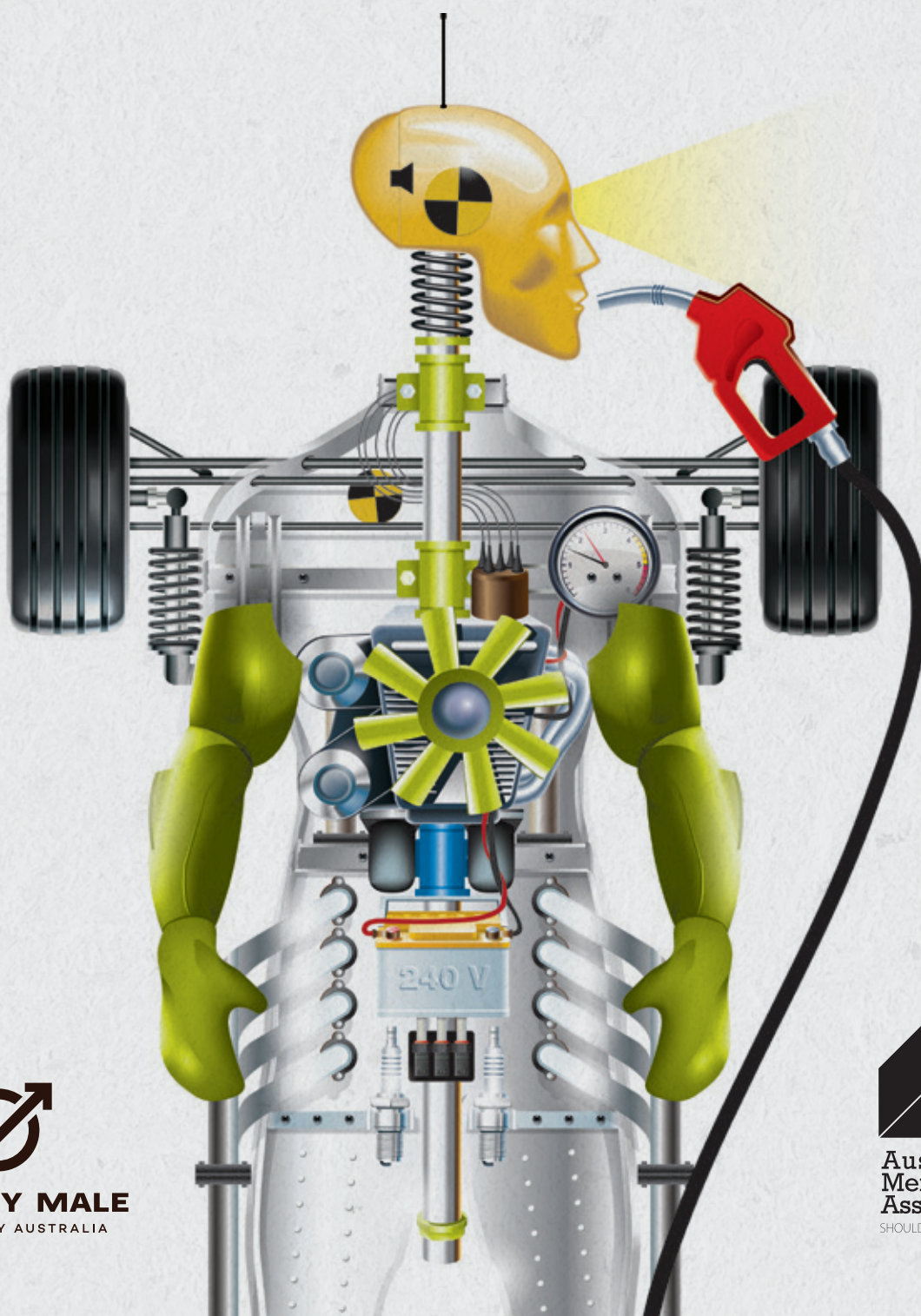


SPANNER

IN THE

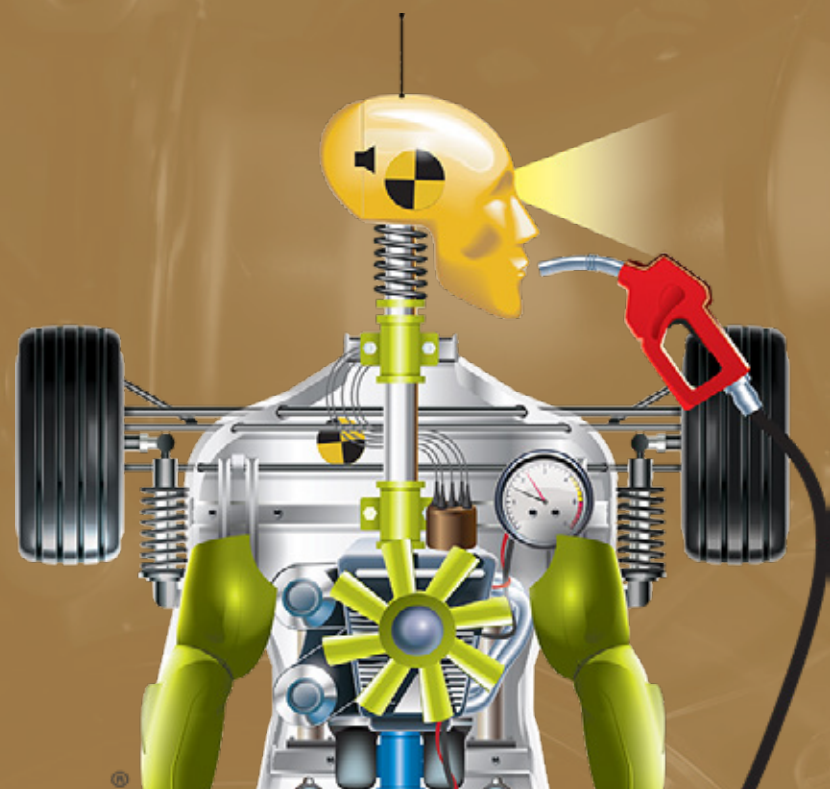
WORKS?®



HEALTHY MALE
ANDROLOGY AUSTRALIA



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



This men's health service and maintenance schedule 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. We cannot provide answers or advice on personal medical queries. If you have any questions about your health, we strongly recommend that you contact your doctor for advice specific to your circumstances.



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YOUR ROAD MAP TO GOOD HEALTH

Men can be quite particular about cars and machinery. It doesn't matter if we're farmers, office workers, timber workers, truck drivers, miners, or corporate leaders — when a service is due on our machinery, we either do it ourselves or we get a mechanic to do it. By carrying out regular servicing, we keep our machinery in peak condition and prevent costly repairs before they become major issues.

Our most valuable piece of machinery is our own health. But when it comes to looking after our machinery, most of us don't have a 'service and maintenance schedule' and tend to wait and see. If we get aches or pains, or go through a tough time in our relationships or emotionally, our attitude is often 'I'll battle through this'.

We get away with this most of the time.

It's only when the aches, pains or emotions get the better of us that we decide to get things checked out by our mechanic (our GP).

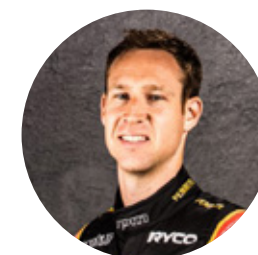
