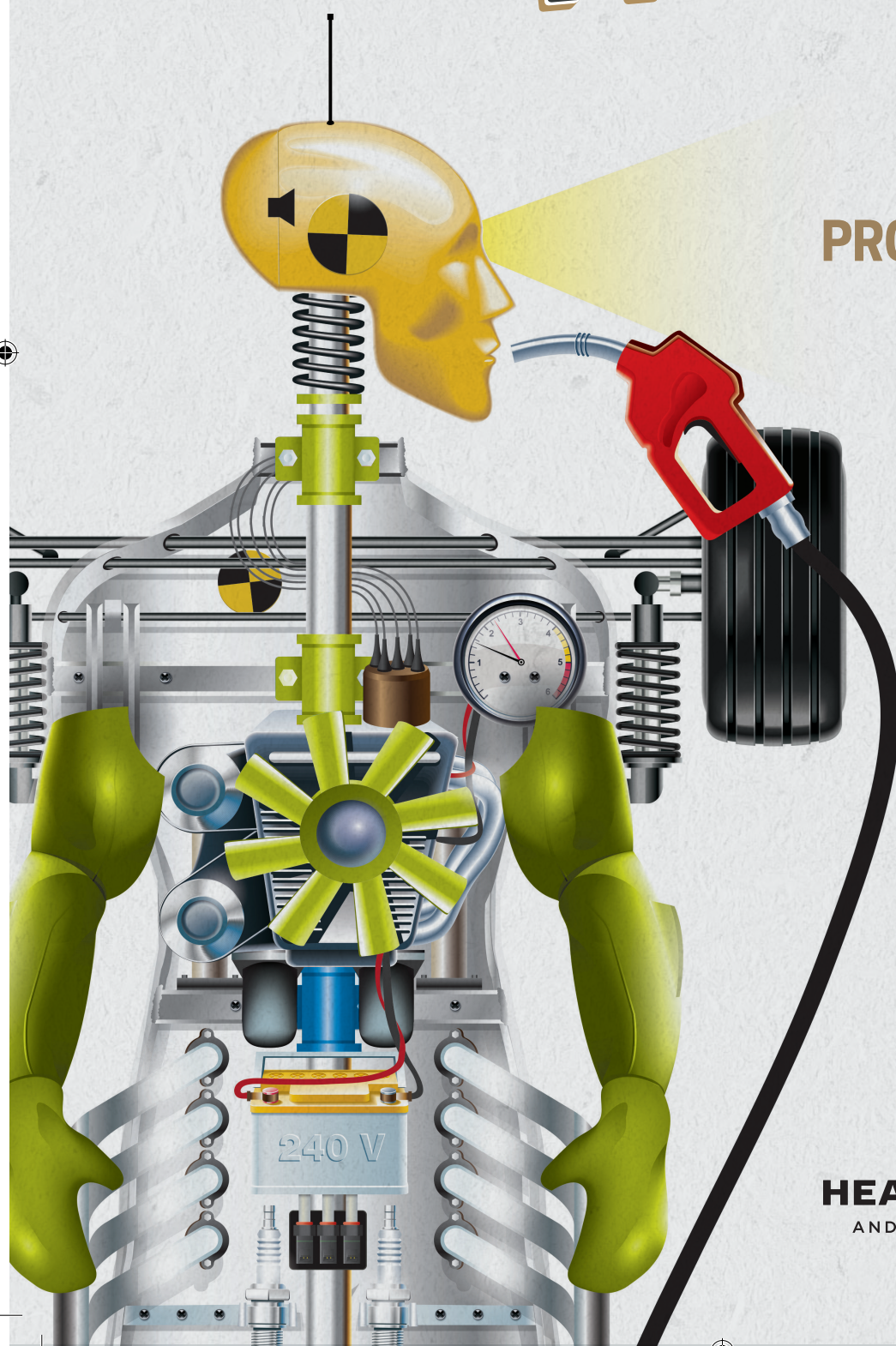


# SPANNER IN THE WORKS?<sup>®</sup>

**A MEN'S HEALTH  
PROMOTION TOOLKIT  
FACILITATORS GUIDE**



**HEALTHY MALE**  
ANDROLOGY AUSTRALIA



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



# SPANNER IN THE WORKS? MEN'S HEALTH PROMOTION TOOLKIT

*Spanner in the Works?* is a men's health promotion toolkit.

The Australian Men's Shed Association (AMSA) developed the original kit in 2011. In 2019, AMSA joined forces with Healthy Male to redevelop and expand the existing resources. The *Spanner in the Works?* toolkit has been designed to help anyone with a passion for promoting men's health and wellbeing, and now provides a comprehensive package that can be tailored to meet your needs.

You can use individual parts of the toolkit to deliver a range of men's health promotion activities. Simply order the men's health information resources that suit you best.

Using the toolkit you can present different health promotion activities to your audience. These options include:

- + men's health wall displays
- + men's health information stands
- + men's health show bags
- + men's health information presentation.

Items in the toolkit include:

- + this Facilitators Guide to support you if you are new to planning health promotion activities or events
- + speaker notes (included in this guide) to support the men's health presentation, whether you're presenting yourself or getting a speaker to run it
- + booklets for Australian men with a service and maintenance schedule to promote health through different stages of life
- + a poster to remind men to take a proactive approach to their health
- + a poster to promote your upcoming event
- + fact sheets for download and wallet guides to hand out to attendees
- + a USB containing all the toolkit information and resources
- + videos to enable digital information dissemination at convenient times and locations. Available at [malehealth.org.au](http://malehealth.org.au).

There's also a *Spanner in the Works?* website which is full of information and resources for you to use.

[malehealth.org.au](http://malehealth.org.au)

The purpose of this toolkit is to enable you to promote men's health in a variety of settings, such as workplaces, sports clubs and community groups.

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# PLANNING GUIDE

Here is a quick checklist and a few suggestions to help you plan your men's health promotion activity. You might have other ideas or processes, particularly if you've run events in the past.

Things to consider	Check
Activity type	<input type="checkbox"/>
Date(s) and time	<input type="checkbox"/>
Venue	<input type="checkbox"/>
Catering	<input type="checkbox"/>
Promotion	<input type="checkbox"/>
Optional – presentation	<input type="checkbox"/>

The *Spanner in the Works?* men's health promotion toolkit is designed to:

- + raise awareness of men's health issues
- + encourage men to adopt a healthy lifestyle
- + get men to 'know and go to their GP'.

Take-home messages for your attendees:

- + you are not alone, and help is available
- + speak to your GP and / or other health professional
- + talk to your partner or family member
- + prevention is better than cure
- + more information is available from a range of organisations.



## Activity type

The first thing to consider is what you want to achieve by running a men's health promotion activity. *Spanner in the Works?* offers a range of resources that can be packaged to meet your needs and setting.

If you have a clinic or open public space, you could:

- + display a poster on the wall
- + provide resources, such as the booklet or wallet guide for people to take away and read later
- + set up a table display with hard-copy health resources (and possibly provide an expert to answer questions)
- + run an event and deliver the presentation with attendee show bags.

You could distribute the videos via email or on your workplace intranet, providing the links to the *Spanner in the Works?* website **malehealth.org.au** for people to look at in their own time. There are lots of options depending on the time, space and setting you have available.

## Date and time

If you're organising a presentation or event, consider the following when choosing a date and venue:

- + Are there any other events or activities on that might limit your audience? Examples may be:
  - + other meetings
  - + community or sporting events
  - + public holidays
  - + school holidays
  - + critical work deadlines.
- + What time of day will best suit your audience?
  - + Is a breakfast gathering in a workplace a good time?
  - + Are school drop off and pick up times challenging for your audience?
  - + Are there restrictions around venue access?

