

A WHOLE NEW BALL GAME

HEALTH INFORMATION
FOR AUSTRALIAN MEN
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with Associate Professor
Gary Richardson

Foundation 49[↗] Men's Health

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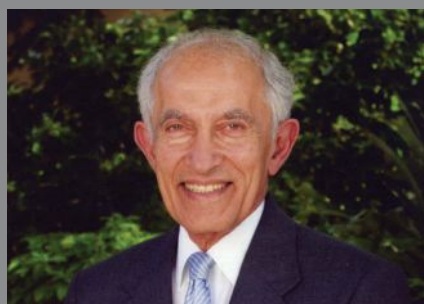
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This magazine contains general health information and does not take the place of regular medical advice and treatment from a GP. We recommend all men consult a doctor or health professional for a thorough personal examination on a regular basis.

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Professor David de Kretser, AC



WELCOME TO EDITION 26 OF THE WHOLE NEW BALL GAME MAGAZINE

This time we have focussed on 'the family' and have included information about a range of important topics from cooking for your family to the benefits of pet ownership, Infertility to the latest information about prostate cancer testing. Our main story is about depression and how this topic has been translated into a wonderful stage performance by Tim Grayburn and Bryony Kimmings. Tim had hidden the fact he was on medication for depression and when Bryony found his tablets it opened up the opportunity to talk and eventually an idea "to get the word out there" as Tim says "I went from not telling anybody to telling everyone – even strangers. Turned out it was actually good for me, even therapeutic."

Ever wondered when was the right time to talk to your kids about drugs and alcohol? Read the articles to find out the latest research, it may make you think before you offer a sip of bubbly at a celebration. Don't forget everyone needs a holiday, even if you don't think you do! Read about why they are important and an opportunity to reconnect with your family and while you are contemplating rebuilding relationships, look at the article on the secret to better sex!

Foundation 49: Men's Health is holding their awareness raising Men's Health Business Breakfast during International Men's Health Week 2015, on Wednesday 17th June at the RACV Club, 501 Bourke Street Melbourne. Our keynote speaker is medical doctor, sports physician, Australian sports medicine pioneer and media personality Dr Peter Larkins supported by 4 great panellists – so come and join us for this prestigious event.

Check out the website www.49.com.au or email F49BusinessBreakfast@cabrini.com.au or why not sponsor a table – contact Samantha McLennan (03) 9508 1386 smclennan@cabrini.com.au for all the sponsorship information.

There will be lots of men's health information in June as we celebrate the many successes of men in our community, so remember to look after your own health and wellbeing as 'your health doesn't just affect you'

Live Long, Live Well, Gary

ASSOCIATE PROFESSOR
GARY RICHARDSON
CHAIRMAN, FOUNDATION 49

QUESTIONS FOR THE QUACK ON FERTILITY & GENERAL

JASON 34 ASKS:

My partner and I are trying to have a baby, but so far with no luck, despite her being active and healthy. What are we able to do to increase our chance of getting pregnant?

A: Infertility affects about one in six couples. In about one third of these couples, the problem is with the female partner, about one third of couples the problem is with the male partner and for the remaining third there are problems in both partners.

It is important that you and your partner have yourselves checked as it will identify any underlying health conditions and also provide suggestions about how to treat and restore natural fertility.

Ensure you maintain overall good health by eating nutritious food, regular exercise, cut out the smokes and reduce alcohol consumption.

Visit the Andrology Australia website for accredited information and seek advice from your GP.

FOR MORE INFORMATION

visit www.andrologyaustralia.org

LUKE 37 ASKS:

My wife gave birth to our wonderful baby boy three months ago. At first I was elated and excited about the baby but recently I have felt apathetic and feel tired all the time. I am worried that I am not being a good dad. What should I do?

Men, as well as women, can suffer postnatal depression. The symptoms you describe may suggest this needs to be investigated. Lots of factors can influence how you are feeling including stress, changes in your relationship, lack of sleep, unmet expectations of fatherhood and negative or traumatic birth experiences.

I suggest you visit your GP for a physical and mental health check and visit the Post and Antenatal Depression Association (PANDA) website.

There is evidence to suggest that men's depression increases between six weeks and six months after childbirth.

FOR MORE INFORMATION

visit www.panda.org.au

A STORY OF DEPRESSION, HOPE AND AN AMAZING JOURNEY

An interview with Tim and Bryony

Tim Grayburn and Bryony Kimmings are a real-life couple currently touring with their show *Fake it 'til you make it* – a quirky comedy/theatre show about the taboo subject of depression in men and how it affected Tim.

Bryony Kimmings is an outrageous, hilarious and fearless performance artist from London. Tim Grayburn is an outrageous, hilarious and fearless account manager at a top London advertising agency. Six months into their relationship Bryony found out that Tim has severe clinical depression.

