



You can find more information about the results of these and other surveys that Foundation 49 has completed at our website www.49.com.au under the Activities tab on the home page.

If you would like to join our survey team and complete an F49 survey every three to four months, please send an email to admin@49.com.au.

CAN MEN GET BREAST CANCER?

Breast cancer occurs most commonly in women, but men can get it too. Many people do not realise that men have breast tissue and that they can develop breast cancer. It is a similar cancer to breast cancer in women, and will involve the same types of testing and treatment.

Incidence

It is rare for men to develop breast cancer, in fact only 1% of breast cancers are found in men. In Australia each year, around 100 men are diagnosed with breast cancer.

Causes

The causes of breast cancer are unknown, but the most common risks for a man developing breast cancer include:

- Getting older (breast cancer in men occurs more commonly in those aged 50 and older)
- Having a strong family history of female or male breast cancer
- Having a specific cancer-causing gene mutation (BRCA1 or BRCA2)
- Having high oestrogen levels, possibly from testicular or liver failure
- Obesity
- Excess alcohol consumption
- Klinefelter's syndrome; a genetic condition inherited at birth

Genetic Screening

There is a significantly increased risk of carrying a specific gene mutation if you are diagnosed with breast cancer. Male breast cancer occurs more commonly in men from families with BRCA1/2 mutations than in the

general male population. Indeed, a male breast cancer case can sometimes be a key clue that leads to identification of a BRCA1/2 mutation in a family. If you develop breast cancer, you should talk to your doctor about genetic testing.

Diagnosis

Early detection is important for the best treatment outcomes. Generally breast cancers are not painful, but any breast or nipple changes should be checked immediately by a GP.

The symptoms of breast cancer include:

- A new lump/s in the breast area
- Thickening in the breast area or under the arm
- Nipple sores
- Nipple discharge or nipple turning in on itself
- Dimpling of the skin of the breast
- A rash or red swollen breast area

Some tests that may be required include:

- Physical examination and medical history
- Breast examination
- Ultrasound
- Blood tests
- Biopsy



MORE INFORMATION

For more information about men's health go to, the Foundation 49 website www.49.com.au. You can find this information there as a printable fact sheet.

The Cancer Council in your state – 13 11 20

www.cancer.org.au

- CT scan to check if the cancer has spread to other parts of the body

Treatment

Treatment for breast cancer in men depends on the extent of the cancer, and therefore treatment may differ between one person and another.

Treatments include:

- Lumpectomy (removal of just the lump and surrounding tissue) and removal of lymph nodes
- Mastectomy (removal of the breast tissue)
- Chemotherapy
- Radiation therapy
- Hormone therapy

Prevention

There is no known method of prevention for breast cancer for men or women, but regular self examination and awareness of the normal look and feel of the area is a good way to catch any problems early. Persistent painless lumps in the breast tissue particularly behind the nipple should be investigated immediately.

REAL MEN HAVE DOCTORS



IF IT AIN'T BROKE...

You don't have to wait until you're sick to see a doctor. Stay on top of your game by having an annual general health check. Early detection of disease provides the best chance for catching things early and preventing complications and side effects.

WHAT ARE YOU SCARED OF?

Studies have shown men don't get regular health checks because they don't want to hear bad news, are embarrassed to discuss their health issues, find it too hard to get to see a GP because of limited opening hours – or they just never get around to it.

“IF IT'S WORSE TOMORROW I'LL GO”

Some men don't want to bother a doctor with trivial or potentially embarrassing problems so they just keep putting it off. Don't bury your head in the sand - delaying treatment or ignoring symptoms can allow serious and preventable conditions to develop.

DR WHO?

If you don't have a family GP, ask a friend about their doctor or find a GP in your local area at www.healthengine.com.au

IT'S ALWAYS GOOD TO BE REGULAR!

Have a health check at the same time each year – around your birthday, around daylight saving or at the end of the year.

HAVE A HEALTH CHECK EVERY YEAR, AND CATCH UP WITH YOUR GP ABOUT THE FOLLOWING...

IN YOUR 20'S, 30'S AND 40'S...

- Your family medical history
- Blood pressure
- Skin check
- Chat about how you are feeling
- Weight and physical activity
- Immunisations
- Anything else that is bothering you

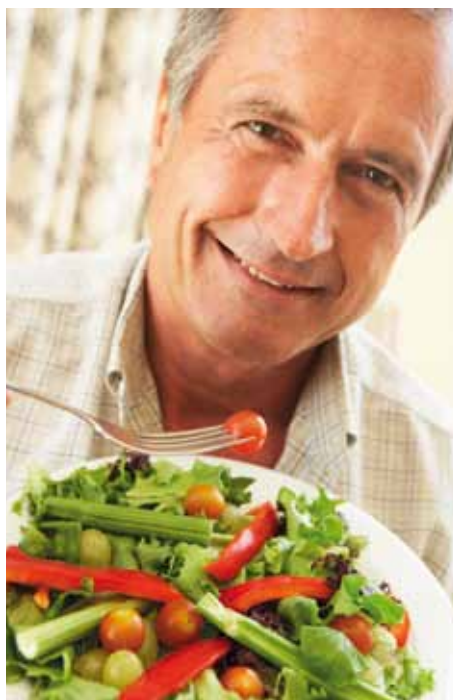
IN YOUR 50'S, 60'S, 70+

- All of the above, plus.....
- Blood tests – cholesterol, glucose
- Prostate cancer testing
- Bowel cancer screening
- Kidney health

