


# A WHOLE NEW BALL GAME

HEALTH INFORMATION  
FOR AUSTRALIAN MEN  
ISSUE 20 // MAY 2013

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with Associate Professor  
Gary Richardson

# QUESTIONS FOR THE QUACK

Well done men of Australia. Since Foundation 49 started, there has been a significant reduction in the number of men dying prematurely of preventable disease. Our catch phrase used to be “every hour 5 men die prematurely of preventable disease”. Latest figures show it is now 4 men per hour, meaning there has been a 20% reduction. The message is getting through and you are all starting to listen. There is still a long way to go, but for this moment, let’s celebrate a victory! Live long, live well.

This edition of Whole New Ball Game is formatted slightly differently- we have decided to theme the editions so we can give more in depth information about certain topics. This edition focuses on the heart – we all need a strong heart and this edition gives lots of tips and stories to make you think, reflect and act. Cheers, Gary.

## Foundation 49 Men’s Health

LIVE LONG. LIVE WELL.  
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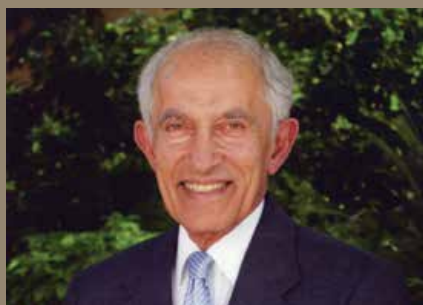
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Foundation 49 is an initiative of Cabrini.  
Thanks to Cabrini for its ongoing support.

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



### CALEB, 22 ASKS:

My brother keeps hassling me about driving to work with a mate who chain smokes. He reckons I’ll end up having a heart attack, but I don’t smoke so is that for real?

Your brother is on to something. If you are sitting in the car for as little as 30 minutes each day breathing in second-hand cigarette smoke, even if your mate has the window down, your blood vessels that regulate how your blood flows, can be affected. Second-hand or passive smoking also makes your blood sticky and more likely to clot which increases your risk of heart disease and stroke. There are over 4000 chemicals in cigarette smoke and regularly breathing in second-hand smoke is the same as being an occasional smoker, with the same risk of developing respiratory problems like bronchitis; heart disease; lung and other cancers. The smoke you are breathing in as you drive to work each day can also cause eye, nose and throat irritation. These are some of the reasons to get away from second-hand smoke. There are also great resources available to help you support a friend if they decide to quit smoking, especially if you have no other way of getting to work.

### FOR MORE INFORMATION:

Passive smoking:

[www.quitnow.gov.au](http://www.quitnow.gov.au)

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

To help a friend quit smoking:

[www.quitnow.gov.au](http://www.quitnow.gov.au)

### BRAD, 49 ASKS:

I heard recently that if you can’t see your penis when you’re standing in the shower you should be worried. Is that true?

Sometimes jokingly referred to as the “veranda over my toy shop” if your belly is big enough to block your view when you are standing up straight and looking down, then you may be increasing your risk of developing heart disease, type 2 diabetes and some cancers. A waist measure over 94cm in men may indicate intra-abdominal or visceral fat that coats organs like your heart, liver and kidneys and has been linked to the development of chronic disease. This is a good opportunity to get out the measuring tape and chat with your GP about your physical activity and the food you eat. Reduce your belly, reduce your risk and restore your view!

### FOR MORE INFORMATION:

Shape Up Australia

[www.shapeup.gov.au](http://www.shapeup.gov.au)

Heart Foundation

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

ASSOCIATE PROFESSOR  
GARY RICHARDSON  
CHAIRMAN, FOUNDATION 49

# ANDREW GAZE BASKETBALL LEGEND



**Andrew is the son of basketball player and coach Lindsay Gaze and commenced his career in the National Basketball League (NBL) at the age of 18. Andrew was renowned for his exceptional shooting skills particularly from the three point range. Andrew had great success playing under his father with the Melbourne Tigers and excelled in the International arena as well as competing in 5 Olympic Games. Andrew was the captain of the Australian basketball team the Boomers and is the scoring record holder in Olympic competition and the second highest scorer of all time in World Championship play.**

So how did Andrew Gaze maintain his own health and wellbeing and focus on the team during this challenging time at the peak of his career?