Foundation 49: Men's Health was fortunate enough to speak to the couple during their Australian tour and get some insight into what motivated them to tackle the taboo subject of depression and mental illness.

As Tim relates, his experience started one morning before work: "I woke up in the morning and I was in fits of tears and realised something was very wrong – I hadn't cried in a long time and there wasn't anything in particular going wrong in my life."

As a young man of 22 he didn't know what was going on. "Just because I wasn't sleeping I didn't realise I was depressed, I thought I was just a bad sleeper. Maybe if I had known that it might have been a symptom, I would have sought help earlier."

Tim self-medicated by drinking a lot and doing drugs, trying to forget those existential questions running through his brain at night. He recalls a very low point when he smashed a glass into his hand in his parents' kitchen. His mum told him to see a doctor. Tim did seek help and was diagnosed with clinical depression. He hid his condition, not wanting to bother other people or be judged.

Fast forward 8 years. Tim and Bryony are in a relationship but Tim has never told Bryony about his depression. He considers coming off the medication he has taken for years, believing he doesn't need it any more. One day Bryony found his medication in his backpack and the secret was out, this forced Tim to talk about his condition. Together they made a plan for Tim to

reduce the medication incrementally, while also changing his diet and lifestyle. Tim finally came off the medication, but rapidly slipped back into depression while Bryony was touring Australia.

Tim recognises that Bryony is an essential component of his coping strategy to maintain good mental health and wellbeing. This domestic situation planted the 'seed of an idea' for Bryony's next show, which included spending time together, while "getting the word out there" about depression.

"I went from not telling anybody to telling everyone – even strangers. Turned out it was actually good for me, even therapeutic," says Tim. Although terrified at first, the comments and emails from the audience made him feel part of a tribe, almost proud of having depression. Their aim of assisting to break the social taboo has been achieved with audience reaction ranging from tears to hugs – "about a million and eye contact thank you's with a strong hand shake from a lot of blokes – they can't talk, because if they open their mouth they will cry their eyes out."

"A bloke from Adelaide was convinced to go see a doctor after the show, he had battled his own thoughts for ages and was diagnosed with clinical depression. He emailed us saying he was on a treatment course now and was trying to sort it out and get better," says Tim. Bryony remarks, "It's a disease like diabetes or cancer – 'cancer of the thoughts' – just because it messes with your thoughts doesn't make it fictional. At the end of the path, it can kill you."

It is important to familiarise yourself with the signs and symptoms of depression as they are diverse and can present in different ways with different people. But the main thing, says Tim, is to "just talk – I'm a perfect example of that, it helps and it made me feel so much better – it is so simple, just open up about it."

So blokes – start talking, visit your doctor, and watch out for your mates!

MORE INFORMATION

www.bryonyandtim.com
www.beyondblue.org





HOW HEALTHY ARE YOU AND YOUR SPERM?

It has long been thought that male fertility could be assessed solely by whether a man had sperm and that they are motile. But we now understand that the health and quality of the ‘inner workings’ of sperm are equally important in determining not just fertility, but also the health of a pregnancy and maybe even the longer-term health of one’s children.

Studies being led in Australia have established that there is a link between male obesity and other lifestyle factors such as smoking at conception and sperm quality. In particular, sperm with high levels of oxidative stress has increased damage to the DNA. The non-genetic composition of sperm can also be affected, for example, the methylation marks that coat the DNA and control the switching on and off of genes in the early embryo.

While these changes to sperm DNA and composition often don’t impact the number of sperm produced or its shape, the DNA and chromatin (packaging and folding of the DNA) inside sperm are changed.

SO WHAT DOES THAT ALL MEAN?

Well, sperm with altered chromatin may swim to the egg, but more often fail to fertilise it. If it does fertilise the egg, the embryo grows more slowly and there is an increased risk of miscarriage during pregnancy.

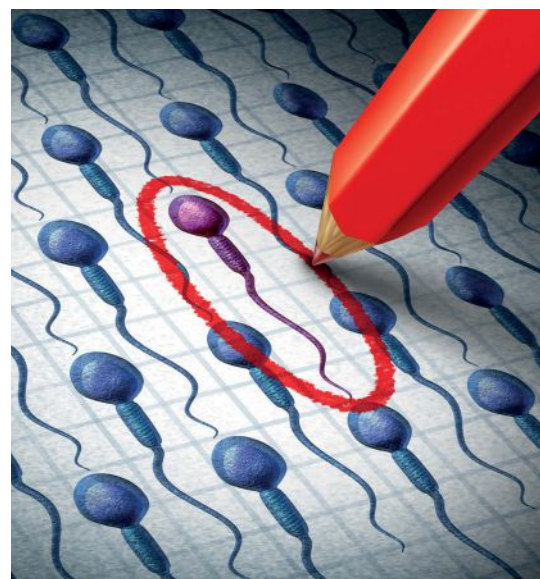
SO WHAT DOES THIS MEAN FOR COUPLES TRYING TO CONCEIVE?

