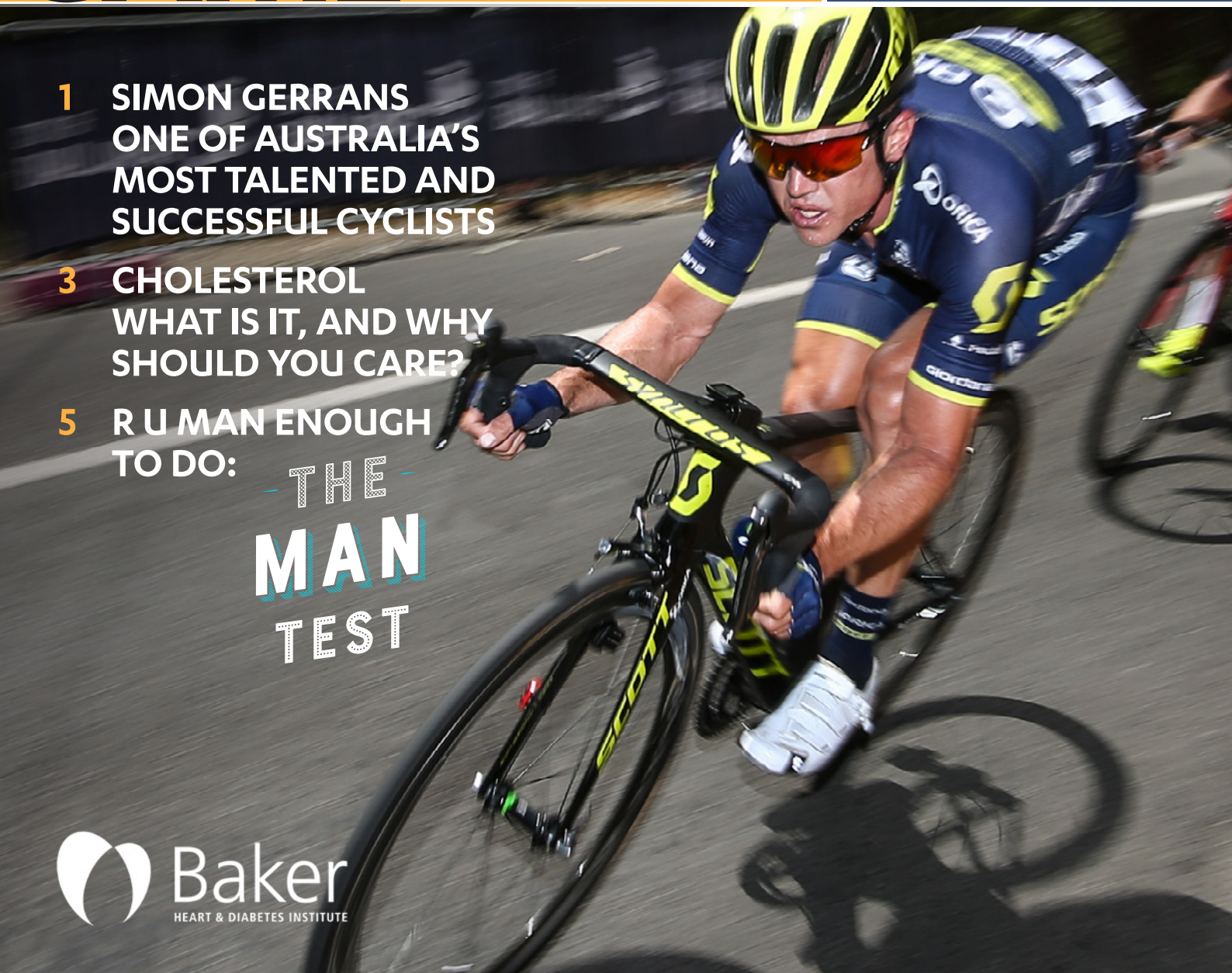


A WHOLE NEW BALL GAME

HEALTH INFORMATION
FOR AUSTRALIAN MEN
ISSUE 31 // JUNE 2017
ISSN 2203 7535

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TO DO:**

THE
MAN
TEST





Associate Professor Gary Richardson

WELCOME TO EDITION 31 OF THE WHOLE NEW BALL GAME MAGAZINE.

This month we are launching the “Man Test” at www.mantest.com.au – an important initiative to encourage men to take control of their health and visit their doctor for a regular health check.

We know many men avoid going to the doctor unless they are extremely unwell, but often it is too late and the consequences can be catastrophic.