Andrew suggests that the most important ingredient of a winning team is cooperation. This is essential, as knowing all the team member's individual roles and having an agreed end goal, provides direction. This is the foundation step, however there is no individual factor that guarantees success but cooperation is the No 1 attribute.

When asked how he inspired his team mates Andrew suggested it may be better to ask them! But he believes he led by example and

you don't need to have an academic leader but keeping strong and focussed mentally and physically is very important.

Maintaining good physical health is critical in elite sport, so looking after fitness and physical conditioning, aerobic capacity and ongoing body maintenance is important. Andrew always undertook effective physical training, attended sports medicine professionals and physicians when he needed assistance and ensured he had an appropriate diet and adequate rest.

Andrew emphasised how mental health is also key to success, keeping the challenges in perspective helps to keep the right frame of mind and assists in mental application. So what does this mean exactly? Andrew explains that mental health under extreme pressure can be assisted by good training. He believes coming up through the ranks prepares you, as you have to contend with intermittent pressures along the way. He suggests you can become conditioned to stability both mentally and physically. The number 1 factor is education through the levels of the competition and support from family, friends, team mates and the environment are all essential characteristics. Your level of mental health can vary from time to time but a great support base makes all the difference.

How were team mates supported and inspired when they were injured or had significant personal problems? "A collective culture in the club works brilliantly, working together to plan the medical care and attention, finding a role

within the club for the individual to undertake, so they are able to contribute - it may be a different role but still just as important. The individual can contribute in some way, which helps to keep the spirits alive!"

Andrew has an annual health check but also attends regularly for any other issues, "prevention is better than cure - so stay healthy, keep active, have a good diet and get concerns checked out. "

"The biggest challenges to my health have been a thrombosis when I was 25 which went to the lung and a serious knee infection that kept me in hospital for 10 days. Obviously there have been many injuries and broken bones along the way from playing sport."

The best health tips I have received I have taken on board along the journey and all have been important, but the overarching one is to keep in good physical shape and "maintaining that desire to be healthy, generally looking after YOU."

Andrew says he doesn't have any specific ways of relaxing and unwinding, but plays a little golf, still plays social basketball and attends sporting events. Other than that he spends time with his family which is all important.

How did it feel to carry the Olympic flag into the arena at the Sydney 2000 Olympics? Andrew admitted he felt amazing pride and was extremely honoured, he stated it was an incredible experience and to lead out all the great athletes produced in Australia was fantastic and he was so grateful for the experience.



# GET THEE TO EMERGENCY.....!



## As an emergency physician, I see a wide variety of health complaints walk through the door at work.

Some are referred by their GP or specialist, whilst others present by ambulance or walk in.

One of the most frustrating reasons to present, and one that is predominantly the domain of men, is with a potentially serious complaint that they have “sat on”.

An example is a symptom like chest pain which has been present for weeks or even months, but which has been dismissed or ignored, possibly through fear.

Even worse is the case of a man who has searched the internet for possible causes of the symptom, settled on a possible diagnosis which he is comfortable with, and then holds on to that diagnosis until his condition worsens.

Obviously chest pain can be due to a variety of causes, some serious and some minor. And some serious conditions can present with unusual or atypical symptoms.

When someone presents to the emergency department with chest pain or tightness, the triage nurse takes the patient very seriously, gives them a high priority (triage) category, and has them seen by doctors very quickly.

## SEVERAL KEY FEATURES WILL BE ASKED ABOUT:

- Is the pain present now
- Type of pain
- Location of pain
- Whether pain radiates
- Is there shortness of breath or sweating associated with the pain
- Duration of symptoms
- Whether pain has been present previously, and has it changed
- Whether worsened by exercise or stress
- Risk factors:
  1. Are you a smoker?
  2. Do you have known high blood pressure?
  3. Do you know if you have high cholesterol?
  4. Do you have diabetes?
  5. Has any other relative had angina or a heart attack?

Please, instead of looking up “Doctor Google” for a diagnosis, we would urge anyone with chest pain to come to their nearest emergency department, preferably by ambulance, to be checked out.

