

SPANNER IN THE WORKS?

GENERAL SERVICE AND MAINTENANCE

Knowing when to have your car checked is no different than keeping your body in peak condition.

Life can get busy and health can become a low priority without us even realising. Take the time to check in regularly. It's important to keep up a regular maintenance and service schedule. There are things you can do yourself (DIY) and things you should check with your mechanic (your GP). When you visit your GP for preventative maintenance, book a long appointment so you have plenty of time to go through your full health check. Your GP will know to focus on things specific to your age and stage of life.

We suggest yearly checks, or more often if you're concerned about anything.

Most importantly, regardless of your age, make good choices. Eat well, stay physically active, stay socially connected and check in with your mates. A Men's Shed can be a great place to connect socially, learn new skills, and get tips from others on wellbeing.



HEALTHY MALE
ANDROLOGY AUSTRALIA



Australian
Men's Shed
Association
SHOULDER TO SHOULDER

Maintenance Schedule — DIY

Here's a list of things you can do yourself:

- + Build healthy relationships and manage your mental health by socialising and participating in activities with others. Join a sports team, a local community group and make time with family and friends
- + Protect your ears if you're entering loud places like noisy workshops
- + Aim for no more than ten standard drinks per week and no more than four standard drinks on any one day
- + If you're struggling with drugs (prescription or otherwise) talk to your GP
- + If gambling is impacting your life, seek some help.
- + Your body is better without the smokes
- + Check your skin after a shower for any new markings, freckles or moles
- + Examine your testicles for any unusual lumps or bumps
- + Work up a sweat for 30 minutes each day and make healthy food choices.

Service Schedule — Help from a professional or GP

A good general maintenance schedule keeps your wheels fine-tuned.

Our service schedule provides you with a list of things to bring up with your mechanic (GP). Check these annually, or more often if you have any concerns.

- + Visit your dentist for a mouth and teeth check.
- + Discuss mental health or relationship challenges.
- + Weight and waist measurement.
- + Blood pressure and cholesterol.
- + Discuss any reproductive and sexual health concerns.
- + Constipation that doesn't get better with lifestyle changes.

This fact sheet has been brought to you by Healthy Male and the Australian Men's Shed Association. Please note that *Spanner in the Works?* is not a clinical service. If you have any questions about your health, please contact your doctor.



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