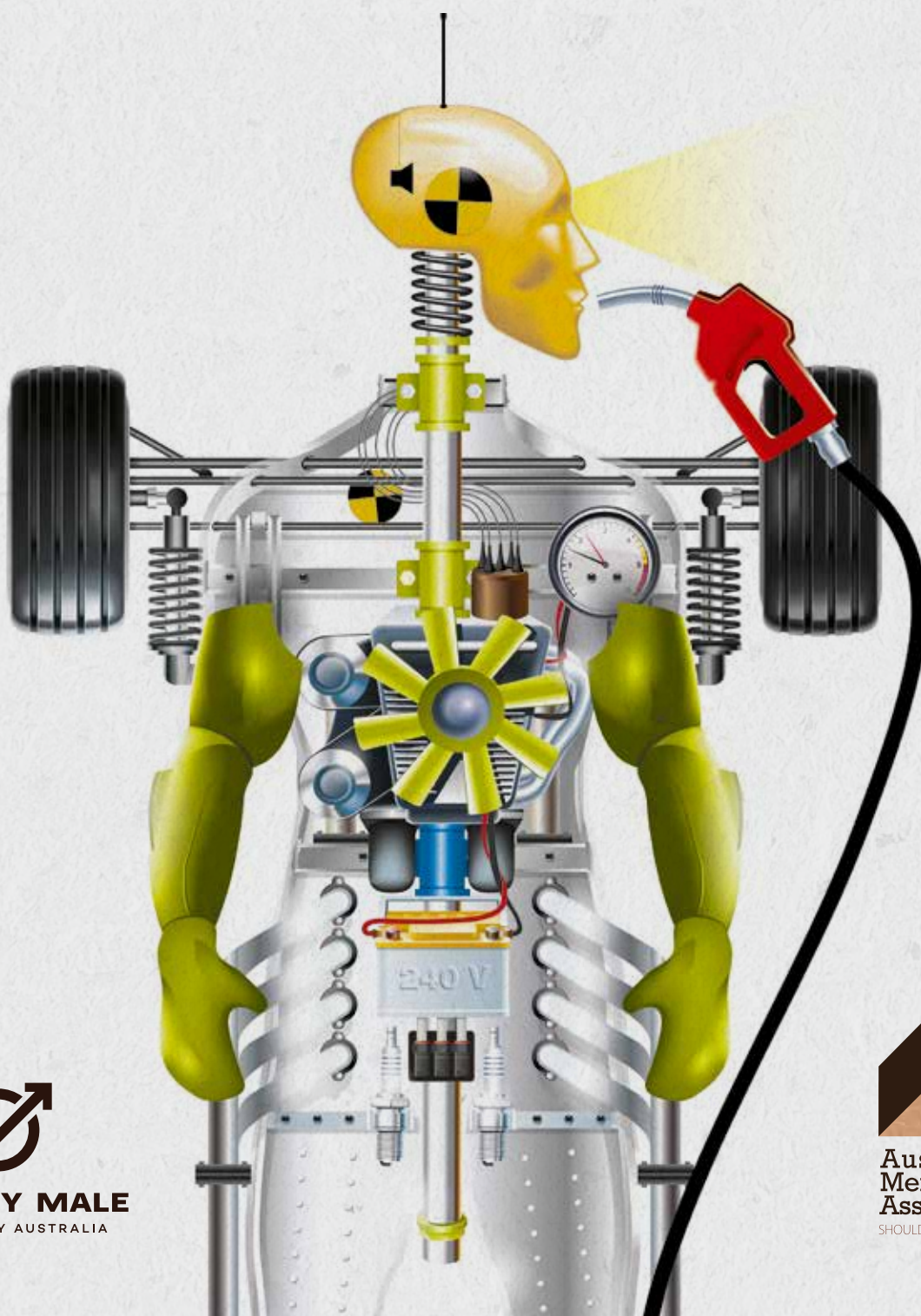


SPANNER

IN THE

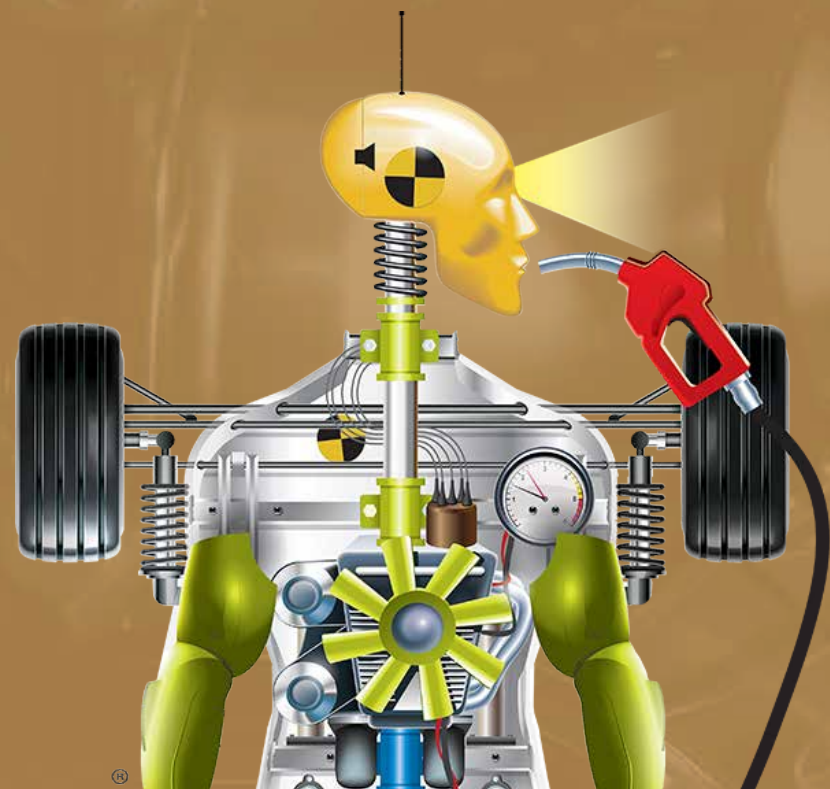
WORKS?®



HEALTHY MALE
ANDROLOGY AUSTRALIA



**Australian
Men's Shed
Association**
SHOULDER TO SHOULDER



INTRODUCTION

This men's health service and maintenance schedule has been brought to you by the Australian Men's Shed Association and Healthy Male. We are passionate about ensuring that all Australian males are supported to live healthier lives.

We trust that the DIY tips provided here and recommendations for regular servicing and maintenance checks with your healthcare team will provide a road map to better health and wellbeing.

All the best on your travels in life.



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YOUR ROAD MAP TO GOOD HEALTH

Us men can generally be quite particular about our machinery. It doesn't matter if we're farmers, office workers, timber workers, truck drivers, miners, corporate leaders or car owners - when a service is due on our machinery, we either do it ourselves, or we get a mechanic to do it. By following the proper servicing schedule, we can keep our machinery in peak condition and prevent costly repairs or damage before they become major issues.

Our most valuable piece of machinery is our own health and wellbeing. If we break down then we're unable to operate all the other machinery that we have. When it comes to looking after ourselves though we're generally not so good! We mostly don't have a "maintenance schedule" and tend to use a "wait and see" approach. If we get aches or pains, or we're going through a tough time emotionally, our attitude is often - "I'll battle through this".

We get away with this most of the time. Only when the aches, pains or difficult emotions are getting the better of us, do we make the decision to do something about it, and get things checked out by our mechanic (our GP). We wouldn't ignore that timing chain rattle, that bearing rumble in our machinery, or a sudden drop-off in our car's performance because we know they often lead to worse problems.