**Dr Peter Wirth**

## HEARTBEAT CABRINI A SECOND CHANCE

Heartbeat Cabrini is an organisation of cardiac ex-patients and friends whose aim is the support and encouragement of people suffering from heart problems.

We have a membership of 552 people of which 20 are actively involved in our activities such as pre and post-op visits to patients coming for cardiac operations as well as their rehabilitation.

It is of great benefit to patients to speak to someone who ‘has been there and done that’ enabling them to get answers to questions their doctors can’t supply. This reassurance is important to both the patients and their families. Knowing they can look forward to a return to complete health and their normal lifestyle – with a few common-sense adjustments if necessary – reassures the patient and gives him/ her confidence in their future.

From my own experience and from talking to patients I reached the conclusion that men in particular tend to disregard symptoms and postpone acting on them. Feelings of heaviness, chest pain, tension in the jaw, signs of indigestion, pain in the upper arms and others are clear indications of potential heart problems. Speaking for myself I refused to acknowledge these signs ascribing them to a hard day at work, everyday stress and confidence that “tomorrow I will be all right”. Of course this only aggravated my condition.

Please guys, acting responsibly will help you, and save you and your family and friends worry and aggravation. Do you need (non-medical) advice? Contact anytime, we are here for you our Telephone number (03) 9508 1953 Email [Heartbeat@cabrini.com.au](mailto:Heartbeat@cabrini.com.au)

With best wishes,

**Ron Weinmann**  
**Secretary Heartbeat Cabrini**





## Learn the warning signs of a heart attack

Each year, almost 10,000 Australians die of a heart attack – that's one Australian life claimed every 53 minutes.

Heart attack symptoms can vary from person to person and they may not always be sudden or severe. The sooner you seek treatment by calling Triple Zero (000) the less damage is done.

Learn the warning signs today and survive tomorrow.

**Get your Action Plan.**  
Go to [www.heartattackfacts.org.au](http://www.heartattackfacts.org.au)  
or call 1300 36 27 87.

**Will you recognise your heart attack?**

Do you feel any  
pain pressure heaviness tightness  
In one or more of your  
chest neck jaw arm/s back shoulder/s  
You may also feel  
nauseous a cold sweat dizzy short of breath

**1 STOP** and rest now

**2 TALK** Tell someone how you feel

Are your symptoms severe or getting worse? or Have your symptoms lasted 10 minutes?

**3 CALL 000\*** Triple Zero

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.

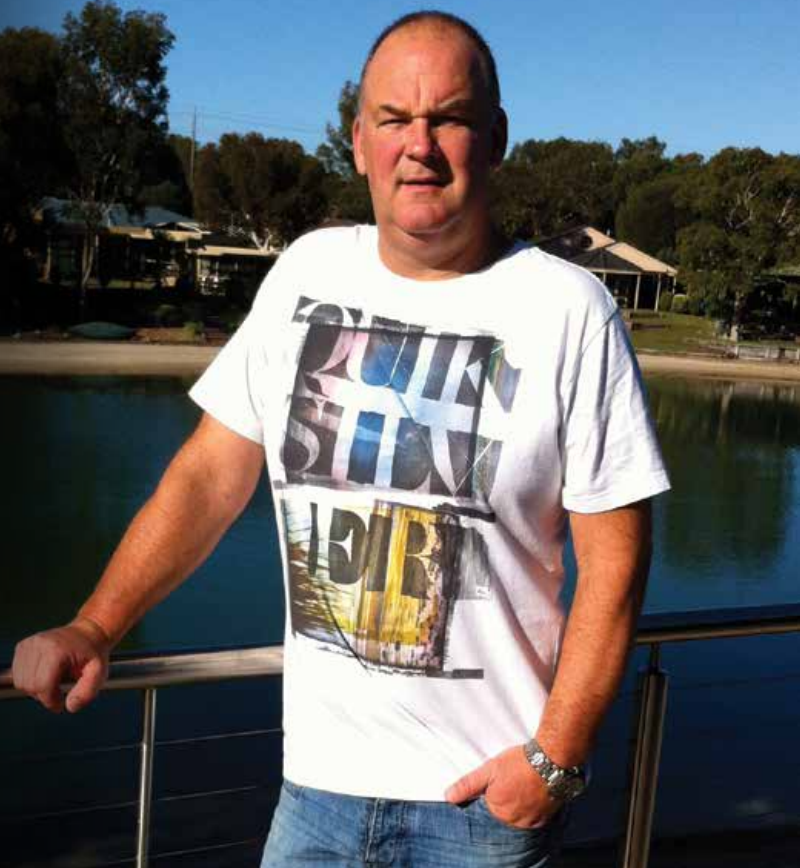
\*If calling Triple Zero (000) does not work on your mobile phone, try 112.