The “Man Test” will take you less than 2 minutes and will provide you with a checklist of important questions to ask your doctor. It may just save your life. And you’ll go in the draw to win one of two \$1,000 Bunnings vouchers.

Now is as good a time as any. Have you booked in a health check with your doctor lately?

While you’re at it, why not book a ticket to our annual F49 Men’s Business Breakfast? Our keynote speaker is champion swimmer Geoff Huegill, join us and get the inside story on the greatest comeback in Australian sporting history. As well as hearing from Geoff, Richard Stubbs comedian and recent ABC radio host will be sure to provide you with a few laughs as the MC for the event.

As the cycling season in the northern hemisphere warms up and the Tour de France is just around the corner, we were fortunate to have one of Australia’s champion cyclists, Simon Gerrans provide some insight into his career as a professional cyclist in the Orica GreenEdge Team and the sport that he is so passionate about.

Live Long, Live Well

THE MAN TEST

Gary Richardson
Chairman, Foundation 49

Foundation **49**
Men’s Health

LIVE LONG. LIVE WELL.
WWW.49.COM.AU

Foundation 49: Men’s Health is an initiative of the Baker Heart and Diabetes Institute and is funded through your donations and special events. For more information or to make a donation, please call (03) 8532 1516 or visit www.49.com.au

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 KRETZER AC

References from articles in this magazine are available at www.49.com.au



QUESTION FOR THE QUACK

STEVE AGED 45 WRITES:

My wife keeps nagging me to go to the doctor for a health check. I feel great and I think it’s a waste of my time and the doctor’s to go for an appointment if I’m not sick.

Many life threatening health conditions for example heart conditions, high blood pressure and diabetes can be prevented if diagnosed and treated early enough. Often there are no symptoms and a sudden and serious health event can be catastrophic for you and your family.

Prevention is definitely better than cure, so having regular health checks with your GP is a sensible move. Find out about your family medical history as there may be a genetic link which predisposes a likelihood of a serious health condition in later life, prostate and bowel cancer are good examples of these type of conditions.

Doctors are trained to provide advice on preventive strategies, so it would not be a wasted visit and is an opportunity to provide you with current evidence based information on a range of health and wellbeing topics. Building a good and trusting relationship with your GP is a great idea.

JESSE AGED 28 WRITES:

I’m a bit worried that my balls are too small. What size is normal? I have no problems having sex and ejaculating.

The testes (testicles) are a pair of egg shaped glands in the scrotum. In adult men they are normally around 15 to 35 mL in volume. They have 2 main roles; to make sperm and to make testosterone. Testosterone assists in the transformation of a boy to a man, including the development of the penis and testis and other male features like body and facial hair. Sperm are made in the many loops of small tubules in the testis. It takes about 70 days to complete the development of sperm that are able to swim and fertilise an egg. If testis are small there may be hormonal concerns and issues with fertility. Make an appointment with your GP and get checked out if there are any concerns, your GP will be able to provide advice.

SIMON GERRANS IS ONE OF AUSTRALIA'S MOST TALENTED AND SUCCESSFUL CYCLISTS.

Currently a member of the Orica GreenEdge Team, we were lucky to catch him before he returned to Europe for the Tour de France.

Simon Gerrans is one of Australia's leading cyclists and an elite athlete. He is taking part in a research study which is being led by Associate Professor Andre la Gerche Head of Sports Cardiology at Baker Heart and Diabetes Institute. A/Prof la Gerche is a cardiologist specialising in cardiac imaging, a Future Leadership Fellow of the National Heart Foundation and a National Health and Medical Research Council (NHMRC) Career Development Fellow. He completed a PhD at the University of Melbourne and 4 years of post-doctoral research at the University Hospital of Leuven, Belgium, where he is a Visiting Professor.

Currently A/Prof la Gerche is involved in The Pro@Heart study which aims to assess the effects that endurance exercise has on heart function and how this affects the health of athletes in the long-term. They are also assessing how much your genes (factors passed on from your parents) influence the changes to your heart size and function.

It is extremely important to realise that exercise training (even at the very highest levels) is associated with excellent health, but there is a small amount of information suggesting that endurance exercise is associated with some heart rhythm problems.

This study will be the largest study of its kind and will enable us to clarify whether there are any risks involved in long-term endurance exercise. In addition, we aim to identify any markers on heart imaging and gene testing that may help us identify the small number of athletes who may be at higher risk.

Simon was born in Melbourne and grew up in Mansfield in country Victoria. He says although he wasn't the best student he enrolled in university to study business, but it was cycling that took over.