We want to encourage you to pay as much attention to the rattles and rumbles in your bodies as you do to your car or machinery. When we leave things too long before getting

help, it can often take a lot longer to fix and sometimes our parts are too worn out to repair fully. This can lead to worry, frustration and long-term health issues. Use this guide to learn more about what you can do to check in on your own health.

"Spanner in the Works?" provides you with a maintenance schedule for your body, and some key health messages in a way that's understandable and achievable. It's not about telling you what to do but sets out some things that you can do (or not do) to improve your health and your chances of a longer, and happier life. Often, minor adjustments can have a major impact on your health, your relationships with loved ones, your friends and your work.

Most importantly, we want you to put yourself over the pits each year by getting a full health check through your GP.



Simon von Saldern
CEO
Healthy Male



David Helmers
Executive Officer
Australian Men's Shed Association

THE SPANNER MAN

HEAD Computer System

- + Fuel additive - Alcohol, drugs, prescription medication, complementary therapies and supplements
- + Computer system - Anxiety
- + Lacking power - Depression
- + Sound system - Hearing
- + Computer malfunction - Stroke, dementia
- + Risky driving - Gambling
- + Headlights - Eye health

TORSO Body Panels

- + Air / Fuel mix - Asthma and lung health
- + Exhaust - Smoking
- + Oil pressure - Blood pressure
- + Fuel lines - Heart health
- + Fuel injector blockage - Diabetes
- + Duco rust - Skin cancer
- + Bearing rumbles - Gut troubles
- + Blocked fuel filters - Kidney health

LEGS / HIPS Chassis

- + Joint lubrication - Arthritis &/or joint pain
- + Chassis rust - Osteoporosis
- + Stability control - Falls prevention

REPRODUCTIVE SEXUAL HEALTH Engine

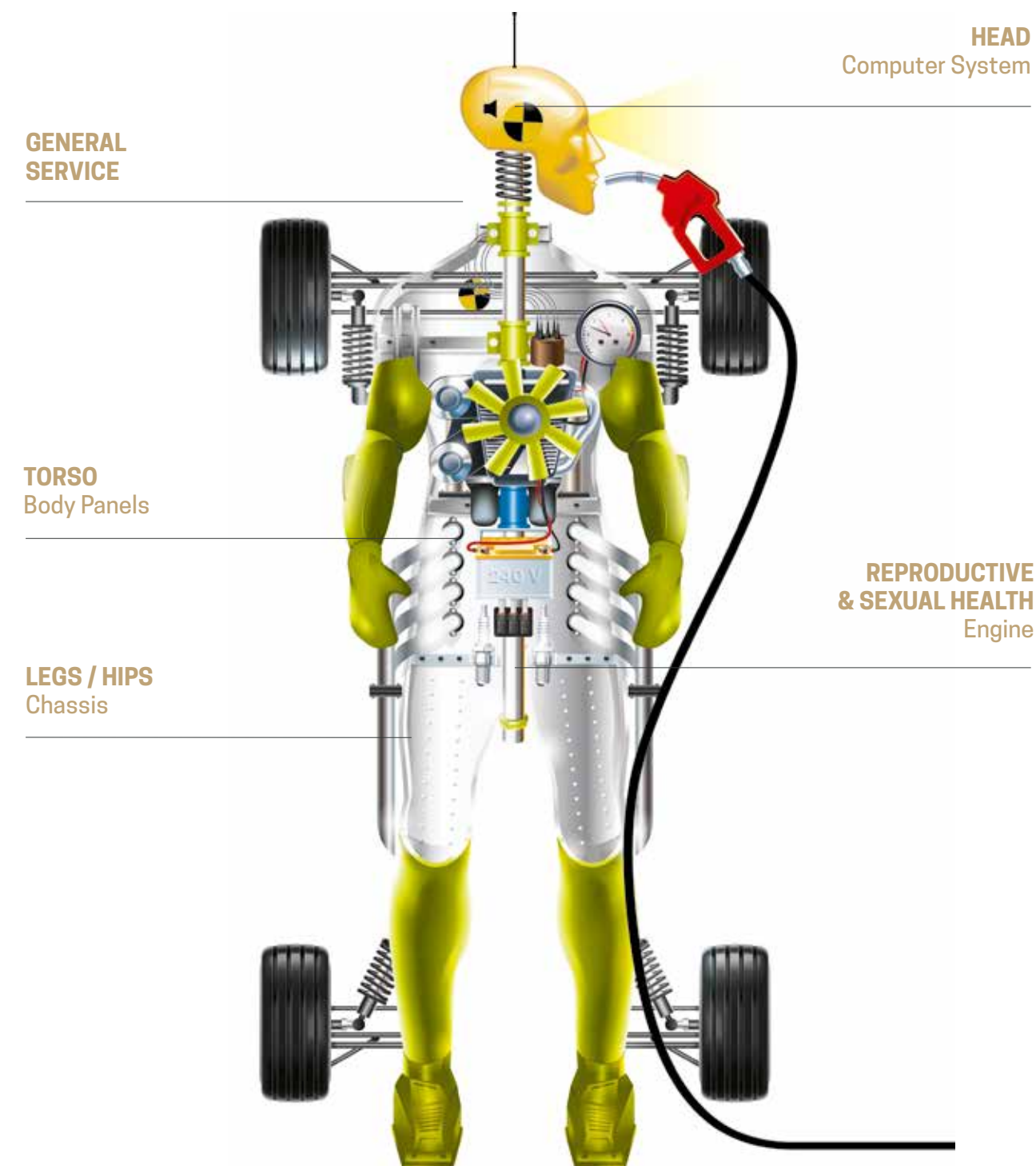
- + Drive Shaft - Penis
- + Drive shaft malfunction - Erectile dysfunction
- + Spark plug miss - Testicular cancer
- + Drive shaft rush - Sexually Transmitted Infections
- + Connector plug - Pre-conception health
- + Blocked extractors - Constipation
- + Fuel line blockage - Prostate disease
- + Fuel pump malfunction - Prostate cancer
- + Worn piston rings - Urinary continence
- + Worn big end - Bowel continence
- + Extractor corrosion - Bowel cancer