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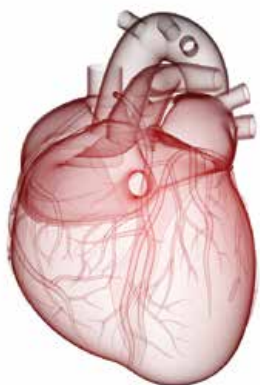
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# MY JOURNEY TO THERE AND BACK AGAIN IN 23 MINUTES!



At 44 and a fit, average weight and very active provider and installer of air-conditioning systems, having a sudden and potentially life threatening heart attack was definitely not on my agenda. In fact my wife and I had recently taken to being more health conscious and I had lost a few kilos of weight over the previous few weeks. I had not been to a doctor for anything for years, other than a nasty virus I had succumbed to about a month before my attack.....



So this was a normal day for me, went to work as normal, felt normal, everything was quite normal, it was a normal hot day in the 30s as I recall. But everything was obviously not normal as after about an hour or so I began to develop a pain under my tongue.

I presumed it was because I was thirsty being a hot day, but I started to feel more and more unwell and went outside the building and sat down. My immediate thought was to ring my wife and after she spoke to me she immediately rang my apprentice who was inside the building and asked him to call an ambulance.

The first person on the scene was a MICA car and an experienced professional who provided aspirin under the tongue and commenced an ECG trace. This confirmed that things were not quite right and the ambulance request was accelerated.

The rest was a bit of a blur, but a speedy blur at that, because in 23 minutes I had arrived at Cabrini, had the diagnosis confirmed, had a balloon and stent procedure undertaken to unblock my heart artery and was in the recovery room waking up, a bit groggy and wondering what had happened.

In fact a couple of hours after being taken up on the ward other than feeling a bit tired I felt 'back to normal' and asked if I could go home! However, as a precaution I stayed for 4 days on the ward under observation and then went home feeling amazing.

On reflection I had probably been feeling a bit more tired than usual, but with a very busy and physically demanding job that is understandable. But - I did find out that an uncle had died at 30 from a heart attack, my father is the recipient of a triple bypass for a similar problem and my 3 brothers are now getting checked out.

My message to other blokes - check your family history - if there are heart problems in the family take action, don't smoke, cut down on the grog, get active and have an annual health check. Getting cholesterol, blood pressure, blood sugar and all the routine blokes stuff checked out each year makes sense - I was lucky, but it may just save your life and remember your health doesn't just affect you!

**David Perry 2013**

# KEEPING A FINGER ON THE PULSE!

**KATE STEEN – NURSE DIRECTOR**  
MEDICAL AND CRITICAL CARE



**“People experiencing these types of symptoms need to be seen in a hurry as every minute can literally mean the difference between life and the alternative!”**



It appears to Kate Steen the Nurse Director of Medical and Critical Care at Cabrini that men are overrepresented in terms of admission to the Cardiac Departments. That is probably because statistically a heart condition or ischaemic heart disease is currently still the greatest killer of men in Australia (AIHW 2011).

Kate oversees 8 critical areas within the hospital including the Emergency Department, Intensive Care Unit, Coronary Care Unit, acute medical wards and the cardiac areas including cardiology, cardiac and thoracic surgery, the Cardiac Cath Laboratory (for pacemakers, angiograms and other diagnostic and treatment procedures).