## Venue suitability

When organising a presentation or event, it's important to consider the suitability of your chosen venue.

- + Are the room and amenities accessible for people with additional needs?
- + Do you have access to an area to display resources?
- + Is the area hazard free and OH&S compliant?
- + A computer, laptop and display screen or wall if you are delivering the presentation file provided on the *Spanner in the Works?* USB.
- + If you're hosting a display, make sure it is eye-catching and well located to maximise visits to the display.

## Catering

Catering events is optional. If you are preparing your own food, please make sure you check food handling and storage requirements with local authorities.

If you cater the event, consider providing 'high octane fuel'. *Spanner in the Works?* is a health promotion activity so we suggest serving healthy food to support the presentation messaging.

Consider:

- + whole fruit
- + savoury crackers with dips (such as rice crackers with hummus).

If you are purchasing catering, provide options that accommodate different dietary requirements such as vegetarian/vegan options and gluten, dairy, nut and egg-free alternatives. For more formal events, consider asking people to register and provide dietary requirements so you can be sure they are adequately catered for.



## Promotion

Start promoting your event at least four to six weeks beforehand. The toolkit contains posters to promote the event, along with wallet guides and booklets that can be distributed during, or after, the presentation.

If you're a community group, think about inviting other groups or members from the broader community. Consider contacting your local newspaper and radio for publicity or using local social media groups. You could ask your local government representatives to attend, or even deliver the presentation.

For workplaces, consider how information is usually disseminated. Sometimes information gets lost in email, so think about your workplace's online message boards, intranets or information sharing portals. Posters can be displayed where team members meet — lunchrooms, restrooms or hallways.

## Presentation

The *Spanner in the Works?* presentation can be delivered in several ways. It can be delivered as a single presentation, taking about 45 to 60 minutes, or five mini-presentations, each about 5 to 10 minutes long. Choose what works best for your situation. The presenter notes in the next section of this guide contain more detail on the content and structure of the talk.

The following table outlines presentation types and duration.



Things to consider	Content	Length (Approx.)
Full presentation	The full delivery of the presentation in a single session. All topics are covered in summary form.	60 minutes
Mini-presentations	Up to five mini-presentations covering different sections of the Spanner Man. This is a great way to deliver a men's health series in easy-to-digest chunks.	Each mini-presentation goes for 5 to 10 minutes.
Video presentations	We have recorded the presentation in both short and long formats. These are available at <b>malehealth.org.au</b> if you can't find a presenter.	

If you plan on hosting a presentation, and you're not comfortable presenting it yourself, you'll need to find a speaker. The right speaker can make your event really enjoyable and informative. Try to find someone who knows about healthy behaviour, who values their own health and wellbeing, and who is invested in positive social outcomes. Your speaker might be someone who has gone through a challenging health journey and is willing to share their own story to encourage others to act.

If you are presenting in a workplace, consider a speaker who is one of the following:

- + someone who is a peer leader or supports employee health and wellbeing
- + your Employee Assistance Program provider
- + a corporate wellness service provider
- + a local health or medical service
- + someone from a partner company or organisation with whom you collaborate
- + local community groups, such as Men's Sheds, Rotary, Lions, sports or activity clubs, or public speaking program providers (such as Toastmasters or Rostrum).

If you are organising a community group event, consider a speaker who is one of the following:

- + a respected group leader or peer
- + a local health or community service
- + a member from another local community group.

Remember that the presentation covers some serious and challenging health topics. Make sure your speaker can speak sensitively on issues relating to mental health, gambling, alcohol and drug use, reproductive and sexual health, along with all the health and wellbeing topics covered. There are speaker notes provided to support the speaker in this guide.

If you can't find a speaker, you can also access the videos via **malehealth.org.au**. These can be disseminated to your audience for viewing or you can play them for your audience in person. To access the videos, contact [info@healthymale.org.au](mailto:info@healthymale.org.au) or visit **malehealth.org.au**.

# PRESENTER NOTES

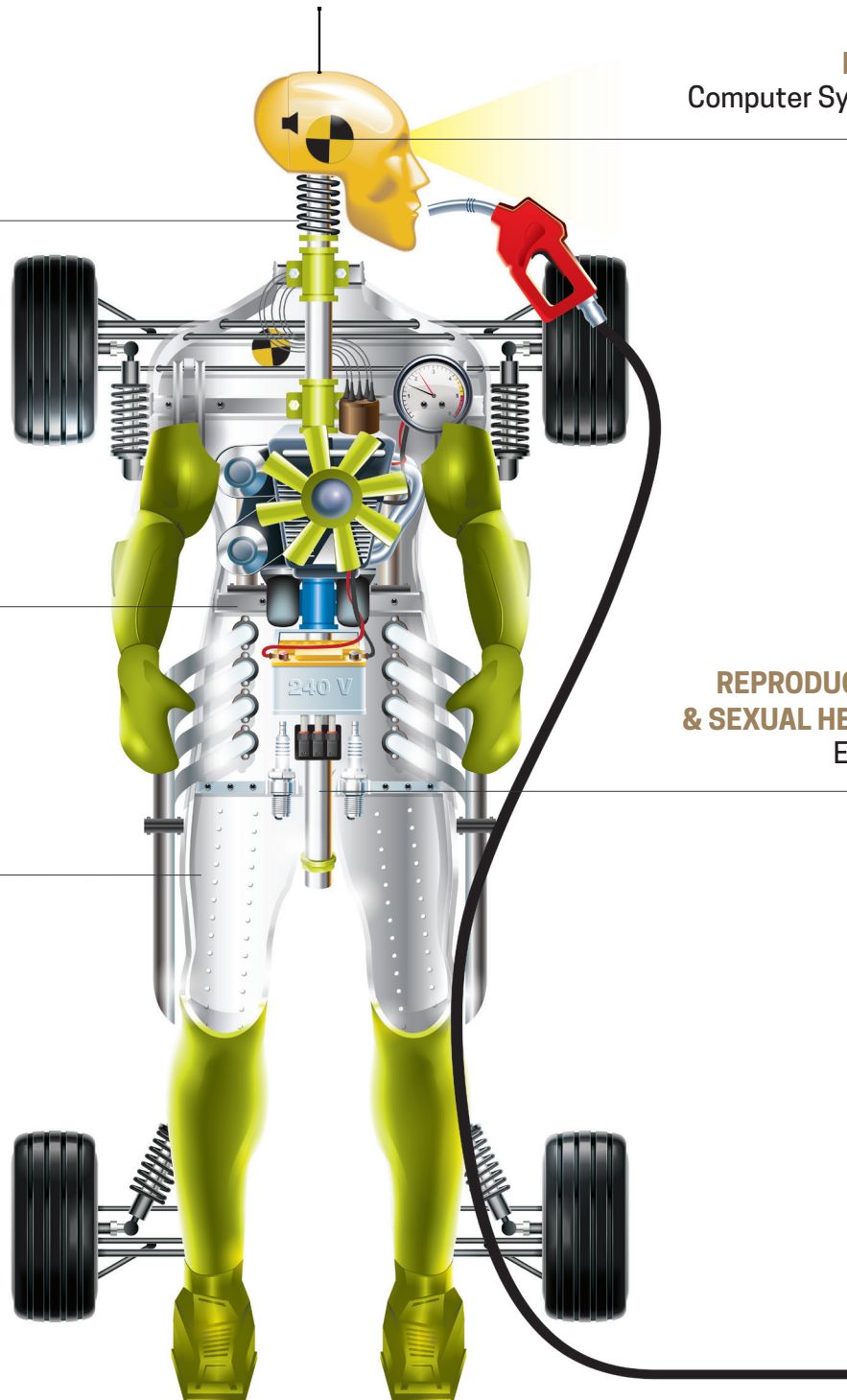
**GENERAL  
SERVICE**

**HEAD**  
Computer System

**TORSO**  
Body Panels

**MUSCLES, BONES  
AND JOINTS**  
Chassis

**REPRODUCTIVE  
& SEXUAL HEALTH**  
Engine





## Presentation overview

These presenter notes will help you to navigate and deliver the *Spanner in the Works?* men's health presentation.