GENERAL SERVICE

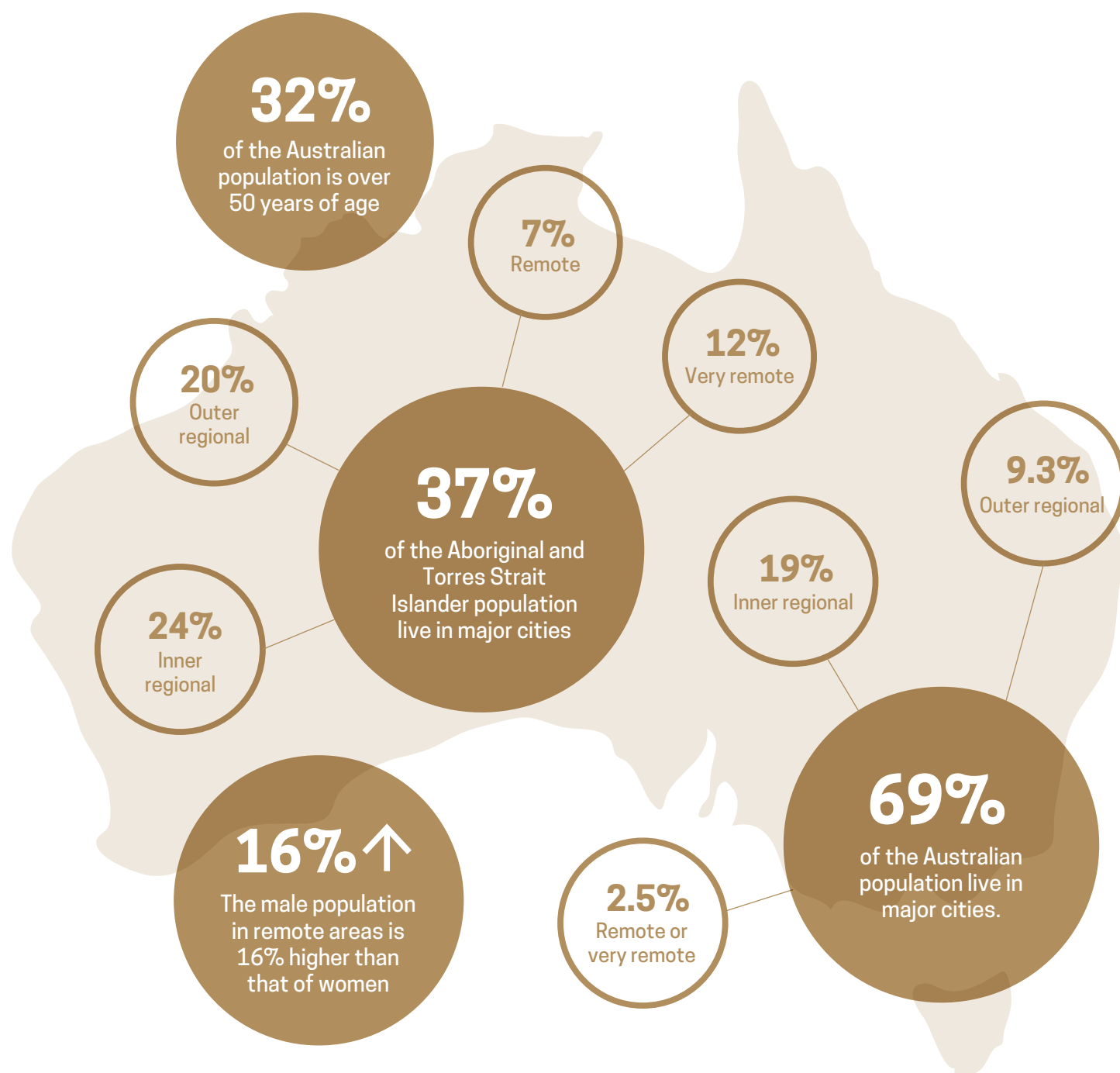
- + Regular use - Exercise
- + Hi-octane fuel - Nutrition
- + General tune - Emotion and relationship check
- + Blocked air cleaner - Sleep apnoea

At the end of this booklet there is a list of different organisations that you can go to for more information about the various things we touch on in the manual. You can also find a list of the different health and medical professionals that you may come across on your health and wellbeing journey.

To get an overview of your health and check any symptoms you may have, you can use the Health Direct Symptom Checker at healthdirect.gov.au/symptom-checker. This doesn't replace the need to see your General Practitioner (GP), but you may find it a good starting point.



FACE THE FACTS



OUR HEALTH

Life expectancy

+ 80.4 years

Conditions accounting for almost half of all male deaths

- + Heart disease
- + Stroke
- + Type 2 diabetes
- + Bowel cancer
- + Lung cancer
- + Dementia
- + Suicide
- + Blood cancer

Mental or behavioural conditions

Around 1.5 million Australian males aged 18 years and over self-reported a mental or behavioural condition in 2014/15

Almost one in four males aged 16-24 years have experienced symptoms of mental-ill health

Death by suicide is three times more common with men

Males with mental ill-health can find it hard to ask for help and access services

Disability

Having a profound disability increases the risk of heart disease and diabetes by 10 times the national average

Alcohol and drugs

Alcohol and other drugs along with risk taking behaviour are a big contributor to injuries in Australian males, particularly younger adult males

Reproductive health conditions

It's common for men to experience reproductive health conditions associated with heart disease and diabetes

Sexually transmitted infections

All sexually transmitted infections are preventable and many are curable with simple treatments.

Men who have sex with men have a higher prevalence of STIs

The prevalence of HIV, hepatitis B virus and hepatitis C virus is higher in prisons than in the general population

Males with reproductive and sexual health concerns experience barriers to accessing services.

GENERAL MAINTENANCE AND SERVICING


When was your last service? Knowing when to have your car checked is no different than keeping your body in peak condition. This ‘Do It Yourself’ (DIY) guide provides a list of things you can check or monitor yourself at any time. The ‘Service’ guide provides a list of things you should chat to your GP about regularly (we’d suggest yearly or more often if you are concerned about anything).

When you visit your GP for a preventative maintenance check, make sure you book a long appointment, so you have the time to go through each thing on the list. Your GP will guide you about things specific to your make and model.


Sometimes changes in habits and health can creep up on us. Life can get busy and health can become a lower priority without us even realising. Take the time to check in regularly on the following items:

Head - Computer Issues


Depression & anxiety

	<p>DIY</p> <p>All of us have good days and bad days. Are you:</p> <ul style="list-style-type: none">+ Feeling down or sad often?+ Feeling worried or nervous?+ Often feeling tired?+ Avoiding people and/or places?	<p>Professional help</p> <p>If you answered yes to any of these questions, have a chat with your GP about some of the things you can do to manage your mental health. Not everything needs a tablet or medicine, and your GP can work with you to learn what will work best for you.</p>
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Hearing protection

	<p>DIY</p> <p>Hearing protection starts at an early age. Cover those ears if you are entering places and spaces that are going to be loud!</p>	<p>Professional help</p> <p>See your GP if you have a concern or if you find it hard to hear someone talking when you are not looking at them.</p>
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Dental check

	<p>DIY</p> <p>Look after those teeth and gums. Make sure you are brushing and flossing regularly. If your gums are red and sore often, or you have tooth pain get to the dentist for some help.</p>	<p>Professional help</p> <p>See the dentist each year for a scheduled service and maintenance.</p>
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Gambling

	<p>Professional help</p> <p>Gambling can become a problem if you don't keep it in check. Are you:</p> <ul style="list-style-type: none">+ Chasing bets to get money back?+ Concerned about your finances as a result of gambling?+ Hiding your gambling from others?+ Gambling alone? <p>If you answered yes to any of these questions, or your gambling is worrying you, chat to your GP or find your local Gambler's Help service.</p>
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Alcohol consumption

	<p>DIY</p> <p>Aim for two alcohol-free days-per-week, and two standard drinks only for each day you decide to have a drink. If your alcohol consumption is high, look at taking a break, or reducing consumption. You may also want to consider the type of alcoholic drink you are having: is it a standard serve or higher? Does it have high sugar content?</p>	<p>Professional help</p> <p>Chat to your doctor if you think your alcohol consumption is too high and you need help to reduce it. They'll be able to refer you to a drug and alcohol service for support or talk about the options you can try yourself. Talk with a dietitian about some options if you're not sure about the best drinks / foods for you.</p>
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Recreational / illicit drug use


	<p>DIY</p> <p>All of us have good days and bad days. Are you:</p> <ul style="list-style-type: none">+ Are you missing time from study, work, social events because of your drug use?+ Are you using drugs to make yourself feel better, or stronger?+ Do you feel you need drugs to function normally?+ Do you want to stop using drugs but can't?+ Do you take risks that may harm you or others when using drugs?	<p>Professional help</p> <p>If you answered yes to these questions, you should seek professional help. Start by discussing with your GP the ways your drug use is affecting your life, and ask if there's a local service that can support you in reducing or stopping your drug use.</p>
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Medicine use