People who are experiencing heart related concerns often end up in hospital as they may not initially consider the symptoms they are experiencing as warning signs of heart attacks. The discomfort or pain may be dismissed as indigestion or just ‘one of those things’, so consequently they may not act on the signs (men are the No 1 culprits) and wait until the pain becomes unbearable before calling for help - sometimes too late. Symptoms can range from, not feeling quite right, to neck pain, shoulder pain, pain running down an arm, indigestion style discomfort and odd ‘other sensations’. People experiencing these types of symptoms need to be seen in a hurry as every minute can literally mean the difference between life and the alternative!

So why do these patients have to be seen so quickly? Kate explains that the longer the heart muscle is compromised by a blockage or narrowing to the arteries that feed the heart with blood, the greater the long term damage. Kate is very proud of the fact that Cabrini is now a leader in ‘STEMI’ treatment which is a patient

pathway for those experiencing a blockage in the heart arteries. STEMI is an acronym meaning “ST segment elevation myocardial infarction,” or a type of heart attack.

Not uncommonly, this occurs in younger men, with a sudden onset of symptoms which necessitates calling an ambulance. The STEMI pathway recognises that speed, accuracy of diagnosis and correct treatment, is imperative for best outcomes. The time frame has an international benchmark of 90 minutes for the patient to be treated, which is called the door to balloon standard time to treat. That is to say the clock starts to tick when the patient comes through the door at Cabrini and stops after a balloon is inserted via a catheter into the blocked vessel and inflated to open up the blockage and allow blood to flow – mind blowing stuff or should I say heart blowing stuff!!

Kate is delighted to report that Cabrini has exceeded this International bench mark, which is a great achievement. “I have a great team of 8 managers leading my 8 critical areas, and a workforce who is competent, engaged and enthusiastic; with such a great team and support from other directors and the executive, we continue to achieve great patient outcomes”.

**Reference: Australian Institute of Health and Welfare (2011). The Health of Australia’s Males. Canberra**





# INTRODUCING FRANK LAWTON A JOURNEY OF RE-DISCOVERY

## FRANK'S STORY

**Frank Lawton aged 68,  
Ballistics expert lives in outer  
eastern suburbs of Melbourne**

**Married for 39 years, 2 children  
both independent**

**Part time teacher in China  
on a regular basis**

**In the past 7 months Frank has  
changed his lifestyle around**

**He has commenced eating  
a healthier diet, exercising  
regularly - cycling - and is  
less cranky**

**So WHY has Frank made these  
changes to his life? What was the  
catalyst and HOW did he do it?**

When I caught up with Frank a few months ago I hardly recognised him. It was blatantly obvious he had lost a good deal of weight – he looked leaner, younger and quite ‘frankly’ looked amazing. I was intrigued and finally plucked up courage to ask what had influenced this change and how he had undertaken the transformation - this is what he had to say

**Frank :** I realised one day that I had not seen my Willy for a long time and decided it was time to be reacquainted. Ha ha!!! I had piled on weight after giving up smoking; I was really uncomfortable. I could not bend down to cut my toe nails. I was sweating all the time. I found travelling really uncomfortable. Not to mention clothes that did not fit anymore. My blood pressure was high and I was becoming less and less able to do physical work (even climbing stairs was an effort) which I found frustrating, and so I ate even more.

After a very uncomfortable 3 weeks in China (too fat, too hot, too much food) I heard about a tasty diet that was shown on the Hairy Bikers cooking program. I watched the videos and got

the book and decided I had to do it. I also used a calorie calculator app in my phone to help me keep track. I set a limit of 1800 calories a day (including a little red wine and cheese) and decided to take more exercise by gardening and bike riding. The diet took a week or so to get used to – cutting down on meal sizes; dropping much of the fat and carbs; cutting out snacking; and eating more greens – but then my weight dropped pretty quickly. In 3 months I lost 15 kg and went down 10cm in waist size, and I have kept it off since before last Christmas. I haven't been this light for at least 12 years.

I feel better physically and mentally. I feel more motivated to do things, because now I can do them; jobs around the house and garden are getting done. I feel less frustrated and younger. 40km or so on my bike is not too difficult, and travelling is much more comfortable.

I don't really miss any of the foods I have cut down on because I can still eat them, just not as much and not every day. Now for some new clothes!!!!





# RIDING BACK TO LIFE

## A HEARTSMART JOURNEY

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What does a butcher, an ex-politician, a chief executive, a teacher and a neuro-physiologist have in common?