The presentation can be delivered in a single session over the course of 45 to 60 minutes.

Alternatively, there are five car-themed sections within the presentation that can be delivered as mini-presentations.

You can deliver the mini-presentations during shorter timeslots, like during a lunch break in a workplace, or at the start of a meeting or training session.

The *Spanner in the Works?* booklet, wallet guide and **malehealth.org.au** website contain health and wellbeing tips and contact details for peak bodies to enable people to find more detailed information. The toolkit summarises the key aspects of health and wellbeing that men can proactively address with their GP or other health professional, along with DIY tips. The toolkit is not designed to provide detailed personalised health information, screening, diagnosis or assessment, but is aimed at encouraging regular maintenance and health checks. We encourage presenters to continue to reinforce the importance of self-care and acting early by seeing a GP, or other health professional, if things don't seem right.

If you are a health professional delivering this presentation, you can provide more detailed, evidence-based information relevant to your area of expertise.

We encourage you to provide information to your participants about local services and resources available to support health and wellbeing.

The presentation is enabled by software called 'Prezi'. You can access the presentation via the USB provided or by using the weblink provided a stable Wi-Fi connection is available.

## **‘Prezi’ — A quick guide**

The presentation can be delivered on either a Windows or Mac operating system.

### **Viewing or presenting a downloaded presentation (portable Prezi)**

If you receive a downloaded presentation file, it's to view. Just make sure you open the right one for your Windows or Mac computer.

#### ***Windows***

1. Double-click on the EXE File to load the presentation.
2. When it opens, it will be immediately ready for viewing or presentation.

Note: Windows 7 with DirectX 0 or higher is required to view a portable Prezi. You'll also need a dedicated or integrated graphics card.

#### ***Mac***

1. Double-click the ZIP file to unzip the folder.
2. Open the folder, and double-click on the Prezi Next icon to open your presentation.
3. It is now ready for viewing or presentation.

Note: Viewing a downloaded presentation on Mac requires OS 10.10 or above.

#### ***Viewing with macOS Sierra***

1. Double-click to unzip the portable Prezi.
2. Drag the Prezi logo to your desktop.
3. Drag the contents folder to your desktop (do not do steps 2 and 3 together).
4. Click the Prezi logo on your desktop to view or present your portable Prezi.



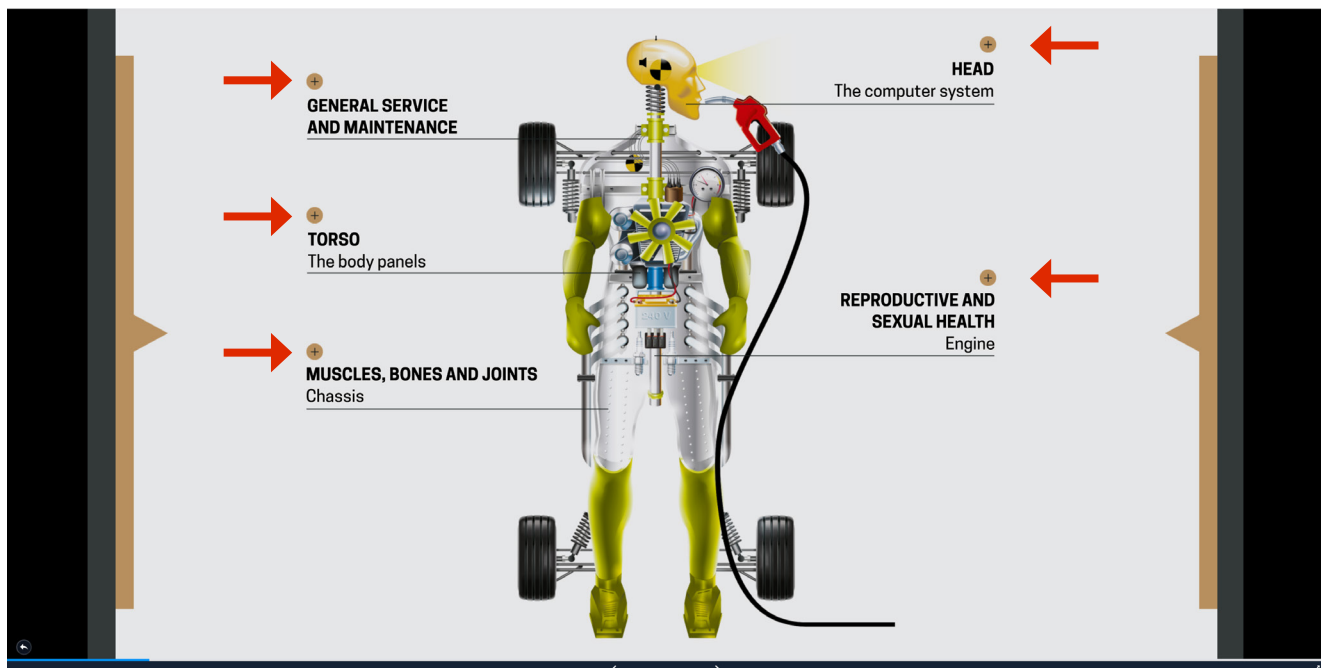
## Using the presentation

Each section is grouped in the table below to show where the slide deck will fade out and continue to a new section.