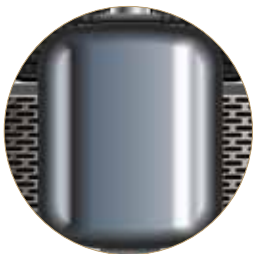
	<p>DIY</p> <p>Make sure you know the regular prescribed medications, complementary therapies and/or supplements you take. Sometimes they can interact in ways that aren't good for you or cancel out the effect of each other.</p>	<p>Professional help</p> <p>Make an appointment with your GP, or chat to your pharmacist about a medication review. It's an easy way to be sure that your meds work well together and meet your needs.</p>
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Torso (Chest/Waist/Back/Skin) - Body Panels

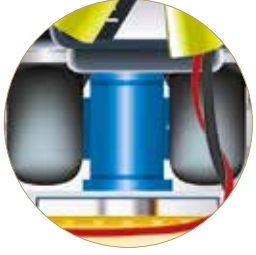
Lung health

	<p>DIY</p> <p>Have you noticed:</p> <ul style="list-style-type: none">+ Persistent or changed cough?+ You cough up mucus, phlegm or blood?+ You find yourself out of breath easily?+ Chest tightness or wheezing?+ You're getting chest infections more often?+ Chest pain, fatigue or you've had sudden weight loss?+ You've been in a job where you were exposed to dust, gas or fumes?	<p>Professional help</p> <p>If you noticed any of these symptoms, make an appointment with your GP to discuss your lung health. You may want to complete the online 'Lung health checklist' to take to your GP.</p>
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Smoking

	<p>DIY</p> <p>Your body is better without the smokes. Quitting can be hard but well worth the investment. Try and reduce the number you are having each day if you can.</p>	<p>Professional help</p> <p>If you're ready to quit for good, chat to your GP about the supports available for you to give up the gaspers.</p>
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Heart health

	<p>DIY</p> <p>Heart disease is the single biggest killer of Australians, but it can for the most part be prevented. Know your risk factors and get a heart health-check if you are over 45. You could also complete a Heart Age calculator on the Heart Foundation website. If your heart age is older than your actual age you should make some time to catch up with your GP.</p>	<p>Professional help</p> <p>If you are over 45 visit your GP for a heart health-check. It's always good to get your doctor to also check your blood pressure and cholesterol when you visit.</p>
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Diabetes



DIY

Diabetes is one of the biggest challenges confronting the health of Australians. The impact of poorly managed diabetes on your health and wellbeing can be severe, including impact on eye health, limb health, heart disease, erectile dysfunction and mental health. There are two different types of diabetes that affect men. Type 1 is an auto-immune condition and cannot be prevented. Type 2 is the more common condition, and it can be prevented or delayed by adopting these strategies:

- + Maintaining a healthy weight
- + Regular physical activity
- + Making healthy food choices
- + Managing blood pressure
- + Managing cholesterol levels
- + Not smoking.

Professional help

If you are over the age of 40, ask your GP to screen you for diabetes every three years.

Skin health



DIY

- + Check the UV index to assess sun strength. If the UV index is over 3, slip on a shirt, slop on the sunscreen and slap on a hat if you are going outside in the sun.
- + Check your skin after a shower for any new markings, freckles or moles.

Professional help

If you notice any new skin markings or your existing markings are changing, then head straight to your GP for a skin check.

Reproductive and Sexual Health - The Drive Shaft

Reproductive and sexual health



DIY

Talking about reproductive and sexual health can be a bit sensitive, but rest assured, the challenges you might be facing are far more common than you think. You can visit the Healthy Male website for more information.


Professional help

Talk to your GP if you:


- + Can't get – or keep – an erection
- + Have low sex drive
- + If you notice unusual lumps on your testes (check them when you are in the shower).

General Maintenance


The fuel in

	<p>DIY</p> <p>Food is fuel for your body. Treats are okay in moderation, but try and eat as much hi-octane fuel, like fruits and vegetables, as often as possible. Choose foods for good health, and to reduce the risk of chronic health problems developing.</p>	<p>Professional help</p> <p>Seek support from an accredited practicing dietitian or your GP if you're not sure what the right fuel is for you, or if you have specific needs to maintain your wellbeing.</p>
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Move it or lose it

	<p>DIY</p> <p>A machine needs to run regularly to stay lubricated. In the same way, your body needs to move regularly in order to keep functioning well. Be active on most, preferably all, days every week. Aim to do two and a half hours of physical activity each week, although more is often better. Do muscle strengthening activities at least twice per week.</p>	<p>Professional help</p> <p>Not sure what's right for you? An exercise professional will work with you to find the right approach for your specific needs.</p>
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Relationships




	<p>DIY / Professional help</p> <p>If you're having relationship difficulties, support is available for you to work through the issues and help you develop ways to better cope with them.</p> <p>Many people in a relationship need assistance at some time to:</p> <ul style="list-style-type: none">+ Help them deal with problems or difficulties in their relationship+ Improve communication+ Cope with a relationship that's broken down+ Help to change a relationship where there is violence and abuse. <p>People who can communicate effectively are more likely to be able to handle conflict constructively and better deal with their issues in healthier way.</p>
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MAINTENANCE
& SERVICING IN
YOUR 20s

You have your whole life ahead of you – new found independence, fun and risk taking opportunities as you take control of your life. Just be aware of the health issues affecting your age group. Too much alcohol, smoking and drugs, plus sexually transmitted diseases and accidents are largely self-inflicted. Be aware of your mental health as young men are vulnerable to emotional issues which can lead to self harm and suicide. Find a GP you feel comfortable with, have a regular health checks and chat about any other health concerns you may have.

DIY

- + Drink moderately – don't binge. If you drink and drive you are a b----- idiot
- + Avoid drugs, they take you down!
- + Keep active – playing sport and undertaking activity is great for both your physical and mental health
- + Talk with your friends about any emotional problems- look after your mates when they are feeling down
- + Look after your skin – slip slop slap – avoid future skin cancer
- + Practise safe sex – use a condom
- + Eat nutritious food and plenty of fruit and vegetables
- + Enjoy life – value your relationships and yourself!
- + Laugh lots, and loudly
- + Quit the smokes
- + Check your tackle

HEAD Computer Issues		Body image Sometimes you may feel pressure to look and act a certain way. If this is worrying you, talk to your GP about a referral to support services that can help.
		Drug use If you are using drugs that a doctor has not prescribed, talk to your GP about monitoring your health to minimise their harm. If you can, try to get support to stop taking drugs.
CHEST Body Panels		Heart health Have your GP check your blood pressure and cholesterol. Your GP may also want to check your blood glucose levels, depending on your health and family history.
REPRO- DUCTIVE & SEXUAL HEALTH Drive Shaft		Erections Talk to your GP if you are having a hard time getting or keeping an erection.
		Sex drive Talk to your GP if you have low sex drive.
		Sexually transmitted infection Ask your GP to arrange sexual health checks, or visit a sexual health clinic if you have had unprotected sex.
		Check your tackle If you have noticed any unusual lumps on your testicles, see your GP to get them checked as soon as possible.
		Thinking about a family If you are thinking about starting a family in the next twelve months, chat with your GP about doing a pre-conception health check. It's important for males, as well as females to do this.



		Constipation If your extractor is constantly blocked and giving you trouble, talk to your GP about a plan to keep the extractor flowing.
GENERAL SERVICE		A good general maintenance schedule keep your wheels fine-tuned, yearly checks will save you big time in the future. Don't forget to complete your general maintenance and servicing checks that are important at all ages. This can be found on page 10.


