

SPANNER IN THE WORKS?

WHEN WAS YOUR LAST SERVICE?

DOOF DOOF SOUND SYSTEM
Hearing

SHOCK ABSORBER
Stress Coping Ability

HEAD LIGHTS
Vision

AIR INTAKE
Diet/Smoking

CHASSIS
Weight & Diet

FUEL ADDITIVES
Drug & Alcohol
Consumption

OIL FILTERS
Kidneys

OIL PRESSURE
Blood Pressure

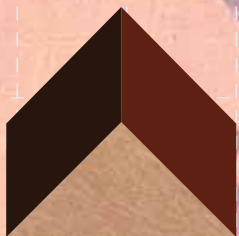
FUEL INJECTORS
Prostate

EXTRACTORS
Bowel

SPARK PLUGS
Testicles

DRIVE SHAFT
Penis

DUCO
Skin Condition



Australian
Men's Shed
Association

SHOULDER TO SHOULDER

MEN'S HEALTH TOOL BOX



Australian Men's Shed Association

SHOULDER TO SHOULDER

"Spanner in the Works?" 2013 – An Indigenous Men's Health initiative.

All Aboriginal and Torres Strait Islander men know how important health is not just for us, but for our mob and our communities. We know that in the past we've been too shamed to look after both our physical and emotional health.

It's important for us as role models to understand that there is no shame in having a yarn with a doctor or an Aboriginal Health worker at the local AMS. It's simple for us to be gammon and think things will simply go away. Something as simple as an ache or pain can lead to major impacts on our health. With our emotional health we also take the wait and see approach too often because of the shame factor. Only when it becomes too much of an issue do we turn to help and for some it might mean doing destructive things like charging up or taking things out either physically or emotionally on our family and friends.

As Aboriginal and Torres Strait Islander Men we have to get past the wait and see approach. It is not in our culture to take out our frustration on our loved ones and friends or to turn to vices like alcohol and drugs. If we don't act early we have the risk of the problem becoming worse which might not only mean it is harder to treat, but also have a longer lasting effect on us and our mob.

For Aboriginal and Torres Strait Islanders Health is very complex - we can tend to become overwhelmed with information about our health and wellbeing. "Spanner in the Works" is an attempt to provide some key health messages to us blokes in a form that is understandable and achievable.

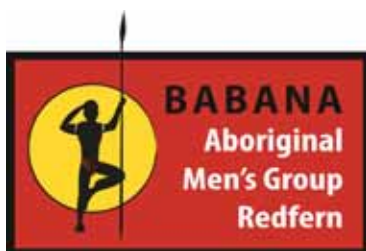
This "Spanner in the Works?" booklet is not about anyone telling you what to do, but sets out some things that can be done to improve both your health and your chances of a longer and happier life. It gives you the opportunity to make adjustments as you see fit. Even minor adjustments can have a major impact on your health and your relationships with your mob, community and workmates.

Many of us take more care of our machines than we do with ourselves. If our machines are not regularly serviced and maintained, if they do not have preventative maintenance carried out then mechanical and performance problems start to occur. It's the same with our health, if we neglect our health in any area it will catch up with us in the same way.

I encourage you all to take on board the recommendations and information in this booklet. Your GP, Aboriginal Health Worker or other Health Professionals offer valuable sources of information. It is up to us as leaders in our community to use them! If there is an area that you are concerned about then I also encourage you to seek further information from the organisations mentioned in the booklet.

Don't be shamed – Visit their websites or have a yarn on the phone about the issues because they are here to help out our mob and are more than happy to provide further and more detailed information.

Jeremy Heathcote
Secretary – Babana Aboriginal Men's Group, Redfern.





Physical Aspects of Health

We can tend to be overwhelmed by the amount of health information available. Below are 10 Tips for Better Health which will make it easier:

- Have red meat 5 times or less per week. Have fish at least 3 times per week
- Limit alcohol to 2 cans/stubbies mid strength 5 days per week
- Do physical activity at least 3 hours per week (30 minutes on 6 days)
- No smoking
- Eat 2 serves of fruit and of vegetables daily
- Choose margarine not butter
- Drink low fat milk
- Keep the waist measurement less than 95 cm
- Reduce salt intake. Never add salt to food at the table

To improve your health don't try to tackle all these things at the one time – change one thing at a time

Acknowledgement to 'Wheatbelt Men's Health' WA

ARE YOU VACCINATED AGAINST TETANUS?