Simon who was introduced to the sport by neighbour and former yellow jersey holder Phil Anderson. Before long, Simon's racing success began impacting on his studies so he deferred university to accept a scholarship from the Australian Institute of Sport. His career highlights include a win in the under 23 National Road Race championship, 1st in the Tour of Tasmania the 1st stage of the Grand Prix

Tell. In 2013 he won stages 3 and 4 of the Tour de France and wore the yellow jersey. This year he came 2nd in the Cadel Evans Great Ocean Road Race and 2nd in the National Road Race Championship, making him one of Australia's most successful cyclists.

Simon says the sport has given him so much. As well as professional success, cycling introduced him to his wife and many of his friends. But his career has not been without its disappointments. Simon has broken his wrist, arm and shoulder and in 2016 broke his collar bone which cost him both the Tour de France and an opportunity to compete in the Olympic Games.

Simon rides for the Orica GreenEdge team which boasts a formidable roster of both national and international riders.

So how do elite cyclists keep themselves fit and well both physically and mentally? To keep in peak condition, Simon combines cycling, gym work and nutrition.

Simon explains, "As professional athletes we are constantly monitored by the team medical staff to ensure we are fit and healthy. They monitor our heart function, conduct regular blood tests and address any other health concerns as they arise."

He goes on, "I prepare myself mentally by ensuring my training stays on track. We don't have a designated psychologist with the team, but the Australian Institute of Sport have trained professionals should we need them."

Simon says nutrition is a key component to maintaining his health and wellbeing. "It's important to avoid fads in favour of a balanced diet. During competition times, I need to increase my energy intake but otherwise I focus on eating fruit and vegetables." Given his commitment to his health, what is Simon's opinion on the reports of drug use that has plagued the sport? Simon says, "Drug use was a problem in the previous generation of cyclists, but today, we are all closely monitored and required to undergo frequent drug tests." In the future, Simon hopes to continue competing at an elite level for at least a few more seasons – and to spend more time with his young family.

For more information contact
andre.lagerche@baker.edu.au



TIPS FOR ANYONE WHO IS CONTEMPLATING CYCLING?

“-GET ON A BIKE AND TRY IT! YOU DON'T NEED A TOP OF THE RANGE BICYCLE; JUST GET OUT AT THE WEEKENDS WITH YOUR MATES! IT'S GREAT SOCIALLY, MENTALLY AND PHYSICALLY!”



HAPPINESS IS WITHIN YOU

In this fast moving world we live in, have you ever stopped to think about whether you are happy or stressed? Mostly we run on autopilot, getting through hectic working week, bringing work home, shopping, picking up the kids from sporting activities, cooking dinner, getting the kids off to bed, falling asleep in front of the TV, going to bed and waking up to do the same thing again the next day.

Many factors influence how we feel on a day-to-day basis, whether it's a struggle at work or an issue in our personal lives. All of these can decrease our feelings of positivity, contentment and wellbeing.

Sonja Lyubomirsky, a Professor at the University of California Riverside, has been researching this topic for several years. She has spent most of her career studying happiness, driven by the desire to know what makes people happy and how people can become happier.

Professor Lyubomirsky suggests that until recently, most research psychologists were more interested in what made people depressed rather than happy. But research in positive psychology investigates how people can become happier by making changes in how they think and act.

People with happy brains have their parents to thank, to a certain extent, for happy genes, but also for loving and secure childhoods. Studies have shown that angry or critical parents can actually alter a child's happiness level until it is set around age 16. But can adults adjust their own feelings of happiness?

Through clinical trials, Professor Lyubomirsky has found that people can indeed force themselves to become happier. Not surprisingly, these interventions take work, because people easily fall back to their pre-determined happiness set points. Scientists have known for decades that a large part of temperament is genetically pre-determined; by studying the personalities of identical

twins they've found that about 50% of our happiness - or unhappiness - can be traced to our genes. Adding the 40 % percent that we control with our daily thoughts and actions, this leaves about 10 % unaccounted for. This remainder is related to our life circumstances, such as where we live, how much money we have, our marital status, and how we look.

"In many ways, this is the most important idea in neuroscience in the last decade," suggests Lyubomirsky. "Our brains are just waiting to be transformed and they're always being transformed. But we can take responsibility and change the brain in more positive ways."

"Research is showing pretty convincingly now that happiness is really within us, it's not outside of us," said Professor Lyubomirsky. "It's in what we do. It's in how we act and how we think every day of our lives."

RETHINK BEFORE YOU DRINK

Alcohol can affect your liver or cause brain damage, heart disease, high blood pressure and increase the risk of cancers.