MAINTENANCE & SERVICING IN YOUR 30s

Your 30s is a busy and exciting time. Typically, you’re building a career, developing relationships, maybe starting a family, juggling work/family/finances – lots of great things but also potentially stressful. Maintaining your fitness is very important, and your lifestyle will impact on your body. Arrange a regular GP visit to check your blood pressure, cholesterol and fat levels. If you’re thinking about having kids, chat to your GP about fertility and pre-conception health. Eat nutritious food and continue to play sport and maintain activity to keep your weight under control. Practise safe sex.

DIY

- + Keep active – regular exercise or taking part in group fitness, team sports and activities (surfing, bushwalking, kayaking) assists with weight control and fitness
- + Avoid working too hard – enjoy your family and friends and allow them time to enjoy being with you
- + Drink moderately – have two or three alcohol-free days each week
- + Take time out: if you have a hobby or interest pursue it, take some time out of your schedule. Encourage yourself to try something new
- + Laugh lots, and loudly
- + Don’t bottle up issues – spill the beans with someone you trust, or speak to your GP about services that are available for you to use
- + Check your tackle!

HEAD Computer Issues		Body image Sometimes you may feel pressure to look and act a certain way. If this is worrying you, talk to your GP about a referral to support services that can help.
		Drug use If you are using drugs that a doctor has not prescribed, talk to your GP about monitoring your health to minimise their harm. If you can, try to get support to stop taking drugs.
CHEST Body Panels		Heart health Have your GP check your blood pressure and cholesterol. Your GP may also want to check your blood glucose levels, depending on your health and family history.
TORSO Body Panels		Gut troubles There are many things that can contribute to gut troubles. If you notice bloating, diarrhoea, gas, stomach pain or cramps that linger on, it’s a good idea to get some advice. Check with your GP if you have a ‘gut feeling’ that things aren’t right. Your GP can work with you to find out what’s troubling you or refer you for more specialised support.
REPRO- DUCTIVE & SEXUAL HEALTH Drive Shaft		Erections Talk to your GP if you are having a hard time getting or keeping an erection.
		Sex drive Talk to your GP if you have low sex drive.
		Sexually transmitted infection Ask your GP to arrange sexual health checks, or visit a sexual health clinic if you have had unprotected sex.
		Check your tackle If you have noticed any unusual lumps on your testicles, see your GP to get them checked as soon as possible.



		Thinking about a family If you are thinking about starting a family in the next twelve months, chat with your GP about doing a pre-conception health check. It's important for males, as well as females to do this.
		Constipation If your extractor is constantly blocked and giving you trouble, talk to your GP about a plan to keep the extractor flowing.
GENERAL SERVICE		A good general maintenance schedule keep your wheels fine-tuned, yearly checks will save you big time in the future. Don't forget to complete your general maintenance and servicing checks that are important at all ages. This can be found on page 10.



MAINTENANCE & SERVICING IN YOUR 40s



Work can sometimes take over your life, but don't let it take your life! Family and work pressures in your 40s can cause great anxiety, so don't neglect your own physical and mental health. A good work/ life balance is important, so make time for yourself and the family. Your body needs more care and attention – have a regular health check. If there's a history of diabetes, heart disease, lung disease, stroke, bowel or prostate cancer – or any other health issue in your family, speak to your GP about any suitable screening.

DIY

- + Keep activity as a high priority – try something new and get the family involved
- + Make time to catch up with friends regularly, and enjoy time spent with your family
- + Smoking? Stop! Your GP can help
- + Take a break - a weekend away can revive a tired mind and body
- + Laugh lots, and loudly
- + Talk about any issues or concerns – seek help, your GP will assist
- + You can buy a new car, but not a new body
- + Check your tackle!

HEAD Computer Issues		Memory Memory changes can be subtle. You may not even be aware of them. If you, or those around you notice: <ul style="list-style-type: none">+ Memory loss that affects day-to-day function+ Have difficulty performing familiar tasks+ Seem to get confused about time and place+ Forget simple words and find it harder to communicate+ Start finding it difficult to judge distance or direction+ Keep placing things like your keys in strange places. If you are concerned about your memory, chat to your GP who can assess the whole picture. There are many things, such as not getting enough sleep that can cause memory issues. Get a check to work it out!
		Drug use If you are using drugs that a doctor has not prescribed, talk to your GP about monitoring your health to minimise their harm. If you can, try to get support to stop taking drugs.
		Eye check Getting your vision tested is an important part of your eye health. Optometrists and other eye health professionals can help you identify any changes or problems with your vision and ensure you're getting the support you need. General eye tests can be bulk-billed, so book a check today.
TORSO Body Panels		Heart health Get your GP to check your blood pressure, blood glucose and cholesterol levels.
		Gut troubles There are many things that can contribute to gut troubles. If you notice bloating, diarrhoea, gas, stomach pain or cramps that linger on, it's a good idea to get some advice. Check with your GP if you have a 'gut feeling' that things aren't right. Your GP can work with you to find out what's troubling you or refer you for more specialised support.

TORSO Body Panels		Kidney health Having blocked fuel filters can be associated with many other health conditions. You are at greater risk of developing kidney disease if: <ul style="list-style-type: none">+ You have diabetes+ You have high blood pressure+ You have heart problems, or you've have had a stroke+ You have a family history of kidney failure+ You're obese+ You smoke+ You've had an acute kidney injury. Ask your GP to do a kidney health check to help detect disease early, and improve outcomes.
REPRO- DUCTIVE & SEXUAL HEALTH Drive Shaft		Erections Talk to your GP if you are having a hard time getting or keeping an erection
		Sex drive Talk to your GP if you have low sex drive
		Sexually transmitted infection Ask your GP to arrange sexual health checks, or visit a sexual health clinic if you've had unprotected sex.
		Check your tackle If you have noticed any unusual lumps on your testicles, see your doctor to get them checked as soon as possible.
		Prostate disease Your fuel pump (prostate) gets bigger as you get older. This is normal. Sometimes things can go wrong with your fuel pump. Common prostate problems include benign prostatic hyperplasia (BPH), prostatitis and prostate cancer. If you notice pelvic and/or lower back pain, painful and/or frequent urination, fever, chills and a lack of energy – go and see your doctor as early as possible to get some tests and a plan of action.


		<p>Urinary & bowel incontinence</p> <p>If you experience after-dribble (small amount of urine loss after emptying your bladder) alongside any of the following symptoms it is important that you seek professional help:</p> <ul style="list-style-type: none">+ Difficulty initiating the flow of urine+ Having to strain to empty your bladder+ A slow urine stream when emptying your bladder+ Feeling the need to urgently empty your bladder+ Burning, discomfort or pain when emptying your bladder+ Blood-stained urine+ Having to get up several times overnight to empty your bladder+ Having to change your lifestyle because of problems with your bladder or bowel.
		<p>Constipation</p> <p>If your extractor is constantly blocked and giving you trouble, talk to your GP about a plan to keep the extractor flowing.</p>
<p>LEGS & HIPS Chassis Rust</p>		<p>Arthritis</p> <p>If you notice persistent, niggling pain in your joints that doesn't seem to go fully away, chat with your GP about what you can do to improve your joint health as you get older. There are lots of great ways to manage the joints if you start early.</p>
<p>GENERAL SERVICE</p>		<p>A good general maintenance schedule keep your wheels fine-tuned, yearly checks will save you big time in the future.</p> <p>Don't forget to complete your general maintenance and servicing checks that are important at all ages. This can be found on page 10.</p>



MAINTENANCE & SERVICING IN YOUR 50s

Your 50s can still be an extremely busy time. You're likely still working and supporting a family as they become more independent, or perhaps they move into further education and away from home. Health risks increase in your 50s, especially if you have neglected to take care of your health in the past. This is a great time to take action - eat healthy, nutritious food, lose weight and start to undertake more activity. Ageing may start to affect your physical strength, energy and libido and sense of masculinity. There may be added risks with family history of prostate or bowel cancer. Discuss this with your GP while having your annual health check. Men over 50 should talk to their doctor about prostate health.