Most of us got vaccinated against tetanus when we were kids...but how long ago was that? Anyone who hasn't been fully vaccinated is at risk, but if you work in the garden, on a farm or you are in contact with the soil a lot, your chance of getting tetanus is higher.

Many people think injuries caused by rusty nails are the most dangerous. This is true only if the nail is dirty as well as rusty. It is the soil or dirt on the nail that carries the risk for tetanus.

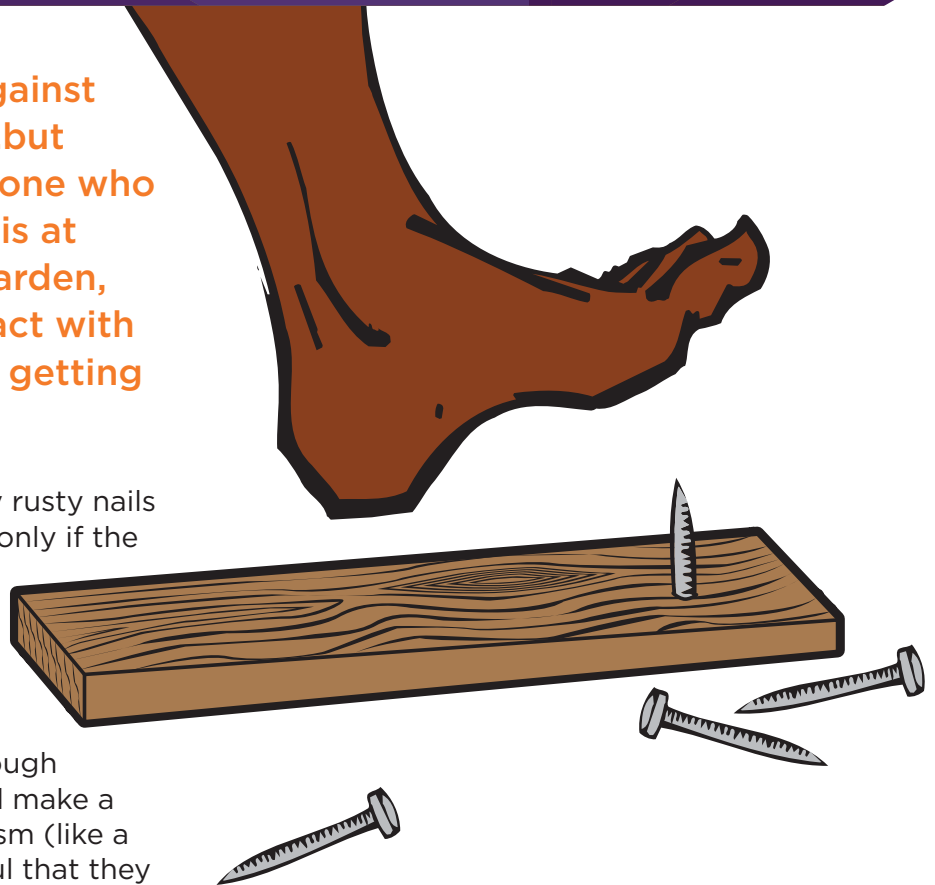
Tetanus is an infection caused by bacteria that live in the soil. These bacteria can get into your blood through any open wound, even a scratch, and make a poison that makes your muscles spasm (like a fit). These spasms can be so powerful that they tear muscles and can stop you breathing. They often begin in the jaw — which is why it is also known as 'lockjaw'.

Without treatment, one in four people infected with tetanus will die.

In Australia, tetanus mostly affects people who have never been vaccinated or were vaccinated a long time ago.

Tetanus is preventable by vaccination, which is usually a course of five injections given to babies and children.

If you are not sure whether you have had the full course of vaccinations, or can't remember the last time you had a tetanus injection, talk to your health worker.



If you cut or puncture your skin, clean the wound well and cover it with a clean bandage. Treating the wound carefully is especially important if you have diabetes.

See your health worker if your skin has been broken by something like an animal bite, a nail, a wooden splinter, a burn, or if you have a dirty cut. As well as checking the wound, your health worker can advise if you need a tetanus shot.

The best prevention against tetanus is vaccination.

Be **medicinewise**. Find out how at www.nps.org.au

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☎ 02 8217 8700 ✉ 02 9211 7578 @ info@nps.org.au 🌐 www.nps.org.au

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Being brain healthy is important for everyone -
at any age, whether you're young, old or in between.