Men have a tendency to indulge in risk-taking behaviour's while drinking. So how can you reduce the risks associated with drinking while still enjoying a tipple?

Avoid drinking more than 2 standard drinks on any given day and no more than 4 standard drinks on any one occasion.

The more alcohol you drink in a single session, the greater the risk of you being injured. Drinking 4 standard drinks more than doubles your risk of injury in the following 6 hours.

TIPS TO REDUCE THE RISK TO YOUR HEALTH WHEN DRINKING:

- Set limits for yourself and stick to them
- Start with non- alcoholic drinks and alternate with alcoholic drinks
- Drink slowly
- Try drinks with a lower alcohol content
- Eat before or while you are drinking
- If you participate in a rounds of drinks include some non-alcoholic ones

For more information visit
www.alcohol.gov.au

A STANDARD DRINK CONTAINS 10 GRAMS OF ALCOHOL.





SUGAR, GLUCOSE, CARBS AND STARCHES WHAT IT ALL MEANS

What is the difference between 'sugar' and 'glucose'? Sugar is the general name for sweet carbohydrates that dissolve in water. "Carbohydrate" is a food made only of carbon, oxygen, and hydrogen. When people talk about 'blood sugar,' they mean 'blood glucose.' The two terms mean the same thing.

There are various different kinds of sugars. The one our body uses most is 'glucose.' Other sugars we eat, like fructose from fruit or lactose from milk, are converted into glucose in our bodies so we can use them for energy.

Our bodies also break down starches, which are sugars stuck together, into glucose. When glucose levels get higher than normal, they start to cause inflammation in blood vessels and nerves. This is where all the complications of diabetes come from. So you don't want high blood glucose levels.

Normally, your blood glucose levels increase slightly after you eat. Glucose is transported from the intestines or liver to body cells via the bloodstream and is made available for cell absorption via the hormone insulin, which is produced primarily in the pancreas. In people without diabetes, normal insulin function keeps sugars in a normal range.

If your blood sugars are consistently over the normal range your GP will undertake tests to determine a diagnosis and the best management. Maintaining a healthy weight and eating fresh nutritious food may help prevent the onset of diabetes.

The aim of diabetes treatment is to bring blood sugar as close to normal as possible. A blood glucose test measures the amount of a type of sugar, in your blood. When you have diabetes, insulin function is damaged so your body requires assistance, through diet and exercise. You may also be prescribed medication to assist you with blood glucose regulation.

Effective management of diabetes is all about aiming for a careful balance between the foods you eat, how active you are and the medication you take. Because of this delicate balance, it can be quite difficult to achieve ideal control all the time.

The ranges will vary depending on the individual. It is important to keep your blood glucose levels as close to the target range of between 4 to 6 mmol/L (fasting) as possible to prevent complications – and to check with your GP or Credentialed Diabetes Educator for the range of blood glucose levels that are right and safe for you.

For more information visit
www.baker.edu.au





R U OK? DEPRESSION AND ANXIETY IN MEN



KEY MESSAGES

- Depression is common and treatable.
- Whatever it may be, sharing the load with someone else can really help.
- Remember that anxiety and depression are illnesses, not weaknesses and effective treatments are available.

A few years ago it would have been unheard of for a man to admit to suffering from any mental health condition. Admitting you may be depressed or anxious might elicit a scathing retort of 'pull yourself together' or 'man up' or similar unhelpful responses. Naturally, in the past, men chose to hide or bottle up their worries and carry on as usual. Fortunately, times have changed.

Jack Heath, SANE Australia chief executive officer, says "young men are often put off from seeking help because of stigma, embarrassment and the need to appear independent. Instead, they stick it out on their own, hoping the problem will go away".

"There are notions of masculinity and what it means to be a man that prevent them from getting help," he explains.

"There's a belief that the very idea of being a man is that you deal with stuff and you don't reach out or connect. Untreated, the problem snowballs. The combination of that and the notion of having to deal with it alone, is the reason behind high suicide rates."

Genetics, substance abuse, a traumatic childhood and relationship issues are thought to be the most common reasons people can develop a mental illness. Men are less likely to get the help they need, with other ABS data showing only 27% of men seek professional help, compared to 40% of women. In many cases men turn to drugs or alcohol instead of getting assistance, this is especially so with men under 25.

"For a lot of men, the process of talking really puts them off. Moving straight to the practical steps they can take to help while learning about their illness, such as eating well, exercising and getting into a regular sleep pattern, is something many guys feel engaged with and empowered by."

While seeing a psychologist is an excellent form of support, there are many other options for men who are uncomfortable talking about their feelings.