Most significantly, we are starting to understand that much like the health of the mother, the health of the father is important for optimal fertility and in creating the healthiest embryo and pregnancy. Therefore, men’s health choices, like their partners’, are also important to healthy outcomes for their children. We now recognise that fertility is a ‘partnership’ and that healthy lifestyle choices by both partners can improve fertility and contribute to your child’s health and wellbeing.

Michelle Lane

Gamete and Embryo Biology
Laboratory, Freemasons Foundation
Centre for Men’s Health –
www.adelaide.edu.au/menshealth/

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KLINEFELTER SYNDROME

Klinefelter Syndrome is a genetic (chromosomal) condition and occurs in around one in every 650 men which makes it one of the most common variations of the chromosomes. However many men are never diagnosed.

The main effect of Klinefelter Syndrome is hypogonadism where men are unable to produce sperm or enough male hormone testosterone for the body's needs.

Klinefelter Syndrome is rarely diagnosed in childhood but often diagnosed at puberty, when expected physical changes don't occur. Boys may become particularly self-conscious when they notice that their body is not undergoing the same changes as their peers.

Most males with Klinefelter Syndrome are not diagnosed until they are well into adulthood, when diagnosis can come as a major shock. Behavioural problems and learning difficulties as a child may have been thought to be due to other conditions. Many men are not diagnosed as doctors often do not routinely check the testes size. Symptoms are not always obvious, the diagnosis of Klinefelter Syndrome might not be made until a man seeks help for infertility, loss of sex drive, a bone fracture, or is not diagnosed at all.

A lack of knowledge about their own body is another reason that men with undiagnosed Klinefelter Syndrome may not visit the doctor. Some men are unaware of how small their testes are or too embarrassed to approach a doctor.

DIAGNOSIS

Klinefelter Syndrome is diagnosed using a number of tests, including:

- Physical examination
- Chromosome analysis – for confirmation
- Blood tests – to check hormone levels
- Semen examination – to check fertility

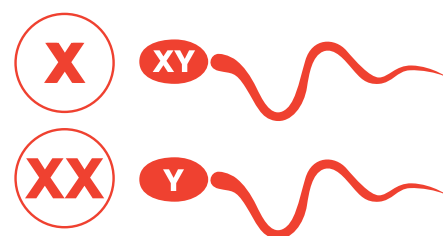
TREATMENT

There is no cure for Klinefelter Syndrome. Treatment aims to correct some aspects of the condition and provide emotional support. Options may include:

- Hormone therapy
- Reproductive technologies – such as IVF, to help men with Klinefelter Syndrome become fathers
- If necessary, educational support, speech therapy, physical or occupational therapy, cosmetic surgery and counselling
- Frequent screening tests to ensure the early diagnosis of any associated complications
- Visit your doctor or endocrinologist

MORE INFORMATION

www.andrologyaustralia.org.au



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USEFUL TIPS FOR PARENTS ABOUT ALCOHOL AND DRUGS

At some point we have all sat down with our parents for 'the talk'. Generally it's an excruciating conversation about sex between parents and children... and the children would rather be anywhere else on the planet at that particular time!

The 'other talk' is about Australian families openly discussing alcohol and other drugs and is an important step when preparing your child for life's journey. Experts now suggest you start this conversation with your child as early as eight or nine years to make sure they have the right information and attitudes when they reach secondary school.

Starting the conversation early also means you create an understanding that when it comes to alcohol and other drugs, no question is too silly and no topic is off limits. You could also include other topics such as bullying, especially in 'cyberspace', and being aware of the dangers of 'befriending' and 'grooming' by predators online.

WHAT SHOULD YOU DO?

- Children are influenced by many groups – the media, friends, siblings, peers; but parents continue to be their greatest influence
- Parents play an important role in creating attitudes towards alcohol and drugs
- Get the facts – ensure you give your children current, evidence-based information and inform them of the harms from usage

- It's never too early to have the conversation and there is no limit to the number of conversations you can have
- Be clear on your own beliefs, parent monitoring does have an influence
- Set rules and consequences
- Use relevant topics on the TV or radio and events as an opportunity to talk
- Try to have the conversation in a quiet place or in a comfortable environment such as the family dinner table
- Ask questions; find out your child's views about alcohol and other drugs and talk about what they would do in different situations

Many parents will find themselves in a situation where they believe their child is experimenting with drugs.

WHAT IF YOU SUSPECT A FAMILY MEMBER IS USING DRUGS?