To live a brain healthy lifestyle you need to look after your brain,
your body AND your heart. They are all important.



BRAIN

Keep your brain
challenged and be
socially active - try new
activities and learn
new skills



BODY

Be fit and healthy by
eating healthily and
participating in regular
physical activity



HEART

Manage your
blood pressure,
cholesterol, blood
sugar, body weight
and avoid smoking

**FOR INFORMATION ON
HOW TO LIVE A BRAIN
HEALTHY LIFESTYLE, VISIT**

YOURBRAINMATTERS.ORG.AU



**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**

Alzheimer's Australia's Your Brain Matters program is supported by funding from the
Australian Government under the Chronic Disease Prevention and Service Improvement Fund.
© Alzheimer's Australia Inc ABN 79 625 582 771



Matching your fuel intake to your engine needs

If your panels are bulging then you may need to adjust the fuel mix to the engine needs. With some tinkering and recalibration those bulges can be straightened out

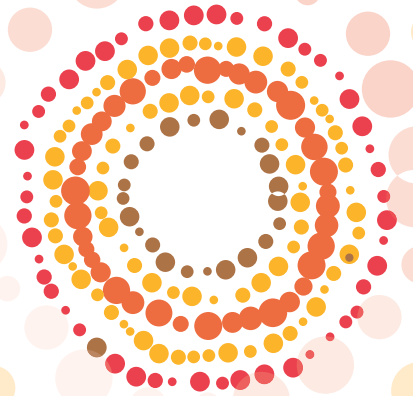
Fuel Tune up

- Reduce your food intake – match your food intake to your calorie needs
- Eat plenty of fibre – bread, cereals (wholegrain is best), vegetables and fruits
- Reduce saturated fat in your diet – this means cutting down on fast foods (includes meat pies), removing the visible fat from meat before cooking, reading the label to choose the product with the lowest saturated fat
- Start exercising – walking the dog or kicking the footy. Bicycle riding or swimming. The important thing is to do it
- Limit your alcohol intake – swap to a low alcohol beer

Check your waist with a tape measure – ideally for blokes 94 cm (or less) around the belly button. (over 102 cm is entering the danger zone of obesity!)

Acknowledgement to 'Wheatbelt Men's Health' WA

Hearing is a health issue for Aboriginal and Torres Strait Islander peoples.



Is your hearing causing you problems?

- Do people complain your TV is up too loud?
- Does your family have to speak up?
- Do you feel left out of conversations?
- Are you avoiding going out with friends?

Stop working hard to hear! Visit Australian Hearing to find out how you can get help.

Some types of hearing loss may be helped by medical treatment, but if the hearing loss cannot be improved and is likely to last for a long time, there are a range of solutions available to help. Hearing aids for example, make sounds louder, and can help a person with hearing loss make the best use of their hearing.

Assessments and hearing aids are free for Australian Hearing clients.

Australian Hearing can see:

- Children and young adults up to 26 years of age
- Aboriginal and Torres Strait Islander peoples aged 50 and over
- Aboriginal and Torres Strait Islander peoples participating in a Community Development Employment Project (CDEP)
- Pensioner Concession Cardholders
- Most veterans.

To contact your local Australian Hearing centre, call **131 797** or visit **www.hearing.com.au**

What are our clients saying?

'I can hear people on my left side - hear them the first time and don't feel silly and don't have to turn my head'

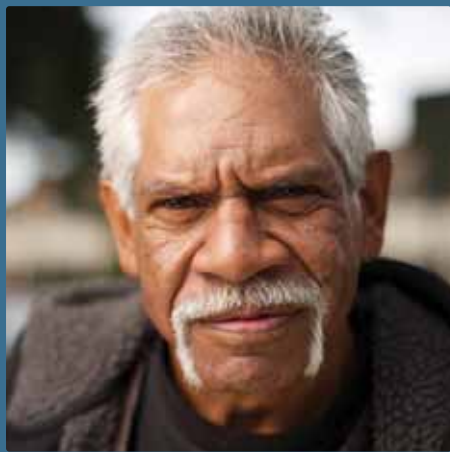
Client, Far North Queensland

'You feel like a normal person. Some people have a stigma about wearing a hearing aid and don't wear them. No one takes notice of my hearing aid. I have a new life.'