DIY

- + Keep fit by exercising most days each week for 30 minutes – try a new activity, exercise with friends or family
- + Time out – enjoy your friends and family
- + Drink moderately: are you having at least three-alcohol free days each week?
- + Laugh lots, and loudly
- + Talk about any problems or concerns you may have with your friends or family, or talk to a GP.

HEAD Computer Issues		Memory Memory changes can be subtle. You may not even be aware of them. If you, or those around you notice: <ul style="list-style-type: none">+ Memory loss that affects day-to-day function+ Have difficulty performing familiar tasks+ Seem to get confused about time and place+ Forget simple words and find it harder to communicate+ Start finding it difficult to judge distance or direction+ Keep placing things like your keys in strange places. If you are concerned about your memory, chat to your GP who can assess the whole picture. There are many things, such as not getting enough sleep that can cause memory issues. Get a check to work it out!
		Drug use If you are using drugs that a doctor has not prescribed, talk to your GP about monitoring your health to minimise their harm. If you can, try to get support to stop taking drugs.
		Eye check Getting your vision tested is an important part of your eye health. Optometrists and other eye health professionals can help you identify any changes or problems with your vision and ensure you're getting the support you need. General eye tests can be bulk-billed, so book a check today.
		Hearing test If you haven't been following your general maintenance hearing checks, now is a good time to start. Some signs that you may need to have your hearing checked include: <ul style="list-style-type: none">+ Ringing sensation in the ears (tinnitus)+ People complain that you talk too loudly+ You often need to ask people to repeat what they say+ You find it hard to hear conversations, especially if there's background noise+ Others complain that you watch television with the volume turned too high.

TORSO Body Panels		Heart health Get your GP to check your blood pressure, blood glucose and cholesterol levels.
		Gut troubles There are many things that can contribute to gut troubles. If you notice bloating, diarrhoea, gas, stomach pain or cramps that linger on, it's a good idea to get some advice. Check with your GP if you have a 'gut feeling' that things aren't right. Your GP can work with you to find out what's troubling you or refer you for more specialised support.
REPRO- DUCTIVE & SEXUAL HEALTH Drive Shaft		Kidney health Having blocked fuel filters can be associated with many other health conditions. You are at greater risk of developing kidney disease if: <ul style="list-style-type: none">+ You have diabetes+ You have high blood pressure+ You have heart problems, or you've have had a stroke+ You have a family history of kidney failure+ You're obese+ You smoke+ You've had an acute kidney injury. Ask your GP to do a kidney health check to help detect disease early, and improve outcomes.
		Erections Talk to your GP if you are having a hard time getting or keeping an erection
		Sex drive Talk to your GP if you have low sex drive
		Sexually transmitted infection Ask your GP to arrange sexual health checks, or visit a sexual health clinic if you've had unprotected sex.

		<p>Prostate disease</p> <p>Your fuel pump (prostate) gets bigger as you get older. This is normal. Sometimes things can go wrong with your fuel pump. Common prostate problems include benign prostatic hyperplasia (BPH), prostatitis and prostate cancer. If you notice pelvic and/or lower back pain, painful and/or frequent urination, fever, chills and a lack of energy – go and see your GP as early as possible to get some tests and a plan of action.</p>
		<p>Urinary & bowel incontinence</p> <p>If you experience after-dribble (small amount of urine loss after emptying your bladder) alongside any of the following symptoms it is important that you seek professional help:</p> <ul style="list-style-type: none">+ Difficulty initiating the flow of urine+ Having to strain to empty your bladder+ A slow urine stream when emptying your bladder+ Feeling the need to urgently empty your bladder+ Burning, discomfort or pain when emptying your bladder+ Blood-stained urine+ Having to get up several times overnight to empty your bladder+ Having to change your lifestyle because of problems with your bladder or bowel.
		<p>Constipation</p> <p>If your extractor is constantly blocked and giving you trouble, talk to your GP about a plan to keep the extractor flowing.</p>
<p>LEGS & HIPS Chassis Rust</p>		<p>Arthritis</p> <p>If you notice persistent, niggling pain in your joints that doesn't seem to go fully go away, chat with your GP about what you can do to improve your joint health as you get older. There are lots of great ways to manage the joints if you start early.</p>
<p>GENERAL SERVICE</p>		<p>Tetanus booster</p> <p>Speak to your GP at your next visit to see whether it is worth having a tetanus booster.</p>


		<p>Sleep Disorders</p> <p>Talk to your GP if you have persistent problems with your sleep, if it's affecting your daytime wellbeing, or if you're always feeling sleepy during the day. This isn't a normal part of getting older. You should also seek help if your partner notices something wrong with your breathing during sleep. There are effective treatments for snoring, sleep apnoea and insomnia.</p>
		<p>A good general maintenance schedule keep your wheels fine-tuned, yearly checks will save you big time in the future.</p> <p>Don't forget to complete your general maintenance and servicing checks that are important at all ages. This can be found on page 10.</p>


MAINTENANCE & SERVICING IN YOUR 60s


This is a decade of major change. Many men have plans for life outside the workforce and into the future. The importance of good health is realised, as is the room for improvement. Good health can help you enjoy retirement, travel and spend time with your family. Have a regular health check and discuss any health issues that may be bothersome with your GP (for example waterworks issues). Men over 60 should talk to their GP about prostate health as part of their routine health check.



DIY

- + Keep physically and mentally active – play golf, tennis, undertake brisk walking or try cycling
- + Do Sudoku puzzles, crossword puzzles, play cards with your friends or sign up to learn something new, like learning a language, doing some yoga or woodworking
- + Challenge yourself often, and keep on learning new things
- + Drink moderately: are you having at least three alcohol-free days each week?
- + Socialise as much as possible – laugh lots, and loudly
- + Have a problem? Talk about it – your GP will be able to help you.

HEAD Computer Issues		Memory Memory changes can be subtle. You may not even be aware of them. If you, or those around you notice: <ul style="list-style-type: none">+ Memory loss that affects day-to-day function+ Have difficulty performing familiar tasks+ Seem to get confused about time and place+ Forget simple words and find it harder to communicate+ Start finding it difficult to judge distance or direction+ Keep placing things like your keys in strange places. If you are concerned about your memory, chat to your GP who can assess the whole picture. There are many things, such as not getting enough sleep that can cause memory issues. Get a check to work it out!
		Stroke Your stroke risk is higher if: <ul style="list-style-type: none">+ You have high blood pressure or cholesterol+ You smoke+ You're overweight+ You don't eat well+ You don't exercise and over indulge in alcohol+ You have diabetes or other heart conditions+ You have a family history of stroke. You may want to talk with your GP about ways you can reduce your risk of having a stroke.
		Drug use If you are using drugs that a doctor has not prescribed, talk to your GP about monitoring your health to minimise their harm. If you can, try to get support to stop taking drugs.
		Eye check Getting your vision tested is an important part of your eye health. Optometrists and other eye health professionals can help you identify any changes or problems with your vision and ensure you're getting the support you need. General eye tests can be bulk-billed, so book a check today.