- Carefully consider how you will approach them
- Stay calm and respectful; open communication is more helpful for both parties. Verbal or physical confrontation will worsen, not help, the situation
- Expressing concern about a particular behaviour without confrontation or direct accusations will provide an opportunity to talk about what is happening in their life
- If they want to tell you about their situation, listen carefully without being judgemental and try not to interrupt
- It is a good idea when they have finished speaking to repeat back the information you have heard, to ensure it is correct and to explain any misunderstandings



Importantly, don't try to solve their problem. It is their problem. Real, long-term change will only occur when the person takes responsibility for their actions and deals with the consequences. You are not helping them (or yourself) by 'cleaning up' the mess they create.

MORE INFORMATION

www.theothertalk.org.au
or ph: 1300 85 85 84
www.adf.org.au
www.druginfo.adf.org.au/fact-sheets/drug-use-in-the-family-web-fact-sheet

Experts now suggest you start this conversation with your child as early as eight or nine years to make sure they have the right information and attitudes when they reach secondary school.



ALCOHOL AND KIDS – WHAT PARENTS CAN DO

Young people are influenced by many groups within society – their peer group, social media, sibling, friends; but parents continue to be a positive influence in their lives. They have an important and responsible role to play in the development of their children's attitudes towards many factors in their lives, and one of these is the use of alcohol.

IS IT OK FOR CHILDREN TO SIP ALCOHOL?

Government guidelines recommend that young people delay their first drinking experience for as long as possible. This is because research has now determined that alcohol has deleterious effects on the developing brain as well as to reduce the risk of them experiencing alcohol-related harm. Many children are offered a sip of alcohol by their parents at celebrations such as birthdays and weddings. It is thought that over 50 per cent of children sipped alcohol before they were aged 12 and over 90 per cent of adolescents interviewed in a recent study in America had sipped alcohol previously.

However whether this early drinking is linked to problems in adolescence and young adulthood, such as binge drinking, alcohol dependence and drug use as discussed in previous studies is still unclear. "A young child's sipping or tasting alcohol may not be an early signal that they will have drinking problems or behaviour problems later. Rather, sipping may reflect their parents' attitudes toward children drinking alcohol," according to a new study undertaken in America by Donovan and Molina. They also suggested that more research is needed to know whether supervised sipping in childhood could contribute to healthy drinking habits later in life, or it would lead to problem drinking.

SO WHAT DOES THAT MEAN TO YOU AS A PARENT?

It is suggested that parents delay offering alcohol to children as long as possible. It is helpful for parents to do their own research and make sure that you understand the risks of drinking alcohol, then find the time to talk to your child about the issues. Topics that are helpful to discuss are:

- What is a 'standard drink' and show them
- Alcohol-related issues such as the effects on the body and brain
- Being safe and the right side of the law
- Drink spiking
- What can happen if someone drinks too much?

If you do not know all the answers, research the issues together and get the correct facts so you do not exaggerate or provide the wrong information.

It is very important to keep communication channels open. In a family environment, where young people can discuss difficult issues and ask questions it helps to reduce the risk of problems occurring. If they feel comfortable enough to ask questions that is terrific and if a problem does arise, having in place a good supportive relationship with your child, puts you in a much better position as a parent to assist them.

MORE INFORMATION

www.alcohol.gov.au



"A young child's sipping or tasting alcohol may not be an early signal that they will have drinking problems or behaviour problems later. Rather, sipping may reflect their parents' attitudes toward children drinking alcohol"





SHARING FOOD TOGETHER – THE IMPORTANCE OF FAMILY MEALS

As a dad with a busy working week, evenings and weekends might be the only opportunity to spend quality time with your kids.

The good news is that apart from kicking the footy, telling stories, playing hide-and-seek, and tagging along to kids' parties, you might be able to use your scant time to give your kids a great start to life just by preparing and having dinner with them.

Studies have shown that having regular family dinners is associated with healthier eating patterns in children and adolescents, including the consumption of more fruit and vegetables, less fried food and soft drink and the benefit of more fibre and micronutrients. Family meals also decrease the chance of becoming overweight and the likelihood of skipping breakfast which is considered

by some to be the most important meal of the day. Try eating these meals without the TV as watching television has shown to decrease the positive effect.

So what does this mean for your daily routine? It is important to promote a family meal environment with regular, home-made meals. This of course not only benefits the kids, but everyone in the family. It has also shown to improve family relationships and resilience in the face of difficulties, and decrease risky behaviours and even drug use. Regular family meals may ease the stress of daily living in the fast-paced families of today. It provides an opportunity for everyone in the family to debrief, discuss upcoming issues and enjoy the mutual support.

And yes, despite sometimes ambivalent behaviour, studies show that teenagers do believe that eating family meals is important. While scheduling might be tricky at times, the cost/benefit ratio is huge. So give it a try!

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IS A DOG REALLY MAN'S BEST FRIEND?



With all the concerns modern families have about allergies, where do pets fit into the equation? Not only do most of them shed hair, but they also carry the odd parasite for example worms and fleas. Much scientific research has been undertaken and the following information from the RSPCA may alleviate your concerns and being a responsible pet owner will ensure you keep your pets health on the same track as your own.