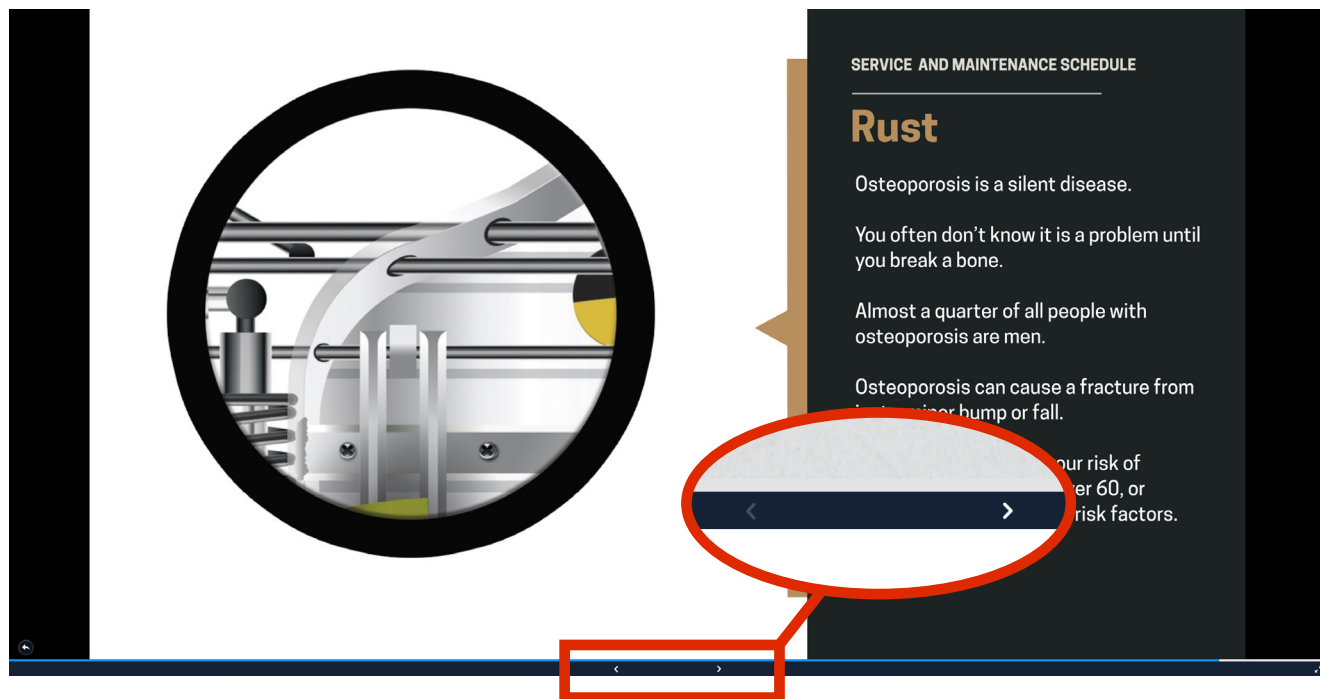
Slide Number	Topic
1	Title
2	Acknowledgement
3	Road Map to Good Health
4	Subtitle
5	Spanner Man summary slide
6	Service and maintenance schedule – General
7	Service and maintenance schedule: air cleaner
8	Service and maintenance schedule: regular use
9	Service and maintenance schedule: high octane fuel
10	Service and maintenance schedule: general tune
11	Service and maintenance schedule – Computer
12	The computer system: system and power
13	The computer system: fuel additives
14	The computer system: sound system
15	The computer system: headlights
16	The computer system: malfunction
17	The computer system: risky driving
18	The computer system: intake
19	Service and maintenance schedule – Body panels
20	The body panels: air / fuel mix
21	The body panels: exhaust
22	The body panels: oil pressure and fuel lines
23	The body panels: fuel injectors
24	The body panels: bearing rumbles
25	The body panels: fuel filters
26	Service and maintenance schedule – Engine
27	The engine: drive shaft
28	The engine: spark plugs
29	The engine: drive shaft rush
30	The engine: connector plug
31	The engine: extractors
32	The engine: fuel pump
33	Service and maintenance schedule – Chassis
34	The chassis: joint lubrication
35	The chassis: rust
36	Where to get help?
37	Funding acknowledgement
38	End title



The arrows at the bottom allow you to navigate forwards and backwards between consecutive slides. At any point, you can use the scroll bar at the bottom of the presentation. You can also hover your mouse over the blue dot to see which slide you're up to. If you click and drag the blue dot, you can move quickly to a new slide.



Slide five is a map of the different sections of the presentation. You can deliver the presentation all at once or break it into mini-presentations. If you deliver it all at once, just follow the order of the slides as they appear. If you want to deliver the presentation at different times, click on the topic area you want to present at that time — this will take you to the start of that section.



When you reach the end of a section in the presentation, the slide will fade out when you click the white arrow. This indicates that you are moving to the next section.

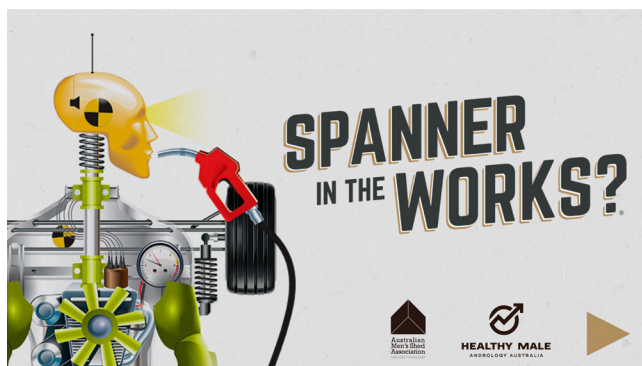
If you only want to deliver one section, stop at this point. The next time you present, start at slide five and click on the topic/section you wish to present.



If you need to navigate between sections of the presentation in a different order, use the rounded arrow in the bottom left corner to navigate back to the Spanner Man on slide five.



## Slide content and speaker notes



### Slide 1

#### Presenter instructions

- + Welcome your audience
- + Acknowledgement of Country

#### Speaker notes

I'd like to begin by acknowledging the traditional owners of the land on which we meet today. I would also like to pay my respects to Elders past and present.

Tip: Find out more about an Acknowledgement to Country at [commonground.org.au/learn/acknowledgement-of-country](http://commonground.org.au/learn/acknowledgement-of-country).

Introduce yourself, your role and who you are representing

- + Good housekeeping:
  - + how long will the presentation be? Advise your audience that you intend to do either a mini-presentation, or the full 45 to 60-minute talk
  - + explain where amenities, like bathrooms, are located
  - + point out the emergency exits and explain any evacuation procedures
  - + explain any other details relevant to your setting.

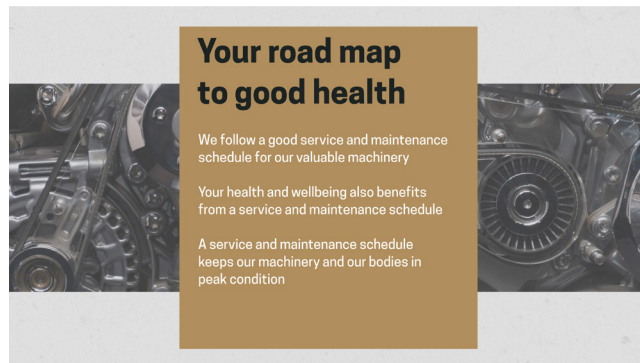


### Slide 2

#### Speaker notes

- + The Australian Men's Shed Association and Healthy Male have collaborated to make this men's health toolkit available.
- + This presentation will outline some DIY tips and recommendations for regular maintenance and servicing.

Speaker notes are written in a conversational tone. You're welcome to paraphrase the notes, using language that you're comfortable with. It's important that you feel confident sharing information and answering questions. That's why we recommended reading the *Spanner in the Works?* booklet and becoming familiar with the health information, as well as relevant websites and resources.

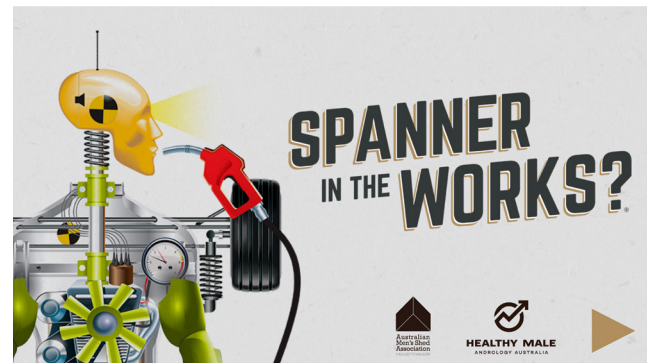


### Slide 3

#### Speaker notes

A quick update on the stats:

- + life expectancy for men is going up — good news! It's now 80.4 years and only a few years behind women
- + heart disease, stroke, diabetes, bowel cancer, blood cancer, lung cancer, dementia and suicide account for almost half of all male deaths per year. But there's a lot we can do to improve this with regular services/check-ups and getting help early
- + mental illness is a huge issue and men often find it hard to ask for help. We've got some contacts to share with you on this
- + men tend to engage in more risk-taking behaviours. Too much alcohol and drug taking are a big contributor to injuries in men — particularly younger men
- + reproductive and sexual health issues are associated with heart disease, diabetes and poor mental health. Many men remain unaware of this link and don't ask about it (health professionals might find it hard to talk about this topic too)
- + all sexually transmitted infections are preventable, and many are curable.