"For guys, quite often it's about being connected, without actually talking. It's the reason why going to a sporting event with a mate is good. It gives you a sense of connection, without having to talk about your feelings."

For more information visit

Headspace:
www.headspace.org.au

ReachOut:
<http://au.reachout.com/>

Beyondblue:
www.beyondblue.org.au/taking-action

Black Dog Institute:
www.blackdoginstitute.org.au/

MindHealth Connect:
www.mindhealthconnect.org.au/

"THERE'S A BELIEF THAT THE VERY IDEA OF BEING A MAN IS THAT YOU DEAL WITH STUFF AND YOU DON'T REACH OUT OR CONNECT. UNTREATED, THE PROBLEM SNOWBALLS. THE COMBINATION OF THAT AND THE NOTION OF HAVING TO DEAL WITH IT ALONE, IS THE REASON BEHIND HIGH SUICIDE RATES."





EXERCISE GETTING FIT, KEEPING STRONG, FEELING GREAT

Mention 'exercise' and many people roll their eyes and sidle away.

So what is it about the word 'exercise' that puts some people off? Perhaps it conjures up hours of running on a treadmill, or repetitive 'circuits' at the gym?

But what many people don't know is that simple activities like walking, lifting shopping bags out of the car and taking up the stairs is exercise. Gardening, cleaning the windows or mowing the lawn, all constitute 'incidental' exercise.

Before you breathe a great sigh of relief and pat yourself on the back, it's not quite that simple. The Australian Government recommends 30 minutes of exercise every day, but that must include some exercise that gets your heart rate up - yes sex does do that as well, but you also need other activities!

The Department of Health says that physical activity is defined as any bodily movement produced by one or more large muscle groups, for movement as part of: leisure (including sports, exercise and recreational activities); transport (walking or cycling); and occupation (lifting, carrying or digging).

These activities should be carried out at moderate to vigorous intensity, meaning they require some effort, but conversation is possible. More vigorous activity makes you breathe harder or puff and pant (depending on fitness).

Regular physical activity is hugely beneficial for your health as it reduces the risk cardiovascular disease, type 2 diabetes, anxiety, depression, musculoskeletal problems, some cancers and unhealthy weight gain.

Doing some physical activity is better than doing none at all, and increasing amounts of physical activity provide even more health benefits. So get off that couch now! You will be surprised how with a bit of effort, you will start to become stronger and feel great.

Be sure to seek medical advice before embarking on an exercise regime if you haven't done any recently.

For more information visit
www.health.gov.au

GET ON YOUR BIKE!

Riding to work, school, uni or college, or taking your bike on short neighbourhood trips is a convenient and practical way to incorporate regular exercise into your busy day and better for the environment.

According to the Queensland government cycling 10 km each way to work would save 1500 kg of greenhouse gas emissions each year. They also suggest that hold ups, due to traffic delays in Australia's major cities account for around 13 million tonnes of greenhouse gas emissions each year. Cycling during peak hours would contribute to further emission reductions by reducing congestion and improving traffic flow.

Cycling enables people to interact socially and feel more at home in their local community. More people cycling and walking, provides additional opportunities for social interactions on the streets and this enhances a sense of community. For men it is a great opportunity to engage with others and talk shoulder to shoulder.

Shared cycling and pedestrian facilities can also create benefits for pedestrians and people with disabilities by providing an increased network of paths and improved road crossings. Increasing bikes in the neighbourhood provides a safer road environment and children can also take advantage of slower and less dangerous traffic to cycle as well.

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun and cheap.

According to the Victorian Government's Better Health website the health benefits of regular cycling include:

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones
- decreased body fat levels
- prevention or management of disease
- reduced anxiety and depression.

So what are you waiting for? Jump on your bike and start pedalling toward the benefits today.

PROSTATE CANCER

Prostate cancer is the second highest cause of death in Australian men, but low grade forms of the disease can be relatively harmless. Prostate cancer is diagnosed after a variety of tests have been undertaken. Accurate diagnosis is vital in helping to decide the most appropriate treatment.



SO WHAT IS THE PROSTATE?

The prostate gland is the size of a walnut and sits just below the bladder surrounding the Urethra - the passage through the penis where urine and semen pass.

The function of the prostate is to make seminal fluid to transport sperm during ejaculation. The prostate needs the male hormone testosterone to grow and develop normally. Unfortunately it is very common for things to go wrong in the prostate, especially in men over 50.

In the early stages, there may be no symptoms. In the later stages, some symptoms of prostate cancer might include:

- Feeling the frequent or sudden need to urinate
- Finding it difficult to urinate (for example, trouble starting or not being able to urinate when the feeling is there or poor urine flow)
- Discomfort when urinating
- Finding blood in urine or semen
- Pain in the lower back, upper thighs or hips.