Client, Derby, WA

Keeping strong

Sometimes people feel broken and very sad



- Do you feel tired?
- Not enjoying things you used to?
- Spending lots of time on your own?
- Having trouble sleeping?
- Finding it hard to think or concentrate?
- Feel like hurting yourself or think of dying?

If you have been feeling some of these things for more than two weeks, you may have depression – but you don't have to feel this way.

If you feel broken or very sad, there are many types of support and healing available:

- You can talk to your family and friends
- You can also phone *beyondblue* or jump on the *beyondblue* website
- Talking to your GP or another health worker can also help.



To feel strong again can take time, but small steps can lead to big changes.

When all of your parts are together, you feel strong. Strength and wellbeing can come from your family, friends and community.

www.beyondblue.org.au 1300 22 4636

Lung Health ...

take a breather - check out your lung health



Artist: Liz Maloney. Printed with permission from Asthma Foundation Queensland.

Coughing?

- Have a new cough - does it wake you at night?
- Cough up mucus or blood?

Breathless?

- Struggle to keep up with others or do your normal activity?
- Get tight in the chest or wheeze?

Not feeling so good?

- Keep having chest infections?
- Have chest pain, feel tired or lost weight?

If you answered yes to any of the above, your lung health may be at risk, particularly if you are a smoker or ex-smoker, or have worked in a job with dust, gas or fumes.

Take this checklist to your doctor - it will help start the conversation

Live well, breathe well - breathing matters



Asthma
Australia

To find out more about
asthma contact your local
Asthma Foundation

1800 ASTHMA (1800 278 462)
asthmaaustralia.org.au



*"When you can't breathe...
nothing else matters"*

To find out more about
lung disease call Lung
Foundation Australia

1800 654 301
or take an online lung health checklist at
lungfoundation.com.au



Protect your heart – what Aboriginal and Torres Strait Islander men need to know

Heart disease is the biggest killer of Aboriginal and Torres Strait Islander men and women.

More Aboriginal and Torres Strait Islander peoples die from heart disease than any other illness.

Heart disease can be prevented. There are a number of things you can do to reduce your chance of developing heart disease and having a heart attack.

There is no single cause of heart disease but there are risk factors that increase your chance of getting this disease.

Are you at risk of heart disease?

Do you have?

- high blood pressure
- high cholesterol
- Type 2 diabetes
- a family history of heart disease including heart attack

Are you?

- overweight or obese
- not exercising regularly
- a smoker or exposed to other peoples smokes

Do you?

- eat food with too much fat and salt
- suffer from depression, social isolation or lack of social support

Tool box for a healthy heart

- Have a heart health check – a good start is to visit your doctor or Aboriginal Health Worker. The Heart Foundation encourages all Aboriginal and Torres Strait Islander men (and women) aged 35 and over, to have a heart check.
- Manage high blood pressure and cholesterol – medicines can help with this.
- Get rid of the gut – maintain a healthy weight and avoid drinking too much alcohol.
- Give up the smokes - after one year of stopping smoking, your risk of heart disease is halved compared to those that continue to smoke.
- Get moving – sit less. Find 30 minutes a day to do an activity you enjoy.
- Manage your diabetes – talk to your doctor about the best way to manage this.



Warning signs of heart attack

Checking the health of your heart is so important because having high blood pressure or high cholesterol doesn't mean you will feel sick.

Don't let a heart attack be the first sign that something is wrong.

Be prepared. Know the warning signs of heart attack and what to do. It could save your life or the life of a loved one.

For more information, go to www.heartattackfacts.org.au or call the Heart Foundation's Health Information Service on 1300 352 787 for an action plan.



Warning signs of heart attack

Pain, pressure, heaviness or tightness in your:

- chest
- arm(s)
- back
- jaw
- neck
- shoulder(s)

You may also feel:

- sick
- a cold sweat
- dizzy
- out of breath

What to do:

 **call 000*** for fast help 24 hours

*if calling 000 doesn't work on your mobile phone, try 112.

© 2012 National Heart Foundation of Australia ABN 98 008 419 761 CON-114-NAT-URB

Did you know men are more likely to get diabetes?

Answer these questions to find out if you could develop type 2 diabetes.
Take the form to your health worker or doctor.