### Slide 4

#### Speaker notes

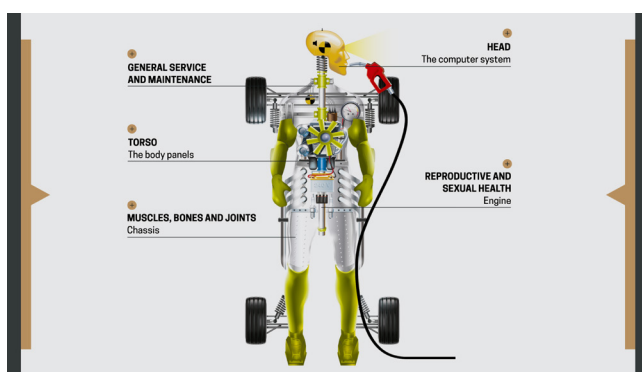
What's *Spanner in the Works?* all about?

- + When we have something we care about, like a car or other valued piece of machinery, we make sure we look after it through regular maintenance and care.
- + Our health and wellbeing are our most valuable assets, but they're also easy to ignore.
- + *Spanner in the Works?* provides a general 'maintenance schedule' with tips on what you can do to look after your health and wellbeing, as well as some prompts for when you should visit your 'mechanic' (aka your GP).
- + *Spanner in the Works?* is not a replacement for individual health or medical advice — it's more a handy guide.
- + We encourage you to see your GP or other health professional for advice and guidance specific to your needs. This should be done at least once a year, even if all seems well.

#### Presenter instructions

Try to encourage your audience to participate.

- + Of course, participation is optional — but it can help improve audience engagement.
- + You could ask for a show of hands — who's had a general check up in the last 12 months?
- + Reassure people they don't have to participate if they don't want to.

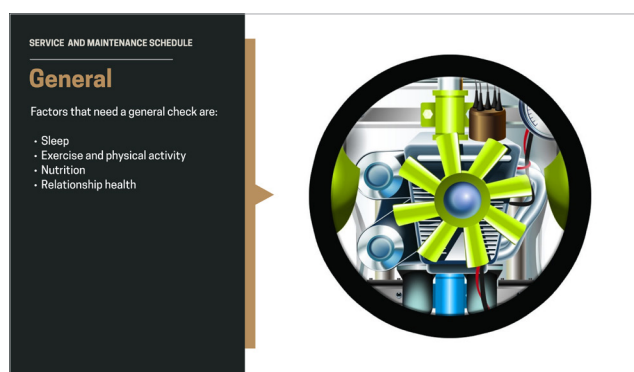


## Slide 5

### Speaker notes

Let's do a quick overview:

- + the *Spanner in the Works?* toolkit provides a brief overview of common health conditions and other factors that can affect the wellbeing of Australian men.
- + the *Spanner in the Works?* booklet provides detailed information about the service and maintenance schedule for different ages and stages in life. This presentation will provide a brief summary. Please consult the booklet or website for more information.
- + there may be other health or wellbeing challenges that you experience that are not covered by *Spanner in the Works?*. I hope you're encouraged by this presentation to bring them up with your GP, even though we might not talk about them today.
- + we'll go through your machinery from head to toe and I'll give you some tips on general service and maintenance to keep your body in tip top shape.



## Slide 6


### Speaker notes

In this section we are going to focus on the general service and maintenance required to keep you in shape.

The topics we will cover are:

- + sleep patterns and disturbances
- + exercise and physical activity
- + nutrition
- + relationship health.





**SERVICE AND MAINTENANCE SCHEDULE**

### Air cleaner

Sleep can be a problem for anyone.

Sleep problems aren't a normal part of getting older.

Ask your partner if they notice something wrong with your breathing during sleep.


Talk to your GP if you have persistent problems with your sleep if:

- It's affecting your daytime wellbeing
- You're always feeling sleepy during the day

## Slide 7

### Speaker notes

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, talk to your GP. Sleep deprivation isn't a normal part of getting older. You should also seek help if your partner notices something is wrong with your breathing while you sleep. There are effective treatments for snoring, sleep apnoea and insomnia.



**SERVICE AND MAINTENANCE SCHEDULE**

### Regular use

Move it or lose it.

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.

## Slide 8

### Speaker notes

A machine needs to run regularly to stay lubricated. In the same way, your body needs to move regularly 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. Do muscle-strengthening activities at least twice per week.

Not sure what's right for you? An exercise professional can find the right approach for you.



## Slide 9

### Speaker notes

Food is fuel for your body. Treats are okay in moderation but try to eat high octane fuel like fruits and vegetables. Choose foods for good health and to reduce the risk of chronic health problems developing.

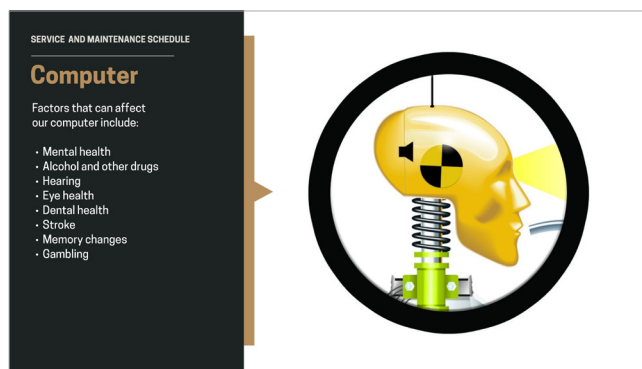
Seek support from an accredited practicing dietitian or your GP if you're unsure about the right fuel for you. You might even have specific needs to maintain your wellbeing.



## Slide 10

### Speaker notes

If you're having relationship difficulties, support is available for you to work through issues and help you develop better ways to cope. Many people need relationship assistance. People who can communicate effectively are better equipped to handle conflict constructively and deal with their issues in healthier ways. It's good to ask for help — and early!



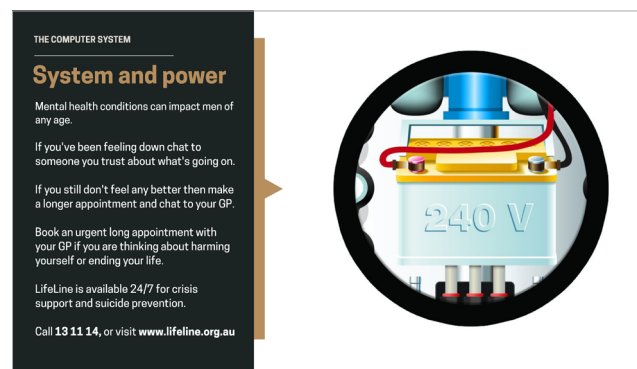
## Slide 11

### Speaker notes

In this section we are going to focus on the computer (your head).

The topics we will cover are:

- + mental health
- + alcohol and drug use
- + hearing
- + eye health
- + dental health
- + stroke
- + memory changes
- + gambling.



## Slide 12

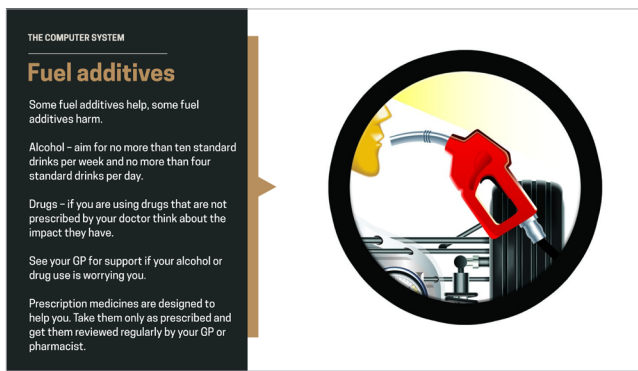
### Presenter instructions

It's likely that people in your audience have been affected by mental illness. They might have their own challenges or have supported a loved one dealing with mental health problems. Encourage your audience to use the Head to Health website. Head To Health provides a list of mental health support services. People can search for the right program or service to meet their individual needs.