We've long loved dogs for being man's best friend, but not so well known is that our pets can actually make us physically and mentally healthier. Just the presence of our pets can lift our spirits and help us relax.

PHYSICAL HEALTH BENEFITS

Research has shown that owning a pet can have a number of physical health benefits:

- Increased cardiovascular health (lower blood pressure, lower triglycerides and in men, lower cholesterol)
- Increased physical activity. Dogs especially help us get out and enjoy the outdoors while getting some regular exercise. They are great motivators and personal trainers, never wanting to miss a training session no matter the weather
- Fewer visits to the doctor
- Growing up with a dog (and other pets to a lesser extent) during infancy may help to strengthen the immune system and may reduce the risk of allergies
- Children who have pets are less likely to miss days of school due to illness

The joy of having a pet isn't new to most Australians; we have one of the highest rates of pet ownership in the world. In fact our pets are such positive influences on our lives that one study found that Australian ownership of cats and dogs saved approximately \$3.86 billion in health expenditure over one year.

PSYCHOLOGICAL BENEFITS

Research has shown that owning a pet can have a number of psychological benefits:

- A study of school children showed that pet owners were more popular but also seemed more empathetic
- Those who have pets including children or adolescents have been shown to have higher self-esteem. Teenagers who own pets have a more positive outlook on life and report less loneliness, restlessness, despair and boredom
- Pet owners report less depression and appear to cope with grief, stress and loss better than non-pet owners
- Pets enhance social connectedness and social skills and are great conversation starters!
- Pets are also great caregivers. They keep us company when we're sick or feeling down. They can make us feel safe while we're home alone and they keep an eye on the house while we're out

Courtesy of RSPCA Australia

MORE INFORMATION

www.kb.rspca.org.au/what-are-the-health-benefits-of-pet-ownership_408.html



WHY DO YOU NEED A HOLIDAY?

Definition of a holiday:
An extended period
of leisure and recreation,
especially one spent away
from home or travelling.

Originally connected with religious observances or 'Holy Days', they were an opportunity for individuals to attend important rituals or duties. However these days in most modern societies, holidays have become a recreational function, similar to weekend days.

At some point in our busy lives, all of us need rest and a change of routine. The importance of holidays cannot be ignored, they provide a platform to distance ourselves from the hectic environment in which we are submerged on a day-to-day basis.

Holidays give us time out and an opportunity to relax and reflect on our lives. Difficult decisions can become crystal clear when we are away from our daily routine and have time to think.

Time spent away from home can provide focus and assist in setting future goals and ambitions. It is also a time to reconnect with the family if that has been lacking.

Holidays have therefore become a time when people and families get away from the 'everyday' and enjoy some time to shake off the stress and to unwind. Yes, they are important even if we don't think we need one.

Our kids and/or partner will love having us back again – so let's enjoy and 'go with the flow'.

10 TOP TIPS TO HELP YOU ENJOY YOUR HOLIDAY

Pack properly spend some time organising what you are taking to ensure you don't miss the essentials. There is nothing worse than arriving at your destination to find you have left stuff behind.

Carry essential medications in your hand luggage as well as your suitcase in case your bag ends up in Vladivostok (unless of course that is your destination of choice!).

Find out about the place you are visiting – (Lonely Planet is a great guide) – and plan your preferred activities in advance such as museums, landmarks and tours; this will save lots of time when you get there.

Arrive early at the airport – yes early! Watch fellow travellers get into holiday mode right from the start.

Take a book of fiction – nothing like a rollicking tale to engross you during travel, it will help you to focus on things other than work.

Be patient. Stressing about the time it takes for luggage to be unloaded is pointless – take time to look at the bustle of activity around you.

Wear sun cream whenever you go out. Sunburn could ruin your whole holiday.

Find out from your doctor if any vaccinations are needed. This could save discomfort, and even your life.

Avoid thinking about work and tie up loose ends before you leave. Be mindful of your thoughts drifting back to work, try and avoid the temptation.

Give yourself permission to relax and enjoy the holiday – you deserve it.

SOME IMPORTANT DON'TS:

- Forget your passport
- Forget your tickets
- Forget the kids
- 'Cut it fine'
- Get very drunk
- Believe all the hype about the resort where you are staying
- Assume that the weather is always lovely
- Be disrespectful of local customs

Holidays give us time out and an opportunity to relax and reflect on our lives. Difficult decisions can become crystal clear when we are away from our daily routine and have time to think.





THE SECRET TO BETTER SEX

According to a new study, getting better sleep is the key to having better sex. Young women were more likely to have an appetite for sex and engage in sex if they had slept better the previous night. That's the conclusion of a new study that suggests that each additional hour of sleep increased by 14% the likelihood a woman would engage in sexual activity with a partner the next day. These were the findings reported by the study author, Dr David Kalmbach, a researcher at the University of Michigan – Sleep and Circadian Research Laboratory.