1. How old are you?

- | | |
|------------------|-----------------------------------|
| 18 – 35 years | <input type="checkbox"/> 0 points |
| 35 – 44 years | <input type="checkbox"/> 2 points |
| 45 – 54 years | <input type="checkbox"/> 4 points |
| 55 – 64 years | <input type="checkbox"/> 6 points |
| 65 years or over | <input type="checkbox"/> 8 points |

2. Are you male or female?

- | | |
|--------|-----------------------------------|
| Female | <input type="checkbox"/> 0 points |
| Male | <input type="checkbox"/> 3 points |

3. Do your parents, or brothers or sisters have diabetes (type 1 or 2)?

- | | |
|-----|-----------------------------------|
| No | <input type="checkbox"/> 0 points |
| Yes | <input type="checkbox"/> 3 points |

4. Have you ever been told you had a high sugar (blood glucose) reading? (in a health check, when you've been sick or when pregnant)

- | | |
|-----|-----------------------------------|
| No | <input type="checkbox"/> 0 points |
| Yes | <input type="checkbox"/> 6 points |

5. Do you take medicine for high blood pressure?

- | | |
|-----|-----------------------------------|
| No | <input type="checkbox"/> 0 points |
| Yes | <input type="checkbox"/> 2 points |

6. Do you smoke every day?

- | | |
|-----|-----------------------------------|
| No | <input type="checkbox"/> 0 points |
| Yes | <input type="checkbox"/> 2 points |

7. Do you eat vegetables or fruit everyday?

- | | |
|-----|-----------------------------------|
| Yes | <input type="checkbox"/> 0 points |
| No | <input type="checkbox"/> 1 point |

8. Do you exercise for 30 minutes on most days?

- | | |
|-----|-----------------------------------|
| Yes | <input type="checkbox"/> 0 points |
| No | <input type="checkbox"/> 2 points |

9. What is your clothing size (or measure around your belly button)

Men

- | | |
|---------------------------------------|-----------------------------------|
| Small clothing size (less than 90cm) | <input type="checkbox"/> 0 points |
| Medium clothing size (90 – 100cm) | <input type="checkbox"/> 4 points |
| Large clothing size (more than 100cm) | <input type="checkbox"/> 7 points |

Women

- | | |
|-----------------------------------|-----------------------------------|
| Clothing size 10 (less than 80cm) | <input type="checkbox"/> 0 points |
| Clothing size 12 (80 – 90cm) | <input type="checkbox"/> 4 points |
| Clothing size 14 (more than 90cm) | <input type="checkbox"/> 7 points |

Add up your score

(+2) =

As an Aboriginal or Torres Strait Islander person you are more likely to develop type 2 diabetes, so you need to add 2 points to your score.



What your score means

Your score shows how likely you are to develop type 2 diabetes within 5 years:

12 or more	HIGH RISK (approx one person in 14 will develop type 2 diabetes within 5 years)
6 – 11	MEDIUM RISK (approx one person in 50 will develop diabetes)
5 or less	LOW RISK (approx one person in 100 in this group will develop diabetes)

If you scored 12 or more you may already have type 2 diabetes — or you may develop it soon.

What is type 2 diabetes?

If you have diabetes, there is too much sugar (glucose) in your blood. This can make you feel unwell. But you can have diabetes and not know it. Some people with diabetes may not feel any different than usual.

You need to know if you already have diabetes, because people with diabetes are more likely to have a heart attack or stroke — sometimes at a young age.

Talk to your health team. They can help.

What to do now

- 1) Take the form to your health worker or doctor and talk about diabetes
- 2) Have a health check — and check for diabetes

You CAN lower your chance of getting diabetes. Here's how.

- Talk to your doctor or health worker about how to prevent diabetes. By eating more fruits and vegetables and being more active, you can stay healthy.
- Diabetes Australia–Victoria run a FREE program to help you prevent diabetes called 'Life!'. The program helps you make healthier choices so you can be strong for your family and your community. You can take a friend or family member.

Diabetes Australia – Victoria Infoline
Phone: 1300 KOORIE (1300 566 743)

It's time to have a yarn about bowel cancer

Finding it early can save your life

Bowel cancer is the second most common cancer in Aboriginal and Torres Strait Island men and women. It can happen at any age but is more common after 50.

Finding bowel cancer early

Most bowel cancers can be cured if found early.

In the early stages bowel cancer can have no warning signs. That's why Cancer Council recommends doing a simple, at-home test every two years from the age of 50. The test can find bowel cancer early, before it spreads and before you have noticed anything is wrong.