### Speaker notes

- + Some of you may have experienced mental illness at some point. Some of you may be experiencing it now.
- + Almost 1 in 4 males aged between 16 to 24 years of age have experienced mental health challenges.
- + Death by suicide is three times more common in men.
- + I encourage you to reach out and ask for help if, mentally, you've not been feeling great.
- + I also encourage you to check in on your family, friends and colleagues.
- + Everyone has good and bad days.
- + If you have been feeling sad, flat, worried or nervous for a little while, and you don't seem to be able to do things yourself to help you feel better, reach out for help.
- + You could start with the Head to Health website to see what's available — but don't stop there.
- + If things don't improve, make a long appointment with your GP to learn more about what is going on and find the right strategy for you. There are often a few different options to try, and not everything involves taking a pill.
- + If things are getting really bad and you are harming yourself, or feel like ending your own life, then I urge you, strongly, to call Lifeline immediately for support. They are available 24/7.
- + I know that mental health can be a tough topic to think about, and talk about, but it is really important for all of us to get help early so we can live happier and healthier lives.





## Slide 13

### Speaker notes

When I talk about fuel additives, I'm referring to alcohol and other drugs that we add to our bodies.

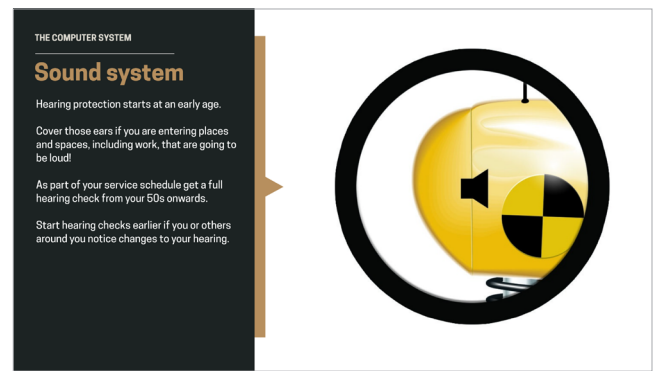
Prescribed medication is there to help – but make sure that you review your prescriptions regularly with your GP, pharmacist or specialist. If you take prescribed medications regularly, you should ask your GP if they are still the right mix for you, as your needs can change over time.

You should also talk to your GP about other 'additives' you use such as:

- + drugs that are not prescribed by your GP
- + alcohol
- + supplements and other over-the-counter therapies.

All these additives can affect your health. Different additives can interact and change or cancel the intended affect. GPs need to know everything that's going into your system so they can work with you to make the best decisions for your health and wellbeing.

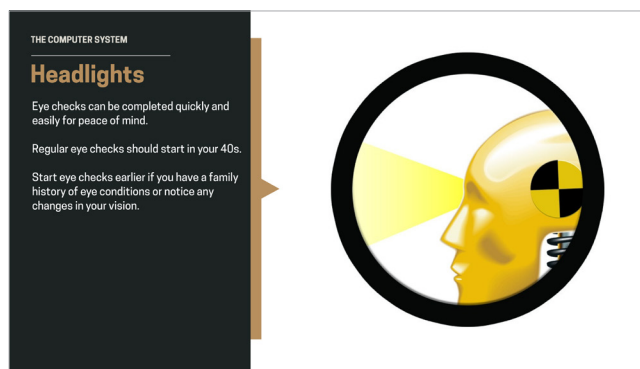
If alcohol or drugs are making you withdraw from your family and friends, neglect your studies, or are affecting your performance at work, then have a chat to your GP during a long appointment. There are services that can help if you want to make a change.



## Slide 14

### Speaker notes

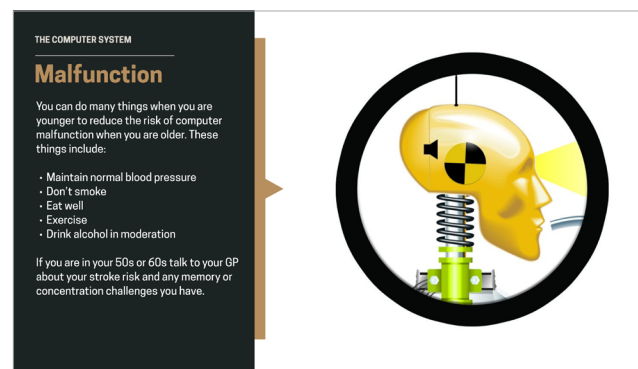
- + Hearing protection starts at an early age – cover your ears if it's going to be loud.
- + Hearing checks generally start in your 50s as part of regular maintenance, but you might need to test your hearing earlier if you notice a problem.
- + There are some great online resources to assist with 'knowing your noise' and assessing when you might need to see a professional.
- + Head to the Know Your Noise website (the website URL can be found on page 44 in your booklet).



## Slide 15

### Speaker notes

- + Eye checks can generally be bulk billed.
- + Eye checks start as part of the regular maintenance schedule in your 40s but should start sooner if you have difficulties with your vision or if there is a family history of eye problems.



## Slide 16

### Speaker notes

Our computer can sometimes start to malfunction as we get older. Dementia is becoming more prevalent, but there are also a few other things that can affect memory. Chat to your GP if memory is becoming a concern.

Strokes are also more prevalent in men. Risk factors for stroke include:

- + high blood pressure or cholesterol
- + being a smoker
- + being overweight
- + poor nutrition, including overindulgence in alcohol
- + low or no regular exercise
- + family history
- + having diabetes and/or other heart conditions.

Most of these things you can do something about. So, start early and make a long-term investment in your health to reduce the risk of stroke and related conditions.

The Stroke Foundation recommends the F.A.S.T test to check for the most common signs of stroke.

Check the following if you are worried about someone.

- + FACE – check their face. Has their mouth drooped?
- + ARMS – can they lift both arms?
- + SPEECH – is their speech slurred? Do they understand you?
- + TIME – if you notice any of these signs, call 000 immediately.

There are lots of resources and information on the Stroke Foundation website.

THE COMPUTER SYSTEM


### Risky driving

Gambling can become a problem if you don't keep it in check.

Are you:

- Chasing bets to get money back
- Concerned about your finances as a result of gambling
- Hiding your gambling from others
- Gambling alone?

If you answered yes, chat to your GP or get in touch with your local Gamblers Help service.



## Slide 17

### Speaker notes

Gambling addiction doesn't discriminate — it affects all socio-economic groups, ages and cultures. If you are hiding your finances from loved ones, chasing bets to get your money back, or gambling alone, then you've probably got a problem. Chat to your GP or find a local Gambler's Help service. There's also help available for family and friends who are affected by your gambling.


THE COMPUTER SYSTEM

### Intake

Taking good care of your teeth and gums on a daily basis can help reduce dental problems in the future.

Follow these tips for good dental health:

- Brush twice daily
- Replace your brush every 3 months
- Floss regularly
- Visit your dentist annually



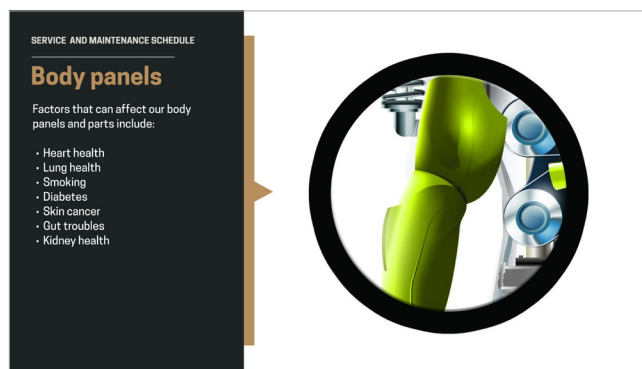
## Slide 18

### Speaker notes

Your dental health is important. Most people don't know that dental problems can be linked to other chronic conditions. I encourage you to:

- + brush twice daily
- + floss regularly
- + and, as horrible as it may sound to some, visit your dentist for an annual check-up
- + talk to your GP or local practice nurse. You might even be eligible for a rebate.