Kalmbach and several colleagues evaluated 171 women, all college-age, who kept diaries of their sleep for 14 consecutive days and reported whether they engaged in sexual activity the next day. Longer sleep time was linked with greater sexual desire the next day. Women with longer average sleep duration said they had better genital arousal than women with shorter sleep time. On average, the women reported sleeping 7 hours, 22 minutes. It also found that women who slept longer got more aroused than women who got less sleep. The findings of the study also point out that not getting enough sleep can reduce sexual appetite and arousal in women.

"Some previous studies have hypothesised that sleep can affect hormone levels, which may cause changes in desire and arousal," he said. "But I think overall, more research is needed in this area to identify the underlying mechanisms more confidently."

"The message," Kalmbach added "is that sleep health is important for many areas of our daily living. Good sleep has been shown to improve mood, energy, concentration, overall health and now, sexual desire and arousal."

Kalmbach had this advice: "If there's anything women or their partners can do to help promote good sleep for one another, whether it's helping out around the house to reduce workload, planning romantic getaways, or just practicing good sleep hygiene, it could help protect against having problems in the bedroom."

This study also supports prior research regarding men and sexual desire. It has been found that men who experience less sleep have lower testosterone levels and ultimately, lower sexual desire.

MORE INFORMATION

www.menshealthnetwork.org

Author

David B. Samadi, MD – Chairman of Urology and Chief of Robotic Surgery at Lenox Hill Hospital – Medical Contributor
www.menshealthnetwork.org

SEX IN YOUR 70'S?

OLDER PEOPLE ARE CONTINUING TO ENJOY ACTIVE SEX LIVES WELL INTO THEIR SEVENTIES AND EIGHTIES, ACCORDING TO NEW RESEARCH FROM THE UNIVERSITY OF MANCHESTER UK AND NATCEN SOCIAL RESEARCH.

More than half (54%) of men and almost a third (31%) of women over the age of 70 reported they were still sexually active, with a third of these men and women having frequent sex – meaning at least twice a month – according to data from the latest wave of the English Longitudinal Study of Ageing.

The paper – lead authored by Dr. David Lee, an Age UK Research Fellow at The University of Manchester's School of Social Sciences – suggests: "We hope our findings improve public health by countering stereotypes and misconceptions about late-life sexuality, and offer older people a reference against which they may relate their own experiences and expectations."

"Our ongoing research is also highlighting the diversity of late-life sexualities, and trying to impose youthful norms of sexual health on older people would be over-simplistic and even unhelpful."

"It is however important that health professionals act on this and are more open about discussing sexual health with older people – it can't simply be assumed to be an irrelevance."

Problems most frequently reported by sexually active women related to becoming sexually aroused (32%) and achieving orgasm (27%), while for men it was erectile difficulties (39%). Chronic health conditions and poor self-rated health seemed to have more obvious negative impacts on the sexual health of men compared to women.

Men were more concerned about their sexual activities and function than women and, with increasing age, these concerns tended to become more common. Sexually active women were less dissatisfied with their overall sex lives than men, and also reported decreasing levels of dissatisfaction with increasing age.

MORE INFORMATION

www.ageuk.org.uk

MEN'S HEALTH CHALLENGES – ARE YOU UP FOR IT?

1. Order a glass of water or juice the next time you're in the pub.
2. Try some fruit or vegetables you've never tasted before or think you don't like.
3. Make at least one journey by foot or bicycle instead of going by car.
4. If you're sexually active, get yourself checked for chlamydia.
5. Stressed out? Walk away from tense situations before you blow up.
6. Find out about the opening hours at your local GP's surgery.
7. Get your blood pressure checked within the next two weeks.
8. Get a mate to quit smoking with you – and get advice about how to stop.
9. Show a doctor that lump, strange-shaped mole, or rash that's bothering you.
10. If you get backache, don't let it become a pain in the ass. Get it sorted.
4. Chlamydia isn't a Greek island or an edible shellfish – it's the most common sexually transmitted infection. There are often no symptoms in men, so you may not know you've got it. That's why we're challenging you to a check-up.
5. Stress is another obvious one. We've all done things we regret when stressed or angry. You won't regret walking away.
6. We're suggesting finding out about your doctor's opening hours because many surgeries now allow you to go there before and after work or at weekends.
7. Getting your blood pressure checked is easy, quick and painless. Many pharmacies will do it, or ask the nurse at your GP surgery. High blood pressure can cause heart disease and strokes – but there are usually no obvious symptoms before this happens.
8. If you smoke, you probably figure that you know the risks already. But did you realise that many men under 50 can't get an erection because of smoking?