This is not the start to some unusual joke, but a story of a bike ride undertaken by a team of 32 people arranged by a cardiac rehabilitation group HeartSmart. The aim of the bike ride was to raise funds for the group as well as challenging some previous cardiac patients to achieve a goal which demonstrated their full recovery from their various cardiac conditions. In the team, 11 people had been previous patients recovering from a range of cardiac illnesses from valve replacements, ischemic heart disease, angioplasties and stents for myocardial ischaemia and congenital heart operations.

The ride began in Bangkok with a 20 km skill testing day through the back lanes and side streets. This acclimatised the riders to the weather conditions and also introduced them to the bikes that they would be enjoying the company of over the next 5 days. The next day the group were transported out of Bangkok to begin the journey progressing down the eastern side of the gulf of Thailand for approximately 300 kilometres to a ferry ride across to Koh Samui.

In the team there were two medicos, two nurses and multiple other support people including husbands, wives, sons, daughters and best friends all taking the challenge with the HeartSmart challengers. During the trip there were no major incidents besides a significant pedal scrape requiring some sutures and some gastrointestinal upsets to be expected in that region.

One challenger was Tom S. Tom is a managing director who had an acute coronary syndrome last September. He has had multiple stents performed, attended the HeartSmart course which involved the discussions on heart related drugs, exercise, diet and the coping strategies that are employed in the recovery phase. Since completing that course he has returned back to his normal life.

In discussing things with Tom, he was a normal type of man who only saw his General Practitioner when he had a problem or a question to be answered. The last time he had had an issue dealt with, he had seen his GP about four years prior to his ischaemic event. He however had not considered the idea of having recurrent reviews by his GP to ensure his ongoing general health and cardiac fitness.

Since the time of his acute coronary syndrome and stenting, he has now ceased smoking, he has changed his diet and taken a different view on exercise. Tom is also sporting the LifeRide T-shirt which is now a health promotion partner of Foundation 49. It is hoped that these LifeRide T-Shirts will start the conversation with many other men who ride bikes and have not taken on board the Foundation 49 recommendations of having at least an annual health check undertaken by a general practitioner.

All in all, the bike ride was a major success in raising \$120,000 for the HeartSmart cause and has hopefully raised the idea of getting back to life following a cardiac event. It has also seen the LifeRide strip begin the conversation about men's health in a positive way on another continent.

**Ron Dick**  
(Associate Professor Ronald Dick)



# 'CANARY IN THE TROUSERS'

Erection problems provide an early warning system for heart disease

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

ED can occur at any age, but the likelihood of developing ED increases with age. ED affects at least one third of men over the age of 40.

Occasional erectile dysfunction is normal. Some of the causes include alcohol and drug use, anxiety and tiredness. It's important however, to talk to your doctor because your ED may be a sign of important underlying medical problems like diabetes and heart disease.

In response to a recent Australian study looking at the link between erectile dysfunction and heart disease, involving 95,000 Australian males, Dr Rob Grenfell, Cardiovascular Health Director at the Heart Foundation said erectile dysfunction was "the 'canary in the trousers' for men across the

country – if you have erection issues, it's a warning that you may also have issues with your heart."

The research analysed data from the 45 and Up Study – the largest ongoing study of healthy ageing in the Southern Hemisphere. The large numbers of men in the study meant that the researchers could also look at the risks in relation to a range of types of cardiovascular disease and they found that men with erectile dysfunction were at increased risk of ischaemic heart disease (heart attack), heart failure and peripheral vascular disease.

If the warning signs are there, talking to your doctor is an important first step to find out the cause of your ED, the most appropriate form of treatment, if needed, and any links with other health issues like heart disease.

**Content for this article was provided by Associate Professor Doug Lording and the Heart Foundation**



## MORE INFORMATION

### Erectile dysfunction

Andrology Australia – 1300 303 878  
[www.andrologyaustralia.org](http://www.andrologyaustralia.org)

### Heart health

Heart Foundation  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

### 45 and Up Study

[www.saxinstitute.org.au/our-work/45-up-study](http://www.saxinstitute.org.au/our-work/45-up-study)

# DEPRESSION AND HEART DISEASE

Is there a link? Yes according to BeyondBlue

Depression and heart disease are common diseases and often occur together, however until recently not much was known about how these two conditions are interconnected. Evidence has pointed to the fact that depression is equally as important a risk factor as smoking, high cholesterol and hypertension. It is also suggested that depression can be implicated in slower recovery rates of people with heart conditions and may contribute to an increased risk of further heart concerns in the future.