These symptoms may not mean you have prostate cancer, but if you experience any of them, go and see your doctor.

DIAGNOSIS

Diagnosis is made after blood tests for Prostate Specific Antigen (PSA) levels and a Digital Rectal Examination (DRE) are undertaken and cancer is suspected. You will be referred to an Urologist for a needle biopsy (tissue sample) of the prostate.

There are a wide range of treatment options for prostate cancer. The form of treatment depends on the aggressiveness and extent of the disease as well as the general health and life expectancy of the individual.

Most importantly if prostate cancer is confirmed, you need to be well informed about your treatment options, have trust in your GP and Urologist, so together you make you are able to make the right decision for you.

For more Information visit
www.andrologyaustralia.com.au
www.pcfa.org.au

**IN AUSTRALIA,
PROSTATE CANCER IS
THE MOST COMMONLY
DIAGNOSED CANCER
IN MEN**

**MORE THAN 3,000
MEN DIE OF PROSTATE
CANCER IN AUSTRALIA
EVERY YEAR**

**MORE MEN DIE OF
PROSTATE CANCER
THAN WOMEN DIE OF
BREAST CANCER**



FUEL FOR LIFE VEGETABLES AND FRUIT

The Australian Government recommends that you enjoy a wide variety of nutritious foods from these five groups every day

- ✓ Plenty of vegetables, of different types and colours and legumes/beans, around 5 serves a day (one serve is around half a cup of cooked vegetables and a whole cup of salad vegetables)
 - ✓ Fresh fruit 2 serves per day
 - ✓ Grains (cereal) foods, mostly wholegrain and/or high cereal fibre varieties such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
 - ✓ Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
 - ✓ Milk, yoghurt, cheese and/or their alternatives. Mostly reduced fat.
- ✗ Try to limit the intake of foods high in saturated fat such as biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - ✗ Avoid or substitute food and drink containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.
 - ✗ Limit the intake of foods and drinks containing added salt and avoid adding salt during or after cooking if possible.

Enjoy this wholesome, nutritious and manly pasta from the Baker Wellness Plan



SPICY FISH TACOS

SERVES: 4

PREP TIME 25: MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 x 300 g blue-eye trevalla fillet
- 1 teaspoon ground cumin
- 1/2 teaspoon mild chilli powder
- 1 tablespoon lime juice
- 1 cob sweetcorn, husk and silks removed
- olive oil spray, for cooking
- 4 cups (320 g) finely shredded
- red cabbage
- 1 baby cos lettuce, shredded
- 1 red onion, thinly sliced
- 2 handfuls coriander leaves, coarsely chopped
- 4 flour tortillas
- 1/2 quantity black bean dip

BAJA SAUCE

- 1/2 cup (140 g) reduced-fat natural Greek-style yoghurt
- 2 teaspoons lime juice
- 1/4 teaspoon mild chilli powder, or to taste pinch of salt

METHOD

1. Sprinkle the fish all over with the cumin and chilli powder. Place in a glass bowl and add the lime juice. Set aside for 10-15 minutes to marinate.
2. Meanwhile, heat a barbecue flat-plate or heavy-based frying pan over high heat. Spray the corn lightly with oil and cook on the flatplate or frying pan, turning occasionally, for 8-10 minutes or until the kernels are lightly charred and tender. Transfer to a plate to cool slightly. Leave the flat-plate or frying pan over a low heat, ready for cooking the fish.
3. Remove the fish from the marinade, shake off any excess liquid, then lightly spray the fillet with oil. Cook on the barbecue flat-plate or frying pan over medium heat for 3-4 minutes on each side or until browned and cooked through. (The cooking time will depend on the thickness of the fillet.) Using a sharp knife, cut the fish into 4 equal portions.
4. Using a large, sharp knife, carefully cut the corn kernels from your cooked cob. Toss the cabbage, lettuce, onion and coriander in a large bowl. Sprinkle with the corn and set aside.
5. For the Baja sauce, combine the yoghurt, lime juice, chilli powder and salt in a small bowl. Cover and set aside until required.
6. Meanwhile, warm the tortillas briefly on the barbecue flat-plate or in a dry non-stick frying pan. Wrap in a clean tea towel to keep them warm and pliable.
7. Top each tortilla with one-quarter of the black bean dip, 1 portion of fish and a dollop of Baja sauce. Add a heaped spoonful of the salad, then fold the tortilla in half and serve immediately with any remaining salad and sauce on the side.