YES, IMPROVING YOUR HEALTH IS THAT EASY! AND HERE'S WHY:

1. We're challenging you to think about alcohol, because some men drink in ways that could damage their health in the future. Alcohol-related illness is responsible for the death of too many men in Australia.
2. We're encouraging you to eat more fruit and vegetables because most men don't get enough of them. Taking your '5-a-day' will reduce your risk of heart disease and cancer – and will keep you regular.
3. Walking, instead of using the car, is an obvious challenge – it helps your health, your bank balance and the environment.
9. Do you have a lump, strange-shaped mole, rash or other unusual thing that you've been ignoring? We're challenging you to act now, and get it checked out by a doctor. It might be a false alarm, but it could be something more serious.
10. Whatever your work, make sure that you take care of your back. Always keep it straight when lifting heavy objects. Adjust your chair so that your eyes are level with the top of your computer screen. If required, a pharmacist can advise you about the best type of pain relief.

ARE YOU UP TO THE CHALLENGE?

Acknowledgement

Article written by Ian Banks of the European Men's Health Forum www.emhf.org and provided by the Men's Health Forum in Ireland www.mhfi.org



PROSTATE CANCER TESTING

The World Cancer Congress, held in Melbourne in 2014, developed some draft guidelines aimed at maximising the benefits and minimising the harms of the use of the prostate specific antigen (PSA) test for prostate cancer. This is the first time globally that an expert advisory panel with all the key stakeholders have come together to develop guidelines focused on PSA Testing.

SO WHAT DOES THIS MEAN FOR THE EVERYDAY BLOKE?

There has been much confusion around the diagnosis and treatment of prostate cancer. The PSA test is not accurate enough for population screening although it has remained in widespread use. The amount of PSA in blood can be raised even when a man does not have cancer. Conversely, sometimes the PSA result may be normal even though the man has prostate cancer. If the result of a PSA test or digital rectal examination show that a man may have prostate cancer, the next step is usually to undertake a biopsy of the prostate (although there is growing evidence to suggest there may also be a role for MRI of the prostate before biopsy). A biopsy involves taking samples of prostate tissue using a special needle (core biopsy) examined under the microscope by a pathology laboratory.

Even if cancer is found at biopsy, it does not necessarily mean that treatment is required, as many prostate cancers do not cause harm. Instead, men can safely undergo active surveillance of prostate cancer if it's low risk, and avoid the potential side-effects of erectile dysfunction and incontinence of urine.

THE NEAR FUTURE

Once finalised these new guidelines will be released and provide clarity about how the doctors will deal with the different types and stages of prostate cancers within different age groups.

Dr Jeremy Grummet, a Cabrini urologist, will be delighted if the recommendations are adopted as they should help put an end to the confusion. "The new guidelines will assist men and their GPs to make better-informed decisions about prostate cancer based on the latest available evidence," he said.

Prostate cancer is the second most common cause of cancer deaths in Australian men. Approximately 22,000 Australian men are diagnosed with prostate cancer annually, with 120,000 men living with the disease. About 3300 Australian men will die each year from prostate cancer.



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MORE INFORMATION

PROSTATE CANCER FOUNDATION

www.prostate.org.au

TO REVIEW THE DRAFT GUIDELINES GO TO

[wiki.cancer.org.au/australia/
Guidelines:PSA_Testing](http://wiki.cancer.org.au/australia/Guidelines:PSA_Testing)

F49 EVENTS AND ACTIVITIES UPDATE

Please attend the Foundation 49:
Men's Health Business Breakfast –
Wednesday 17 June 2015



To be held at the RACV Club in Melbourne. The keynote speaker is Dr Peter Larkins (former Olympic athlete and sports medicine expert) and a panel including Justin McLean (Founder of Thrivor.com), Marcus Padley (stock market commentator), Associate Professor Steve Ellen (Psychiatrist – Alfred Health) and F49 Ambassador Nic Stirzaker (Melbourne Rebels). For bookings and sponsorship please visit our website www.49.com.au or contact F49BusinessBreakfast@cabrini.com.au or 03 9508 1386.

F49 COMMUNITY GRANTS – APPLICATIONS HAVE NOW CLOSED

This year, Foundation 49: Men's Health offered community grants up to the value of \$2000. These are provided to community groups for activities or projects aimed at raising awareness of the importance of men's health. Look out for the announcement during International Men's Health Week (15-21 June 2015) of the successful projects.

MEN'S HEALTH GP SYMPOSIUM – SATURDAY 8 AUGUST 2015

A Men's Health GP Symposium will be held on Saturday 8 August 2015 in the new auditorium at Cabrini Hospital in Malvern. This year's event will focus on the four major themes of 'diabetes', dermatology, 'the ageing male' and the 'Vice of Life'. A range of fantastic speakers have been confirmed and we look forward to meeting all interested GPs and health professionals who attend. The event will provide 40 RACGP CPD points and ACRRM accreditation. For more details and bookings please contact us on admin@49.com.au or 03 9508 1382.