Beyondblue Australia's national organisation supporting people with mental and emotional health concerns urges people to take some action, "fortunately once diagnosed,

depression in people with heart disease can be treated safely and effectively" which is good news. Beyondblue has a fact sheet called Depression and Heart disease, which looks at the relationship between the 2 conditions and how to manage them. The fact sheet focuses on coronary heart disease "because it is the heart condition most closely linked with depression". They also add that "people who do not have good social support networks (e.g. someone to confide in, opportunities to participate in social activities) are also at greater risk of developing heart disease".

**Beyondblue can be contacted by calling 1300 22 46 36 or [www.beyondblue.org.au](http://www.beyondblue.org.au)**





## BEATING HEARTS IN CAPE YORK

**It's time for Cabrini's cardio-respiratory team to get moving – hundreds of kilometres away in Kowanyama, patients will soon be arriving for their ultrasounds, to check their heart health - but there's the small matter of Wallabies on the grass runway.**

Wallabies? Runway? Welcome to Cape York Peninsula, an area of approximately 127,900 square kilometres on the tip of northern Queensland. Cape York has larger rainforests than the Daintree, more old growth than Tasmania and larger reef systems than Western Australia's much-vaunted Ningaloo. But the Cabrini team isn't there to sight-see, they are there to tackle the scourge of rheumatic heart disease (RHD), in partnership with the Cape York Hospital and health service.

RHD is virtually unheard of in most of Australia but it's a different story in remote Aboriginal communities. Not only is the prevalence of the disease reported to be 20 – 25 times higher for people in these communities compared with the rest of Australia, but they also have some of the highest documented rates of acute rheumatic fever and RHD in the world. In far north Queensland, 10 – 15 people die of the condition annually.

While the underlying issues are complex, Cabrini is working hard to be part of the solution. The cardio-respiratory department has commenced a new social outreach initiative in which a Cabrini Cardio-respiratory technologist visits Cape York every four to five weeks. On arrival they connect with local health and community workers and spend five days travelling to remote communities by light plane and four wheel drive. Over the course of their visit, they might see 25 patients across different communities. Portable medical imaging technology donated by Cabrini is used to undertake ultrasound checks. These tests are vital for effective, ongoing management of RHD.

Chief cardiac technologist Josh Sher, who has also worked on Cabrini social outreach initiatives in Central and Northern Australia says the work is humbling. "Most Australians would be shocked...life is so flat" he says struggling to find the words to describe health and wellbeing in remote Aboriginal Communities, "yet the people are so generous".

**Josh Sher**

## GET MOVING TO ENJOY LIFE



### **You know how it is.**

You get up early and head off to work. You do long hours, skip breakfast and lunch, arrive home to a big family meal. After dinner you clean up, help the kids with their homework, and put them to bed. You then collapse on the couch and watch TV before heading off to bed. When you wake the next morning you feel tired, and slip into the same routine. So why do you always feel tired? The answer is you don't exercise.

### **So why don't you exercise?**

I know, you are too tired, don't have the time, can't get away from the kids, you find exercise boring or too hard. The same old excuses. Until you make exercise a priority, you won't feel any better.

### **So why should you exercise?**

To start with, it is good for your heart. Regular physical activity raises healthy HDL cholesterol levels and reduces unhealthy LDL cholesterol and triglycerides. It also lowers blood pressure, burns body fat, and lowers blood sugar levels — all of which benefit the heart.

### **So what other benefits does exercise have?**

Exercise strengthens the bones and helps keep blood vessels throughout the body healthy and helps reduce the risk of stroke. Several studies suggest that exercise might also help ward off Alzheimer's disease and other forms of dementia. Regular physical activity not only helps you maintain a healthy weight, but also boosts sensitivity to insulin and thereby modestly reduces blood sugar levels. This can help people with diabetes better control their disease — and help those at risk for diabetes avoid the condition.