## Slide 19

### Speaker notes

In this section we will focus on the body panels.

The topics we will touch on are:

- + heart health
- + lung health
- + smoking
- + diabetes
- + skin cancer
- + gut troubles
- + kidney health.



## Slide 20

### Speaker notes

The Lung Foundation has a great lung health checklist. If your job exposes you to dust, gas or fumes, or if you notice chest tightness or persistent coughing, then chat to your GP. If you have a lung condition like asthma, then make sure you have an up-to-date action plan. But, most importantly, chat to your GP as soon as possible if you're feeling breathless more often than usual.



## Slide 21

### Speaker notes

If you don't smoke now — don't start. It's not smart and we now know better.

If you are a smoker, you know it's not good for you.

And you also know that quitting completely is the best option. But if that's too big a step for you right now, just start by trying to reduce the number of cigarettes you smoke each day.

Your GP will be able to advise you on different options if you want to quit but are not sure how.

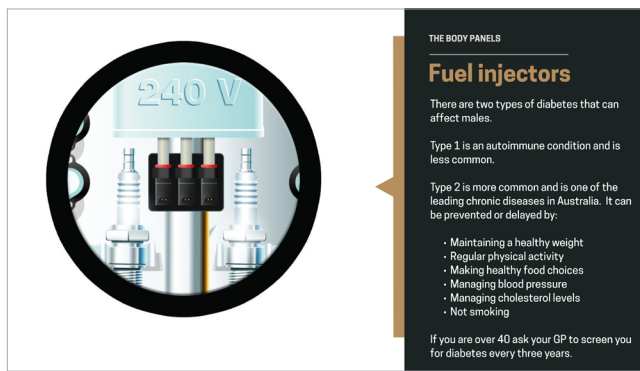


## Slide 22

### Speaker notes

The Heart Foundation has a heart health checker tool on its website. If you are over 45, it is recommended you ask your GP to do heart checks as part of your regular maintenance schedule.

If you do the heart health checker, and your heart age is older than your actual age, talk to your GP about reducing your risk.



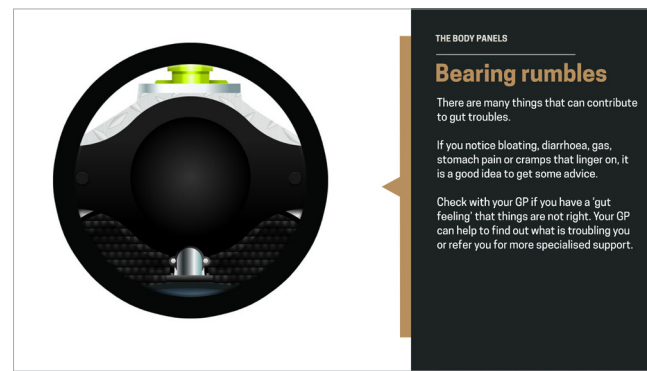
## Slide 23

### Speaker notes

The impact of poorly managed diabetes on your health and wellbeing can be severe. It can affect erectile function and mental health as well as your heart, eyesight and limbs. 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.

If you are over 40, see your GP for a diabetes screen every three years.

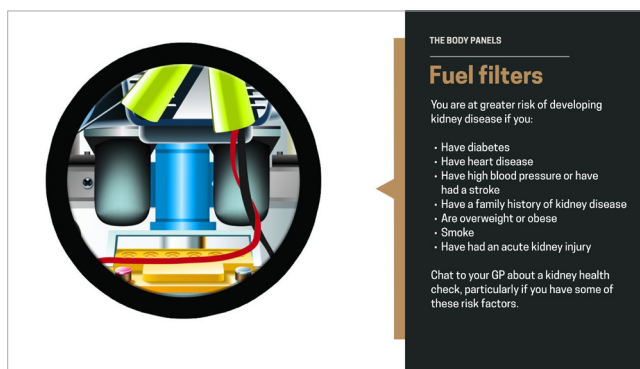


## Slide 24

### Speaker notes

There are many things that can contribute to gut troubles. If you notice bloating, diarrhoea, gas, stomach pain or lingering cramps, it's a good idea to get some advice.

Check with your GP if you have a 'gut feeling' that things aren't right.



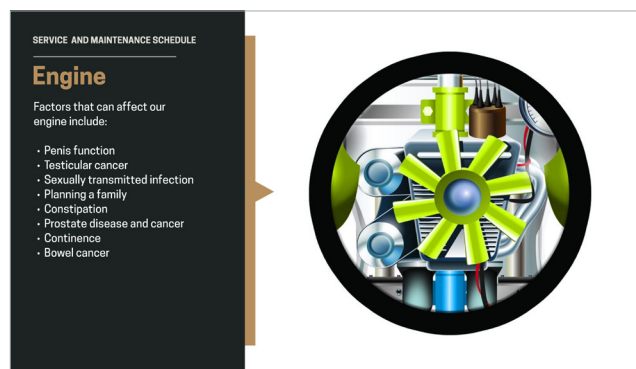
## Slide 25

### Speaker notes

Your kidneys are your fuel filters. You are at greater risk of developing kidney disease if:

- + 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.

Your GP can help if you have any risk factors to stop small kidney problems getting bigger.



## Slide 26

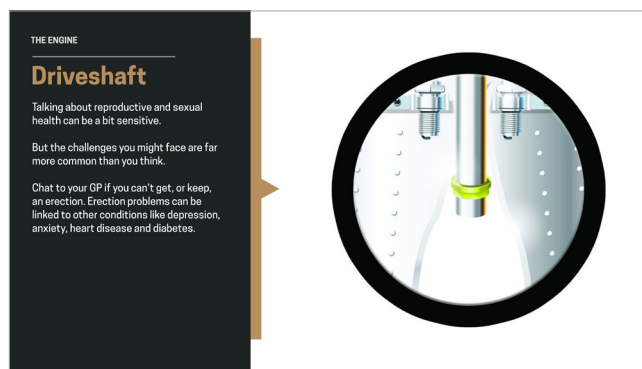
### Speaker notes

In this section we will focus on your engine.

The topics we will touch on are:

- + penis function
- + testicular cancer
- + sexually transmitted infection
- + planning a family
- + constipation
- + prostate disease and cancer
- + continence
- + bowel cancer.



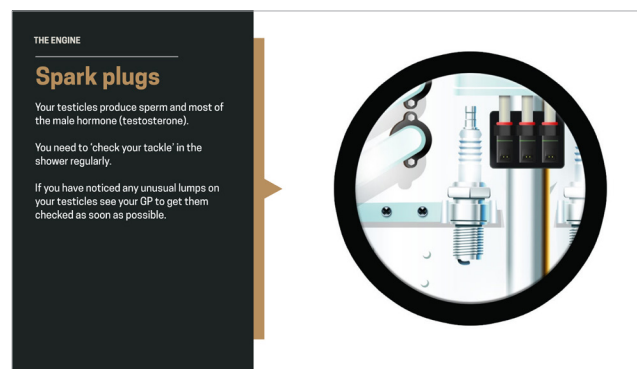


## Slide 27

### Speaker notes

If you can't get or keep an erection — don't ignore it. Yes, it might be a little uncomfortable to raise the topic with your loved ones or health professionals but dealing with this early can lead to better outcomes later.