WINNER OF THE AUSTRALIAN STREET ROD FEDERATION BLOKES' DAY OUT SUBSCRIBERS GIVEAWAY

New subscribers to a Whole New Ball Game at our stall at the Australian Street Rod Association Bloses' Day Out at

Sandown Park Racecourse on Sunday 1st March 2015 entered a competition to win a \$250 voucher for RACV resorts. The lucky winner was Graeme Hutson of Mornington. Congratulations Graeme, we hope you enjoy your stay!

CABRINI MATERNITY SERVICES – 'NEW DADS ESSENTIAL KIT' INITIATIVE

When new mums have their babies, support is given by midwives and other health professionals both in hospital and at home. They also receive a range of products and baby items. For new dads it's an exciting time, but also a challenging one with juggling work, supporting partners, extra home duties, running errands, and generally being the 'rock' that holds it all together. There is little support provided to men at this important time, so we have developed a kit with some useful information and survival tips.

A new pilot study is being undertaken with new dads attending Cabrini Maternity Services ante-natal classes. Each new dad is given a New Dads Essential Kit and we are asking them to provide some feedback regarding the content and any suggestions about what else to include.

"New dads are such an important part of the family unit and helping them maintain optimum health and wellbeing is our primary goal", said Penny Christie, Manager of Foundation 49: Men's Health.

The kits comprise a blue washable folder with valuable information about maintaining good health and wellbeing.

Each kit contains:

- A *Men's Health Toolkit* booklet
- A *Whole New Ball Game* magazine
- Items from Andrology Australia including the *User's Guide*, testicular cancer factsheet and *Men's Health Contact List*
- Items from Beyond Blue are *Dad's Handbook* and *Anxiety & Depression* brochure
- An evaluation form to provide feedback and ideas to F49

Anyone receiving this kit is requested to fill out the feedback form, respond to the online survey or call us to provide some verbal feedback.

Pictured above from left to right: F49 'New Dad's Essential Kit' recipients Alex Hayes & Leigh Dawkins, with F49's Patrick Mader



DAD - NEED SOME HELP?

Visit

www.newdadssurvivalguide.com

www.babycenter.com.au



5 MINUTES WITH NIC STIRZAKER RABODIRECT MELBOURNE REBELS PLAYER



WE NEED YOUR SUPPORT!

Each hour, four men die from potentially preventable conditions. Foundation 49: Men's Health is working to tackle this crisis.

Title _____ First name _____

Surname _____

Address _____

Suburb _____ Postcode _____

Telephone (H) _____ (B) _____

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Please accept my donation of

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Please find enclosed my

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Card number _____

Expiry date _____ / _____

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Signature _____

You can also make your credit card donation by calling the Cabrini Foundation on (03) 9508 1382 or online at www.cabrini.com.au or www.49.com.au

☐ Cabrini respects your privacy

Please tick this box if you do not wish to receive further mailings from us

Donations of \$2 or more are tax deductible.

Please return your donation to

Foundation 49: Men's Health

183 Wattletree Road

Malvern VIC 3144

Phone: (03) 9508 3549

Fax: (03) 9508 3501

Email: admin@49.com.au

1. WHAT DOES IT TAKE TO MAKE A SUCCESSFUL RUGBY UNION PLAYER?

Well, firstly, a successful individual in sport must have around him a successful team. This includes players, coaches and support staff. If the team is playing well, the individual will always appear to be playing better too!

Outside of that, like anything in life worth achieving, it takes sacrifice, hard work and a bit of luck.

2. WHAT DO YOU THINK IS THE MOST IMPORTANT INGREDIENT OF A WINNING TEAM?

Culture, experience and work ethic. I think a team that has a good culture creates an environment where people want to work hard for each other and this drives performance. By experience I don't just mean playing experience, but playing together. Sides that stay together invariably perform better as the small margins that define professional sport can be won or lost in having good combinations.

3. WHAT HAS BEEN YOUR CAREER HIGHLIGHT?

Some of our wins this year. Most probably beating the Crusaders away in Christchurch in Round 1.

4. WHAT HAS BEEN YOUR CAREER LOW?

As a professional player, injuring my ankle for the second time in the same season last year. Exact same injury five weeks later which put me out again.

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

Physically I play sport for a living so that is quite enough! Our physios and team doctor do a great job in keeping us on the park as well. Mentally, lots of things. Full-time sport is quite a focused environment so it is important to check-out mentally.

6. WHAT HAS BEEN THE BIGGEST HEALTH CHALLENGE YOU HAVE FACED?

Being young and healthy I am yet to face any real challenge. Perhaps just rugby injuries – two broken noses, a broken cheek and an ankle operation.

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

An apple a day keeps the doctor away.

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

A steak with chips, probably at the Leveson Hotel.

9. WHAT DO YOU DO TO RELAX AND UNWIND?

I read, love music, have recently reacquainted myself with surfing and am still finishing my Bachelor of Commerce.