The reality is men who eat well, exercise regularly, keep a track of their health and get prompt treatment for health problems have a better chance of a healthy and long life than men who don't. Preventative health screenings can catch problems early enough to effectively treat them.

This men's health magazine is designed to help equip men to take control of their health.

Some of the information might leave you wondering if you are just a walking time bomb, but the odds are that many debilitating and life-threatening diseases are preventable. Why gamble with your life? Give yourself the best chance in life by investing in your health – it's your most important asset.



F49 MEN'S HEALTH INFO SESSION IN YOUR WORKPLACE



Why men's health?

- Because everyday choices affect health and wellbeing in the future
- Because men matter and each hour in Australia more than five men die from conditions that may be prevented

What do you get?

- A one-hour session including a presentation and Q&A's
- Information on prostate health, cancer screening, exercise and diet, low risk alcohol consumption, looking after mental health and the importance of a regular health check with your GP
- The Foundation 49 men's health magazine, resources from other leading health organisations, and a report on participant feedback at your workplace

Cost and availability?

- We will customise a quote for you based on number of sessions booked
- Charity rate available
- Sessions currently only available in Melbourne

What have others said about this men's health session?

- 90% of participants learned new things about men's health
- 93% felt the session was the right length, and understood the language used
- 89% of participants have felt comfortable enough to ask questions

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 / 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 5360

**You can also donate by calling
(03) 9508 5363.**

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



CABRINI ABN 33 370 684 005.

WHAT HAS F49 BEEN UP TO?

Foundation 49: Men's Health (F49) is an initiative of Cabrini, which seeks to improve the health of Australian men, by raising awareness of health issues and encouraging men to have a regular health check. We achieve this through the distribution of information and supporting local communities and health professionals.

Following is a brief rundown of activities that have been accomplished by Foundation 49 in the last financial year, July 2011 to June 2012.

MEN'S HEALTH GP EDUCATION SYMPOSIUM

The inaugural F49 GP Education Symposium in March 2012 was attended by 66 delegates, including general practitioners, medical students and other community health workers.

Topics included: prostate problems and management; screening for heart disease, skin cancer and osteoporosis in general practice; lifestyle issues such as diet, exercise and mental health, and andrology (male hormones) and the 'male menopause'.

HEALTH CHECKS

The F49 Father's Day Health Checks Program sponsored by Westpac delivered 367 on-the-spot health checks to men in eight metropolitan Melbourne Mitre 10 stores in September 2011. The F49 nurses also delivered 632 health checks across Victoria, including Cabrini Open Day, Orbost Regional Health, Flowerdale, St Kilda Festival Indigenous Music Day, the Stonnington Festival, the Catholic Clergy Conference in Geelong, and at 18 workplaces for the Victorian Government WorkHealth program.

INFORMATION SESSIONS

This year F49 delivered our one-hour men's health information session in eight workplaces and organisations, providing an overview of key men's health issues and information on healthy lifestyle choices. 90% of men consistently rate the session as excellent.

ONLINE ACTIVITIES

F49 is keeping pace with demand for online services with a revamp of our website www.49.com.au. We have also completed research in men's health using online surveys. *You and your GP* looked at why men do/don't go to a GP, what they are looking for in a GP, as well as how to break down barriers between men and health care providers. The second survey, *Men accessing health information* looked at the ways men find information about health and how we can make it more accessible for them. (See all our survey reports on the website www.49.com.au)

PUBLICATIONS

We continue to produce the F49 men's health magazine, *A Whole New Ball Game*. In this period we produced two editions of the magazine and distributed 24,600 hard copies, and 3,400 e-copies.

The F49 *Tool Kit* booklet is a 36 page one-stop-shop for men, containing information on all aspects men's health. We distributed 4,500 copies nationally in the past year. 1000 of these to the Federal government for all Men's Sheds across Australia, and others to places including Kangaroo Island, Bendigo, rural NSW, WA, a RAAF base in NSW, indigenous men's health programs, GP Clinics and even to Botswana!

MEDIA

F49 celebrated International Men's Health Week in June this year with five media releases outlining five keys to healthy living. This resulted in five radio interviews, highlighting healthy lifestyle choices.

ADVOCACY

F49 participated in a Department of Health Victoria advisory panel for the Victorian Men's Health Strategy, to be released late in 2012.