The test is quick and easy. It looks for tiny amounts of blood in your poo. If there is blood in your poo, you will need more tests to make sure you don't have bowel cancer. In most cases the blood will be from something like piles (haemorrhoids) or because you are straining too hard, but it's important to make sure.

Warning signs

Someone could have bowel cancer without noticing anything is wrong. That's why it is important to do the test when you feel well and not wait for warning signs.

Warning signs include:

- bleeding from the back passage
- weight loss or feeling tired for no reason
- pain
- change in normal toilet habits.

If you have any of these signs, you should see your doctor or health worker immediately, because if it is bowel cancer, finding it early gives you the best chance of recovery.

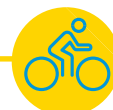
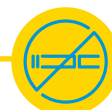
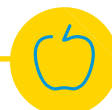
Where can I get a test?

People who are aged 50, 55, 60 or 65 will receive a free test in the mail from the government as part of the National Bowel Cancer Screening Program.

If you are not one of these ages, ask your local health service where you can get a bowel cancer test to do at home.

Remember

- **Bowel cancer can be there without any warning signs.**
- **If you're 50 or older, don't wait for warning signs – ask your doctor or health worker today about doing a test for bowel cancer.**
- **Doing a simple test can help find bowel cancer early.**
- **If found early, nearly all cases of bowel cancer can be cured.**
- **Whatever your age, see your doctor or health worker immediately if you notice any warning signs – it probably won't be cancer but you need to make sure.**



Did you know there are ways to cut your risk of bowel cancer? To find out how visit www.cancer.org.au or call the Cancer Council Helpline on 13 11 20.



Men's health & incontinence

Bladder and bowel control problems affect both men and women – regardless of their age, gender or cultural background. In fact, 30 per cent of callers to the National Continence Helpline are male.

Incontinence is one of our biggest health issues, affecting one in four Australians over the age of 15 years. An estimated 30 per cent of men who visit the GP are affected by incontinence, yet more than two thirds do not discuss the issue. This is despite the fact that the majority of people can be cured or better managed.

What is incontinence?

Incontinence is any accidental or involuntary loss of urine from the bladder or faeces from the bowel. It's a widespread condition that ranges in severity from a small leak to complete loss of bladder or bowel control. It's common but is not normal or a natural part of ageing.

Are you at risk?

Some health conditions and life events put you at risk of developing incontinence. For men, these include obesity, constipation, prostate surgery, diabetes, a chronic cough, heart conditions and some medications.

Incontinence can sometimes be caused by an enlarged prostate in older men. Straining to urinate or poor urinary flow can also indicate a prostate problem. After prostate surgery, some men can experience continence problems such as severe leakage, which can improve with regular pelvic floor exercises.

Where to go for help

Remember, the majority of incontinence problems can be cured or better managed. Seeking advice from a health professional is the first step to recovery. For help, phone the National Continence Helpline (1800 33 00 66), free and confidential service staffed by continence nurse advisors who provide advice, referrals and resources. The Helpline is staffed 8am-8pm AEST Monday to Friday.

The Continence Foundation of Australia is the peak national organisation working to improve the quality of life of all Australians affected by incontinence. For more information, go to www.continence.org.au

National Continence Helpline 1800 33 00 66



Aboriginal and Torres Strait Islander Service History

Aboriginal and Torres Strait Islander people have been part of Australian service history for more than a century, and have made significant contributions in all wars, conflicts and peace keeping operations in which Australia has participated. From the Boer War to present day, including operations in Afghanistan, they have and continue to proudly serve their country.

Health Message

Like other veterans, Aboriginal and Torres Strait Islander veterans may have health problems after their service. The Department of Veterans' Affairs has programs that can help with your health and wellbeing:

Men's Health Peer Education

How to maintain your physical and mental health
www.dva.gov.au/mhpe.htm

At Ease

DVA's mental health portal
www.at-ease.dva.gov.au

The Right Mix

DVA's guide to health and alcohol
www.therightmix.gov.au



For more information

Contact the Veterans' Access Network and ask to speak to your Indigenous Veterans' Liaison Officer.

Phone: 133 254 (metro) or
1800 555 254 (regional Australia).

Information specifically for Indigenous Australians can be found on DVA's website at:
www.dva.gov.au/Indigenous

Image. An Aboriginal serviceman (left); and Uncle Harry Allie (BEM), a 23-year veteran of the Royal Australian Air Force and the RAAF's Representative Elder.