NUTRITIONAL ANALYSIS TO SERVE 4 (PER SERVE)

ENERGY (KJ) 1290
PROTEIN (G) 28
CARBOHYDRATE(G) 29
SATURATED FAT (G) 2.2
SODIUM (MG) 334
FIBRE (G) 10

Recipe extract and images from *The Baker Wellness Plan* by Baker Heart and Diabetes Institute, published by Penguin Random House, March 2017.

For more information visit
www.eatforhealth.gov.au

IS YOUR SEX LIFE SATISFYING?

Human sexuality is complex and varied and can be influenced by any number of factors. These include but are not limited to your age, your physical and emotional health, medications you may be taking, substance use and abuse, lack of sleep and work stresses to name a few.



Sometimes one person's sex drive doesn't match his or her partner's sex drive. The simple truth is that everyone is different and there is no "norm" for sexual behaviour.

Erectile Dysfunction (ED) is a common condition where men have difficulty getting and maintaining an erection firm enough for sexual activity. Often men joke about it, but when it happens over and over, it's not only distressing but can mean something is wrong.

We take getting an erection for granted, and think it will come up whenever we demand. However the mechanism is complicated, requiring the mood and healthy nerves and arteries to make it happen. Most men will have occasions where things don't work out – that's normal and shouldn't cause concern. However when it persists this can be very distressing to both the man and his partner. The longer it is left untreated, the more the relationship may suffer. Unfortunately many men start to avoid sexual activity rather than seeking help.

For men in middle age, the blood flow to the penis may be impaired because of smoking, high blood pressure, diabetes or high cholesterol. When this is associated with ED it can mean the circulation to the heart may also be impaired. Checking out a man with ED often picks up these problems in a timely way, allowing the underlying conditions to be treated before more serious problems arise. Mental health problems also frequently affect sexual function.

For most men with ED treatment is available which will allow an erection to be achieved and sexual activity restored. The local GP is in a position to guide men about these treatments, as well as assessing the important associated factors.

Other sexual dysfunctions are not so common but also need to be addressed. These include loss of interest in sex, premature ejaculation, delayed ejaculation and inability to climax. Again the local GP can help with these conditions or recommend an expert who can help.

If you are having problems in this area talk about it with your partner. Sometimes they feel rejected as they don't understand what is going on. They may feel they are to blame, or you no longer find them desirable, or you may be getting sex elsewhere. If talking to your partner about your sexual needs and concerns is too difficult, seek professional assistance from a third party you trust, like a GP or sex therapist.

For more information visit
www.andrologyaustralia.org

SMOKING



Smoking raises your risk for most health conditions and has been the target of government, health body and public awareness campaigns for many decades. The aims to reduce the number of smokers in Australia and save thousands of lives and years of disability. Fortunately the mechanisms that have been put in place are working and the smoking rates are at an all-time low.

Vic health the State Health Promotion body are promoting a new Quit campaign that is targeting young men who have excuses for not giving up smoking.

The campaign shows a young man who uses typical excuses to delay quitting – figuring he will quit smoking once footy training starts, or before he wakes up coughing or becomes a father.

Time catches up with the young man, who finds himself still smoking in his early 40s, struggling to keep up with his young children and wishing he'd quit years earlier. The message is: "You know you'll quit one day, so get tough with yourself – do it now".

The new campaign comes as new Cancer Council Victoria data released today shows that more men in the state were daily smokers (13.9%) than women (10.1%) in 2015.

For Victorian smokers aged 18 to 29 years:

In 2015, 16.1% of young men were daily smokers, compared to 11.5% of young women.

This is down from 2004-05, when 26.9% of young men were daily smokers, compared to 23.2% of young women.

Overall in 2015, 11.9% of Victorians were daily smokers. This represents a substantial decline over the past decade, from 17.3% of Victorian adults who were daily smokers in 2004-05.

BENEFITS TO YOUR HEALTH AND LIFE FROM QUITTING SMOKING INCLUDE:

- ✓ Your sense of taste and smell may improve, so you may enjoy your food more.
- ✓ Exercising to increase your fitness will become easier.
- ✓ Without cigarette tar staining your teeth and fingers it will be easier to take care of your appearance.
- ✓ You will be free from the hassles of smoking, such as smelling of smoke, or always having to make sure you have enough cigarettes.
- ✓ Your fertility levels will improve (in both men and women), and if you're a woman, your chances of having a healthy pregnancy and baby will also increase.
- ✓ You will save thousands of dollars a year that you can save or spend on other things.
- ✓ Your family and friends will also benefit because:
 - you won't put their health at risk with second-hand smoke any more
 - your children will be less at risk from bronchitis, pneumonia, asthma, meningitis and ear infections.