		<p>Hearing test</p> <p>If you haven't been following your general maintenance hearing checks, now is a good time to start. Some signs that you may need to have your hearing checked include:</p> <ul style="list-style-type: none">+ Ringing sensation in the ears (tinnitus)+ People complain that you talk too loudly+ You often need to ask people to repeat what they say+ You find it hard to hear conversations, especially if there's background noise+ Others complain that you watch television with the volume turned too high.
TORSO Body Panels		<p>Heart health</p> <p>Get your GP to check your blood pressure, blood glucose and cholesterol levels.</p>
		<p>Gut troubles</p> <p>There are many things that can contribute to gut troubles. If you notice bloating, diarrhoea, gas, stomach pain or cramps that linger on, it's a good idea to get some advice.</p> <p>Check with your GP if you have a 'gut feeling' that things aren't right. Your GP can work with you to find out what's troubling you or refer you for more specialised support.</p>
		<p>Kidney health</p> <p>Having blocked fuel filters can be associated with many other health conditions. You are at greater risk of developing kidney disease if:</p> <ul style="list-style-type: none">+ You have diabetes+ You have high blood pressure+ You have heart problems, or you've have had a stroke+ You have a family history of kidney failure+ You're obese+ You smoke+ You've had an acute kidney injury. <p>Ask your GP to do a kidney health check to help detect disease early, and improve outcomes.</p>

REPRO- DUCTIVE & SEXUAL HEALTH Drive Shaft		<p>Erections</p> <p>Talk to your GP if you are having a hard time getting or keeping an erection</p>
		<p>Sex drive</p> <p>Talk to your GP if you have low sex drive</p>
		<p>Sexually transmitted infection</p> <p>Ask your GP to arrange sexual health checks, or visit a sexual health clinic if you've had unprotected sex.</p>
		<p>Prostate disease</p> <p>Your fuel pump (prostate) gets bigger as you get older. This is normal. Sometimes things can go wrong with your fuel pump. Common prostate problems include benign prostatic hyperplasia (BPH), prostatitis and prostate cancer. If you notice pelvic and/or lower back pain, painful and/or frequent urination, fever, chills and a lack of energy – go and see your doctor as early as possible to get some tests and a plan of action.</p>
		<p>Urinary & bowel incontinence</p> <p>If you experience after-dribble (small amount of urine loss after emptying your bladder) alongside any of the following symptoms it is important that you seek professional help:</p> <ul style="list-style-type: none">+ Difficulty initiating the flow of urine+ Having to strain to empty your bladder+ A slow urine stream when emptying your bladder+ Feeling the need to urgently empty your bladder+ Burning, discomfort or pain when emptying your bladder+ Blood-stained urine+ Having to get up several times overnight to empty your bladder+ Having to change your lifestyle because of problems with your bladder or bowel.
		<p>Constipation</p> <p>If your extractor is constantly blocked and giving you trouble, talk to your GP about a plan to keep the extractor flowing.</p>


LEGS & HIPS Chassis Rust		Arthritis If you notice persistent, niggling pain in your joints that doesn't seem to go fully away, chat with your GP about what you can do to improve your joint health as you get older. There are lots of great ways to manage the joints if you start early.
		Bone density Osteoporosis is a silent disease. You often don't know it is a problem until you break a bone. Almost a quarter of all people with osteoporosis are men. When you have osteoporosis your bones can break from just a minor bump or fall. Taking early action is the most effective way of preventing a broken bone. If you have low testosterone, or have broken a bone from a minor fall, make sure you talk about bone density testing with your GP.
GENERAL SERVICE		Immunisation Speak to your GP at your next visit to see whether it is worth having a tetanus booster or flu / pneumonia shots.
		Sleep disorders Talk to your GP if you have persistent problems with your sleep, if it's affecting your daytime wellbeing, or if you're always feeling sleepy during the day. This isn't a normal part of getting older. You should also seek help if your partner notices something wrong with your breathing during sleep. There are effective treatments for snoring, sleep apnoea and insomnia.
		A good general maintenance schedule keep your wheels fine-tuned, yearly checks will save you big time in the future. Don't forget to complete your general maintenance and servicing checks that are important at all ages. This can be found on page 10.


MAINTENANCE & SERVICING IN YOUR 70s AND BEYOND


By now you'll know there's a significant link between your health and your lifestyle. Keeping fit and well – both physically and mentally – is essential. Have a regular health check! Keep your weight down to a healthy level. Keep your activity levels as high as you (safely) can. Eat nutritious food with plenty of fruit and vegetables. Many men in their 70's can be affected by depression and emotional problems as they lose some independence. Speak to your family, friends or your GP if you are feeling depressed. Remember, it's never too late to improve your diet, get fitter, energise and find new interests and friends.

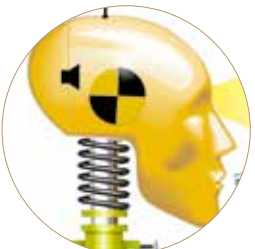
DIY

- + Keep active, walk daily and do any other activities that keep you fit and well
- + Stay connected – keep in touch with friends and family, socialise and get out and about as much as possible
- + Keep your brain active – do Sudoku puzzles, crossword puzzles, play cards and other games that engage you
- + Moderate your alcohol – have three alcohol-free days each week
- + Talk it over – don't be embarrassed about any personal issues or problems you might be having. Talk to your GP for assistance and advice
- + Laugh lots, and loudly.

HEAD Computer Issues		Memory Memory changes can be subtle. You may not even be aware of them. If you, or those around you notice: <ul style="list-style-type: none">+ Memory loss that affects day-to-day function+ Have difficulty performing familiar tasks+ Seem to get confused about time and place+ Forget simple words and find it harder to communicate+ Start finding it difficult to judge distance or direction+ Keep placing things like your keys in strange places. If you are concerned about your memory, chat to your GP who can assess the whole picture. There are many things, such as not getting enough sleep that can cause memory issues. Get a check to work it out!
		Stroke Your stroke risk is higher if: <ul style="list-style-type: none">+ You have high blood pressure or cholesterol+ You smoke+ You're overweight+ You don't eat well+ You don't exercise and over indulge in alcohol+ You have diabetes or other heart conditions+ You have a family history of stroke. You may want to talk with your GP about ways you can reduce your risk of having a stroke.
		Drug use If you are using drugs that a doctor has not prescribed, talk to your GP about monitoring your health to minimise their harm. If you can, try to get support to stop taking drugs.
		Eye check Getting your vision tested is an important part of your eye health. Optometrists and other eye health professionals can help you identify any changes or problems with your vision and ensure you're getting the support you need. General eye tests can be bulk-billed, so book a check today.

		Hearing test If you haven't been following your general maintenance hearing checks, now is a good time to start. Some signs that you may need to have your hearing checked include: <ul style="list-style-type: none">+ Ringing sensation in the ears (tinnitus)+ People complain that you talk too loudly+ You often need to ask people to repeat what they say+ You find it hard to hear conversations, especially if there's background noise+ Others complain that you watch television with the volume turned too high.
TORSO Body Panels		Heart health Get your GP to check your blood pressure, blood glucose and cholesterol levels.
		Gut troubles There are many things that can contribute to gut troubles. If you notice bloating, diarrhoea, gas, stomach pain or cramps that linger on, it's a good idea to get some advice. Check with your GP if you have a 'gut feeling' that things aren't right. Your GP can work with you to find out what's troubling you or refer you for more specialised support.
		Kidney health Having blocked fuel filters can be associated with many other health conditions. You are at greater risk of developing kidney disease if: <ul style="list-style-type: none">+ You have diabetes+ You have high blood pressure+ You have heart problems, or you've have had a stroke+ You have a family history of kidney failure+ You're obese+ You smoke+ You've had an acute kidney injury. Ask your GP to do a kidney health check to help detect disease early, and improve outcomes.