Erectile dysfunction is often linked to other conditions, like depression, heart disease, and diabetes. So have the conversation with your GP as early as possible (and don't forget to book a longer appointment).



## Slide 28

### Speaker notes

You are never too young to start checking your tackle. Any unusual lump, bumps or tenderness need to be assessed by your GP as soon as possible. Testicular cancer is one diagnosis, but you could be suffering from a range of other conditions. Don't wait — go and see you GP. They are trained to sensitively assess these things.

THE ENGINE

### Driveshaft rust


Sexually transmitted infections are preventable and often curable.

See your GP for a sexual health screen if you have had:

- Unprotected sex
- Sex with multiple partners

Use a condom when having sex to protect against STI.

Everyone who is sexually active should have regular check-ups with their GP or sexual health clinic.




THE ENGINE

### Connector plug

If you're thinking about starting or adding to your family in the next 12 months, chat with your GP about doing a pre-conception health check.

It's important for both males AND females to do this.

There are some things you should avoid and lots of things you can do to maximise the health of your sperm before you try conceiving.



## Slide 29

### Speaker notes

Ask your GP to arrange sexual health checks or visit a sexual health clinic if you've had unprotected sex.

Remember that prevention is the key. Use a condom and talk to your GP about the best sexual health plan for you.

## Slide 30

### Speaker notes

Pre-conception health is a shared journey. So often, the female is the primary focus for pre-conception health, but this shouldn't be the case. If you are planning on starting or expanding your family, there are many ways to optimise your health before conceiving. Check out the resources available from Your Fertility or Healthy Male to help you make good decisions, and don't forget talk to your GP about a pre-conception health check.

THE ENGINE


### Extractors

Constipation can be a problem for all men particularly if you are not getting enough fibre.

It can usually be easily treated by making simple lifestyle changes such as:

- Eating more high fibre foods
- Drinking plenty of water and other fluids
- Exercising regularly
- Going to the toilet when you need to - don't hold

See your GP if your constipation is bad or not getting better.



## Slide 31

### Speaker notes

Constipation can be a pain in the butt and gut. There are quite a few things that you can do yourself, but if the problem persists, check out what is going on with your GP.

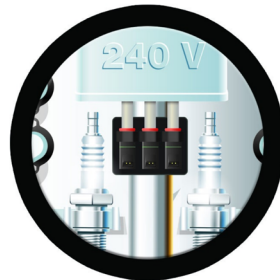
THE ENGINE

### Fuel pump

If your urine continues to dribble after you have been to the toilet and you experience any:

- Difficulty initiating urination
- Straining to empty your bladder
- A slow urine stream when emptying your bladder
- Need to urgently empty your bladder
- Burning, discomfort or pain when emptying your bladder
- Waking several times overnight to empty your bladder
- Changing your lifestyle because of problems with your bowel or bladder

See your GP for an assessment and management plan.

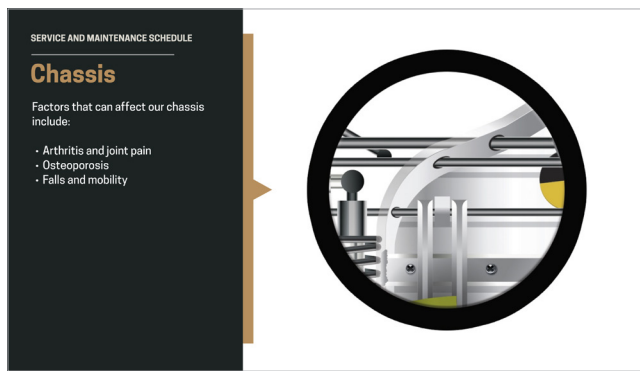


## Slide 32

### Speaker notes

Your fuel pump (aka your prostate) gets bigger as you get older. This is normal, but sometimes things can go wrong. Common 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 have some tests.

The Continence Foundation has some great resources and information available for you to assist in learning and acting on incontinence.



## Slide 33

### Speaker notes

In this section we are focussing on your Chassis.

The topics we will touch on are:

- + arthritis and joint pain
- + osteoporosis
- + falls and mobility.



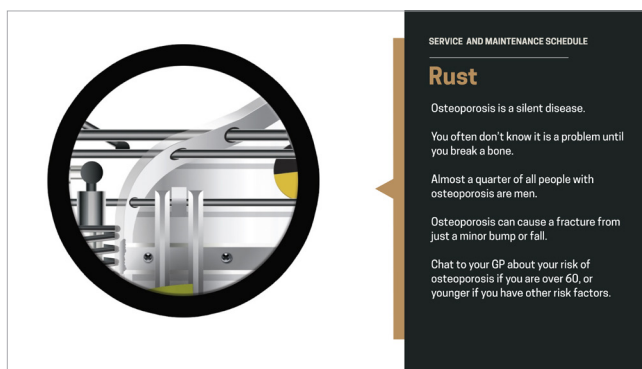
## Slide 34

### Speaker notes

From an early age, your joints need regular activity to stay strong and hydrated. Nothing beats regular exercise, including aerobic activities like jogging, cycling, brisk walking, dancing, or swimming. Strengthening and stretching activities are also great for joint health.

If you notice persistent, niggling pain in your joints that doesn't seem to ever completely go away, chat with your GP about improving joint health, especially as you get older. There are lots of ways to manage your joints if you start early.





## Slide 35

### Speaker notes

When you have osteoporosis, your bones can break from just a minor bump or fall. A quarter of all people in Australia with osteoporosis are men. Taking early action is the most effective way to prevent 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.

High-intensity physical activity, such as jumping, running and explosive weight-bearing activities at a young age can help prevent or delay osteoporosis. If you haven't done these types of activities, are older, or have other joint / health issues, seek advice from a health professional before starting a new exercise regime.

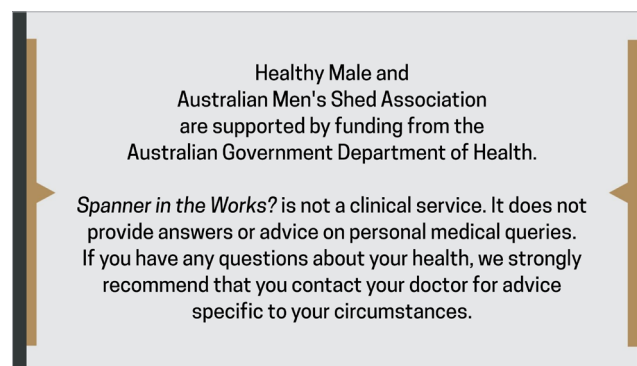


## Slide 36

### Presenter instructions

This is a good opportunity to promote local services or other relevant services for the people you are presenting to. This may include local health, community or recreation services, Employee Assistance Programs, or employee wellbeing programs if you are presenting in a workplace.

If you don't have contact details for local health services, encourage your attendees to seek support from their own GP or use the healthdirect service finder on the healthdirect website.



## Slide 37

### Presenter instructions

Thank your participants for attending. If you are collecting feedback for your event, you may wish to remind people to do so at this time.

For more information, please contact:

Healthy Male

[info@healthymale.org.au](mailto:info@healthymale.org.au)

1300 303 878

If you are delivering this presentation as a representative of Australian Men's Shed Association and need support or information, please contact:

Australian Men's Shed Association

[amsa@mensshed.net](mailto:amsa@mensshed.net)

1300 550 009



**HEALTHY MALE**  
ANDROLOGY AUSTRALIA



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