For more information visit
www.betterhealth.vic.gov.au
www.quitnow.gov.au



SKIN CHECK SPOT ON!

The high prevalence of skin cancer among Australia's population, together with 30 years of public health campaigns such as SunSmart, has raised community awareness and anxiety about skin cancer.



SunSmart and the Cancer Council Victoria recommends you become familiar and get to 'know your skin' and how it normally looks. Be alert to new or changing moles, freckles and spots. If you notice anything unusual, see your doctor straight away.

CHECKING YOUR SKIN

Most skin cancers are detected by people themselves or by a family member. Make sure you check your entire body as skin cancers can occur on parts of the body not exposed to the sun. Ask a friend or family member to check areas you cannot see, such as your scalp and back. See your doctor immediately if you see anything unusual or notice any changes to your skin.

**IF IN DOUBT
CHECK IT OUT!**

TYPES OF SKIN CANCER

MELANOMA

- Most deadly form of skin cancer as can spread to other parts of the body.
- Appears as a new spot or an existing spot that changes in colour, size or shape.
- Can appear on skin not normally exposed to the sun.
- Common features of melanoma include:
 - One half of the spot does not match the other.
 - Edges are irregular, ragged, notched or blurred.
 - Colour is not the same all over.
 - Larger than 6mm across (about ¼ inch) or is growing larger
- Nodular melanoma
 - Grows quickly.
 - Looks different from common melanomas.
 - Raised and even in colour.
- Many are red or pink and some are brown or black.
- They are firm to touch and dome-shaped.
- After a while they begin to bleed and crust

BASAL CELL CARCINOMA

- Most common, least dangerous form of skin cancer.
- Red, pale or pearly in colour, appears as a lump or dry, scaly area.
- May ulcerate or fail to completely heal.
- Grows slowly, usually on areas that are often exposed to the sun.

SQUAMOUS CELL CARCINOMA

- A thickened, red scaly spot that may bleed easily, crust or ulcerate.
- Grows over some months, usually on areas often exposed to the sun.
- More likely to occur in people over 50 years of age.

For more information visit

www.sunsmart.com.au

www.cancer.org.au/about-cancer/types-ofcancer/skin-cancer.htm

GEOFF HUEGILL AUSTRALIAN SWIMMING LEGEND



After weighing in at over 138kg, Geoff Huegill's story, is truly Australian, fighting his way back to international, elite level swimming and becoming an inspiring role model in his "comeback" quest. At the 2010 Delhi Commonwealth Games, eight years after he won his last Commonwealth title, Geoff Huegill brought home two gold and one silver medal. The first time in six years since an Australian male swimmer had won an individual Olympic or Commonwealth Games gold medal. It's statistically true that the man they call 'Skippy' swam the best

race of his life in the 100m butterfly final. His time, 51.69sec, was easily the fastest he has ever swum and astonishingly placed him, at 31 years of age, second in world rankings behind the greatest swimmer of all time, American - Michael Phelps. In 2011 Geoff won silver and bronze at the World Championships in Shanghai. Geoff will talk about his personal struggles after swimming and his rise from depression to his current position within the ranks of the business and corporate world, he is also has humanitarian ambassadorships.

MEN'S HEALTH BUSINESS BREAKFAST WEDNESDAY 14 JUNE 2017

Join us at the annual Men's Health Business Breakfast on 14 June and kick off International Men's Health Week with some truly inspiring stories!



Keynote address by Geoff Huegill

Get the inside story on the greatest comeback in Australian sporting history — and what it can mean for you. Geoff Huegill tells the story of his life, from world champion swimmer and world record holder, to the depths of despair and depression during his retirement. Geoff will share an honest and raw account of how he transformed himself from lost soul to national hero and explain how anyone can use these principles to be their best.



MC - Richard Stubbs

Fresh from the Melbourne Comedy Festival, this legendary Australian comedy icon will be sure to entertain us as host of this year's Breakfast.

When: 14 June 2017

Time: 7:30am to 9:00am

Where: RACV Club,
501 Bourke Street,
Melbourne

RSVP: 7 June 2017

Ticket Sales:

Purchase online at:
**f49breakfast2017.
eventbrite.com.au**
or phone:
1300 728 900

Table for 10
\$1,100
Individual
\$110

Share this event with your clients, your staff, friends and your sons.
All funds go towards supporting the work of Foundation 49: Men's Health.



WE NEED YOUR SUPPORT!

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

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