REPRO- DUCTIVE & SEXUAL HEALTH Drive Shaft		Erections Talk to your GP if you are having a hard time getting or keeping an erection
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		Prostate disease Your fuel pump (prostate) gets bigger as you get older. This is normal. Sometimes things can go wrong with your fuel pump. Common prostate problems include benign prostatic hyperplasia (BPH), prostatitis and prostate cancer. If you notice pelvic and/or lower back pain, painful and/or frequent urination, fever, chills and a lack of energy – go and see your doctor as early as possible to get some tests and a plan of action.
		Urinary & bowel incontinence If you experience after-dribble (small amount of urine loss after emptying your bladder) alongside any of the following symptoms it is important that you seek professional help: <ul style="list-style-type: none">+ Difficulty initiating the flow of urine+ Having to strain to empty your bladder+ A slow urine stream when emptying your bladder+ Feeling the need to urgently empty your bladder+ Burning, discomfort or pain when emptying your bladder+ Blood-stained urine+ Having to get up several times overnight to empty your bladder+ Having to change your lifestyle because of problems with your bladder or bowel.
		Constipation If your extractor is constantly blocked and giving you trouble, talk to your GP about a plan to keep the extractor flowing.

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GENERAL SERVICE		Immunisation Speak to your GP at your next visit to see whether it is worth having a tetanus booster or flu / pneumonia shots.
		Check your iron Chat to your GP about blood tests to help manage your health. If you are low on energy make sure to get your iron levels checked.
		Sleep disorders Talk to your GP if you have persistent problems with your sleep, if it's affecting your daytime wellbeing, or if you're always feeling sleepy during the day. This isn't a normal part of getting older. You should also seek help if your partner notices something wrong with your breathing during sleep. There are effective treatments for snoring, sleep apnoea and insomnia.
		A good general maintenance schedule keep your wheels fine-tuned, yearly checks will save you big time in the future. Don't forget to complete your general maintenance and servicing checks that are important at all ages. This can be found on page 10.

WANT TO KNOW MORE?

Do your own online check with our
Spannerman: malehealth.org.au

Found a topic you want to look into?
Check out these websites for more information.

HEAD - COMPUTER ISSUES

Dementia
dementia.org.au

Drug & Alcohol
turningpoint.org.au

Eye Health
[visionaustralia.org/
information/eye-health/
vision-tests](http://visionaustralia.org/information/eye-health/vision-tests)

Gambling
gamblershelp.com.au

Hearing
knowyournoise.nal.gov.au
hearing.com.au

Medicine Use
nps.org.au

Mental Health
headtohealth.gov.au

Parkinson's Disease
parkinsons.org.au

Stroke
strokefoundation.org.au

CHEST - BODY PANELS

Heart
heartfoundation.org.au

Lungs
lungfoundation.com.au
asthmaaustralia.org.au

WAIST - BODY PANELS

Diabetes
diabetesaustralia.com.au

Exercise
exerciseright.com.au

Food
[eatforhealth.gov.au/eating-
well](http://eatforhealth.gov.au/eating-well)

Kidney Health
kidney.org.au

PENIS/REPRODUCTIVE ORGANS - DRIVE SHAFT

**Preconception Health and
Fertility**
yourfertility.org.au

**Reproductive and Sexual
Health**
healthymale.org.au

Urinary Incontinence
continence.org.au

ANUS - EXTRACTOR PUMP

Bowel Cancer
bowelcanceraustralia.org

Bowel Incontinence
continence.org.au

Prostate Cancer
prostate.org.au

LEGS AND HIPS - CHASSIS

Arthritis
arthritisaustralia.com.au

Osteoporosis
osteoporosis.org.au

GENERAL

Cancer
cancer.org.au

HealthDirect
[healthdirect.gov.au/
symptom-checker](http://healthdirect.gov.au/symptom-checker)

Relationships
relationships.org.au

Skin checks
[sunsmart.com.au/skin-
cancer/checking-for-skin-
cancer](http://sunsmart.com.au/skin-cancer/checking-for-skin-cancer)

Sleep health
sleephealthfoundation.org.au

YOUR PARTNERS IN HEALTH

To find a GP or other medical professional
go to [healthdirect.gov.au](https://www.healthdirect.gov.au)

General Practitioner

is the central partner in your health and can advise the other health services that may be useful for you. To find out more about what General Practitioners do, visit the RACGP website: [racgp.org.au/information-for-patients](https://www.racgp.org.au/information-for-patients)

Dentist

is your health professional to help care for the health of your teeth, gums and mouth.

Endocrinologist

is a medical specialist who treats people with a range of conditions that are caused by problems with hormones, such as diabetes, menopause, thyroid, reproductive and sexual health problems. You need a referral from your GP to see an endocrinologist.

Urologist

is a specialist surgeon who treats problems of the kidneys, bladder, urethra and adrenal glands. They also deal with problems concerning the penis, testicles and prostate gland. You need a referral from your GP to see a urologist.

Primary Health Care Nurse

A nurse may do many different things to support your health and wellbeing. They may provide information, advice and education, as well as treatment and referral and support for planned care in the home and community settings.

Nurse Practitioner

will provide advanced nursing care in specialist areas.

Audiologist

is an expert in hearing loss and balance disorders. Audiologists can help people of all ages with the use of hearing aids and other devices which improve their ability to communicate.

Dietitian

will help you manage diet and nutrition. They will advise and support you if you are affected by health conditions like diabetes, being overweight or obesity, cancer, heart disease, renal disease, gastro-intestinal conditions and food allergies.

Exercise Physiologist

provides specialised exercise interventions for people with health issues including chronic conditions and injuries. The aims of the intervention is to assist in restoring your optimal physical function, health and wellness.

Occupational Therapist

enable people with disabilities and those who've experienced illness, decreased ability to do everyday tasks or serious injury (stroke, car accident, bone breaks) to participate in the everyday activities of life, such as showering, dressing and preparing food. They also play an important role with assisting people to access education, return to the workforce and volunteer across a range of areas.

Optometrist

is an expert in eye health, trained to prescribe glasses and contact lenses and treat a range of eye conditions such as dry eye, allergies and infections.

Physiotherapist

works with people of all ages to treat a broad range of health conditions including sports injuries and musculoskeletal conditions, as well as chronic health conditions such as osteoporosis and falls prevention and stroke.

Podiatrist

help you in the care of their lower limbs including the foot and ankle, and may also be involved in supporting older people to reduce their risk of falling.

Psychologist

is an expert in human behaviour who can help you change the way they think, feel, behave and react. Psychological treatments can be used to help individuals, families, groups and organisations.

Social Worker

will support you to make changes in your life that will improve your personal, and social well-being.

Speech Pathologist

will diagnose and treat communication disorders, including difficulties with speaking, listening, understanding language, reading, writing, social skills, stuttering and using your voice. They can help you if you have difficulty communicating because of developmental delays, stroke, brain injuries, learning disability, intellectual disability, cerebral palsy, dementia and hearing loss, as well as other problems that can affect speech and language. If you experience difficulties swallowing food and drink safely, a speech pathologist can also help you.

To find out more about the allied health services available, go to: [ahpa.com.au/allied-health-professions/](https://www.ahpa.com.au/allied-health-professions/)