Aboriginal artwork was electronically created from original art pieces kindly donated to DVA by renowned Sydney Aboriginal artist, Danny Eastwood.

P02468



Australian Government
Department of Veterans' Affairs



YOUR HEALTH & ALCOHOL

www.therightmix.gov.au

Change the Mix: Ten Tips

Choose a healthy mix and try our ten tips to change your drinking habits.

- 1 Don't drink on an empty stomach—eat before and during drinking.
- 2 Set a limit to your drinking time and the amount you want to spend on alcohol.
- 3 Start with a juice or soft drink to quench your thirst.
- 4 Choose light beer or other low-alcohol drinks.
- 5 Drink slowly and don't top up drinks.
- 6 Refill your own glass.
- 7 Have water or other drinks in between alcoholic drinks.
- 8 Pace your drinking to someone who drinks less than you do.
- 9 Do something else while you drink—have a meal; play a game of pool or cards.
- 10 Have regular alcohol-free days each week.

For more information visit www.therightmix.gov.au



Australian Government
Department of Veterans' Affairs

'The Right Mix: Your Health and Alcohol' is supported by the Partnership Agreement between the ex-service and veteran community organisations and the Department of Veterans' Affairs

P00853 September 2009

ARE YOU **AT RISK?**

1 IN 3 AUSTRALIANS IS AT INCREASED RISK OF KIDNEY DISEASE

WHAT IS KIDNEY DISEASE?

Kidney disease occurs when the nephrons inside your kidneys, which act as blood filters are damaged. This leads to the build up of waste and fluids inside the body.



WHAT ARE THE SIGNS OF KIDNEY DISEASE?

It is not uncommon for people to **lose up to 90% of their kidney function before getting any symptoms.**

The first signs may be general and could include:

- High blood pressure
- Changes in the appearance of urine
- Blood in the urine
- Changes in the amount and number of times urine is passed

90% LOSS

of kidney function without symptoms.



WHAT IS A KIDNEY HEALTH CHECK?

Ask your GP for a kidney health check. This will involve a blood test, a blood pressure test and a urine test.



CAN EARLY DETECTION HELP?

If kidney disease is found early, medication, dietary and lifestyle changes can increase the life of your kidneys and keep you feeling your best for as long as possible.

WHAT ARE THE TREATMENT OPTIONS FOR END STAGE KIDNEY FAILURE?

There is no cure for kidney failure. The treatment options include:

Peritoneal Dialysis

A tube is permanently inserted into the abdomen. Special fluids are then introduced regularly to draw impurities from the body.

Haemodialysis

This involves connecting to a haemodialysis machine either at home or in hospital at least 3 times a week for around 5 hours at a time to cleanse your blood.



Transplant

If you're suitable for a transplant you can wait on average between 4 – 7 years for a kidney to become available.

Conservative Treatment

Without transplant or dialysis to replace kidney function, progression to end of life will occur. Treatment for symptoms is maintained for patient comfort.

www.kidney.org.au

1800 4 KIDNEY
5 4 3 6 3 9

KIDNEY[®] HEALTH AUSTRALIA

Want to
Quit
Smoking?



Contact an
Aboriginal
Quitline
counsellor
today

Impact of smoking on Aboriginal and Torres Strait Islander men

Smoking is the leading cause of disease and death in our community. Around half of our men smoke meaning that we are at a higher risk of getting cancer, heart disease, and respiratory disease which all can lead to death. Quitting smoking or making a quit attempt means a stronger future for you, your family and community!

Are you interested in making a quit attempt?

If so, we now have our own Aboriginal and Torres Strait Islander counsellors at the Quitline who are ready to have a yarn with you. They would love to hear about your story. So call 13 78 48 and request an Aboriginal counsellor anytime.

The good news!

Our bodies are great at repairing themselves so the sooner you quit, the faster your body will heal. Quitting will also be great for your family and community to lead the way in making our mob a healthier people.

The hard facts

- One in five of all Aboriginal deaths are attributed to tobacco use.
- Smoking rates are at least twice that of non-Indigenous rates for both men and women across all age groups.
- On average, Aboriginal men only live to 67.2 years of age compared to 78.7 years for non-Indigenous men. Quitting smoking will help increase our people's life expectancy.
- Between 2002 and 2008 smoking rates for Aboriginal men and women aged 15 years and over dropped from 51% to 47%. We're heading in the right direction but more needs to be done... Come on you mob!