Some evidence suggests that regular exercise may reduce the risk of certain cancers. One review found consistent evidence that regular physical activity reduced risk for colon cancer by about 24% in men. Other research suggests that regular exercise may reduce risk of lung cancer by about 20%. There is no proof that exercise lowers the risk of developing prostate cancer — but once a man is diagnosed, physical activity can reduce the chances that it will spread.

### **So how much exercise should you do?**

The Centers for Disease Control and Prevention (CDC) recommend that adults "engage in moderate-intensity physical activity for at least 30 minutes on five or more days of the week," or "engage in vigorous-intensity physical activity for at least 20 minutes on three or more days of the week". Examples of moderate-intensity and vigorous-intensity physical activities can be found on the CDC Physical Activity Web site at [http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA\\_Intensity\\_table\\_2\\_1.pdf](http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Intensity_table_2_1.pdf).

Overall, remember that some exercise is better than none. So start slowly and build up to recommended guidelines. In that way you avoid injury, and don't burn out. Make exercise fun, involve your family and friends. It only takes a few basic lifestyle changes to lower the chances of getting many age-related diseases and increase your chances of staying active and independent. One of the most powerful of these is getting, and staying, physically active.



## WANT TO SUPPORT F49?

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

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

Here is my gift of: \$ \_\_\_\_\_

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

☐ VISA ☐ MASTERCARD  
☐ AMEX

Credit card number

-----

Expiry date \_\_/\_\_/\_\_

Name on card

Signature

Name

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# 5 MINUTES WITH RON GAUCI

CEO MELBOURNE STORM  
RUGBY LEAGUE CLUB



### 1. WHAT IS THE MOST IMPORTANT INGREDIENT OF A WINNING TEAM?

I am not sure that there is any one ingredient but if I was forced to choose one it is about team selection. Getting the right people in your team is critical. My philosophy is that I hire people who do their job better than I do and then provide them with the tools to be the best at what they do. Make sure that they all know their own and the roles of others in the team and they will deliver the result you want.

### 2. WHAT PROJECTS ARE YOU JUGGLING THIS YEAR?

I like to juggle many balls in the air and there are many aspects to my role that ensures this, however the major project is the sale of Melbourne Storm. I was hired to repair and restore the brand to facilitate the divestment of the club to enable them to focus on their core business. The end result is that after less than three years, the club is in the best place in its history in all its metrics.

### 3. WHAT HAS BEEN YOUR WORST CAREER MOMENT?

Any moment that you have to deal with a staff member's personal issues. They are always tough and they need to be dealt with great sensitivity and care. The impact these issues can have on an individual and others around them, particularly if family is involved can be very complex. If I had to single out a moment though, I think the day I walked into the Melbourne Storm and met the staff. I will never forget that first meeting. (editor's note – Ron Gauci was appointed Chief Executive Officer for the Melbourne Storm Rugby League Club in the NRL at the end of July 2010, three months after the salary scandal engulfed the club. From the devastating events of 2010, the club has gone on to post significant success in its off field operations and on field performances.)

### 4. WHEN DID YOU LAST HAVE A HEALTH CHECK UP?

About two weeks ago. I have checks annually.

### 5. WHAT IS THE BIGGEST HEALTH CHALLENGE YOU HAVE FACED?

I have been very fortunate in that I have never had any personal health challenges other than me carrying a little more weight than I would like to be right now. All my health checks given me the "all clear". Obviously I would like that pattern to continue.

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

Everything in moderation making the right decisions about what you eat. Which is challenging in my role given the number of events I need to attend.

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

I exercise as often as I can and participate in sports related activities whenever they present themselves. I walk a lot and play golf as my recreational sport. I also do a lot of reading and activities to stimulate my thought processes.

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

This is the challenging part. I enjoy my meat and pastas. It comes from my European background. I enjoy sharing meals around friends regardless of the surrounds.

### 9. WHAT DO YOU DO TO RELAX AND UNWIND?

I enjoy my sport and family but my true relaxation is my music. I have a studio set up at home with a variety of instruments that I like to play. I am in a rock band with fellow company executives called Big Kahuna which is a great way to unwind.