Have a yarn.

1300 78 99 78
mensline.org.au

Talk it over
**Mens
Line**
AUSTRALIA

MensLine Australia is a trusted and sensitive telephone and online counselling service. We help males to have a yarn about family or relationship concerns, 24 hours a day, seven days a week.

With MensLine Australia's telephone, online and video counselling, you can access free* professional support, no matter where you are in Australia.

Our qualified counsellors can help you deal with relationship breakdown, separation, parenting, family violence and emotional wellbeing.

Visit mensline.org.au to access online counselling, information and resources, or call 1300 78 99 78 to speak to a counsellor.

*cost of a local call, higher from mobiles. MensLine Australia can return your call if you are using a mobile phone.



MensLine Australia is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs, and is managed by On the Line, Australia's leading professional remote counselling provider.



Coping Skills

This quiz is to determine the quality of your shock absorbers.

How does your vehicle travel the road of life?

Do you have a good set of shock absorbers that help you cope with the bumps in the road?

Below is a list of symptoms and complaints that most people have at some time in their life.

Check the list and rate yourself.	Almost never	Rarely	Some times	Quite often	Most of the time
I feel low in energy and slowed down	1	2	3	4	5
I have difficulty falling asleep or staying asleep because I worry or stew over things	1	2	3	4	5
I have temper outbursts that I can't control	1	2	3	4	5
My heart sometimes pounds or races	1	2	3	4	5
I feel hopeless about the future	1	2	3	4	5
I am easily annoyed or irritated	1	2	3	4	5
I feel trapped or stuck	1	2	3	4	5
I have lost interest in things I usually like (food, sex, recreation, socialising etc)	1	2	3	4	5
I feel shaky inside and anxious or panicky	1	2	3	4	5
I am unable to get rid of bad thoughts and ideas	1	2	3	4	5

How do your shock absorbers perform?

- If you scored 1's and 2's, your Shock Absorbers are in good order. Keep cruising!
- If you scored some 3's your Shock Absorbers are a bit dodgy; you've got a bit more stress than you need. Talk to someone.
- If you scored any 4's or 5's, you're in danger; your Shock Absorbers need replacing now! Talk to your GP!

Acknowledgement to 'Wheatbelt Men's Health Inc' WA

Stroke is preventable

Make these healthy choices to prevent stroke:

- Maintain healthy weight
- Eat good food
- Reduce grog
- Stop smoking

Stroke is serious.

Know the signs of stroke
and get help quickly.

Call 000

Journey after Stroke, State of Queensland (Queensland Health) 2007

How do you know if someone's having a stroke? Think...

F.A.S.T.

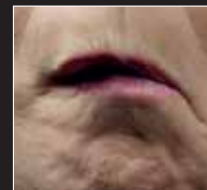
Think F.A.S.T. Act FAST! CALL 000



FACE
Check their FACE
Has their mouth drooped?



ARMS
Can they lift both ARMS?



SPEECH
Is their SPEECH slurred?
Do they understand you?



TIME
TIME is critical. If you see any
of these signs, call 000 now!



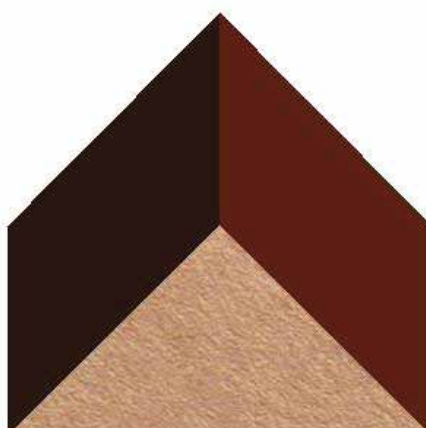


Australian Men's Shed Association
SHOULDER TO SHOULDER

“Spanner in the Works?” – a Men’s Health initiative by the Australian Men’s Shed Association.

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- Asthma Australia
- Australian Lung Foundation
- Australian Hearing
- National Prescribing Service
- The Department of Veteran Affairs – Peer Education Program
- Stroke Foundation
- Heart Foundation
- Cancer Council Victoria
- Cancer Council Australia
- Diabetes Australia - ‘LIFE’ program
- Continence Foundation of Australia
- Wheatbelt Men’s Health Inc – WA
- Crisis Support Services – Mensline
- Alzheimer’s Australia NSW
- BeyondBlue
- Kidney Health Australia



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