We wouldn't ignore a timing chain rattle, a wheel bearing rumble or a sudden drop-off in our car's performance, because we know these often lead to worse problems.

That's why we want to encourage you to pay as much attention to your body as you do to your car or machinery. When we leave things for too long before getting help, it can often take a lot longer to fix.

Sometimes our parts get too worn out to fully repair. This can lead to worry, frustration and long-term health issues.

Spanner in the Works? provides you with a service and maintenance schedule for your body and some key health messages in a way that's easy-to-understand and achievable. It sets out things that you can do (or not do) to improve your health and your chances of a longer, happier life. Often, minor adjustments can have a major impact on your health, relationships, friendships and work.

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



A stylized, handwritten signature of David Reynolds in black ink.

David Reynolds

V8 Supercar Driver – Penrite Racing

THE SPANNER MAN

HEAD

Computer system

- + Fuel additive – Alcohol, drugs, prescription medication, complementary therapies and supplements
- + Computer system overload – Anxiety
- + Lacking power – Depression
- + Sound system – Hearing
- + Computer malfunction – Stroke and 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

MUSCLES, BONES AND JOINTS

Chassis

- + Joint lubrication – Arthritis and joint pain
- + Chassis rust – Osteoporosis
- + Stability control – Falls prevention

REPRODUCTIVE AND SEXUAL HEALTH

Engine

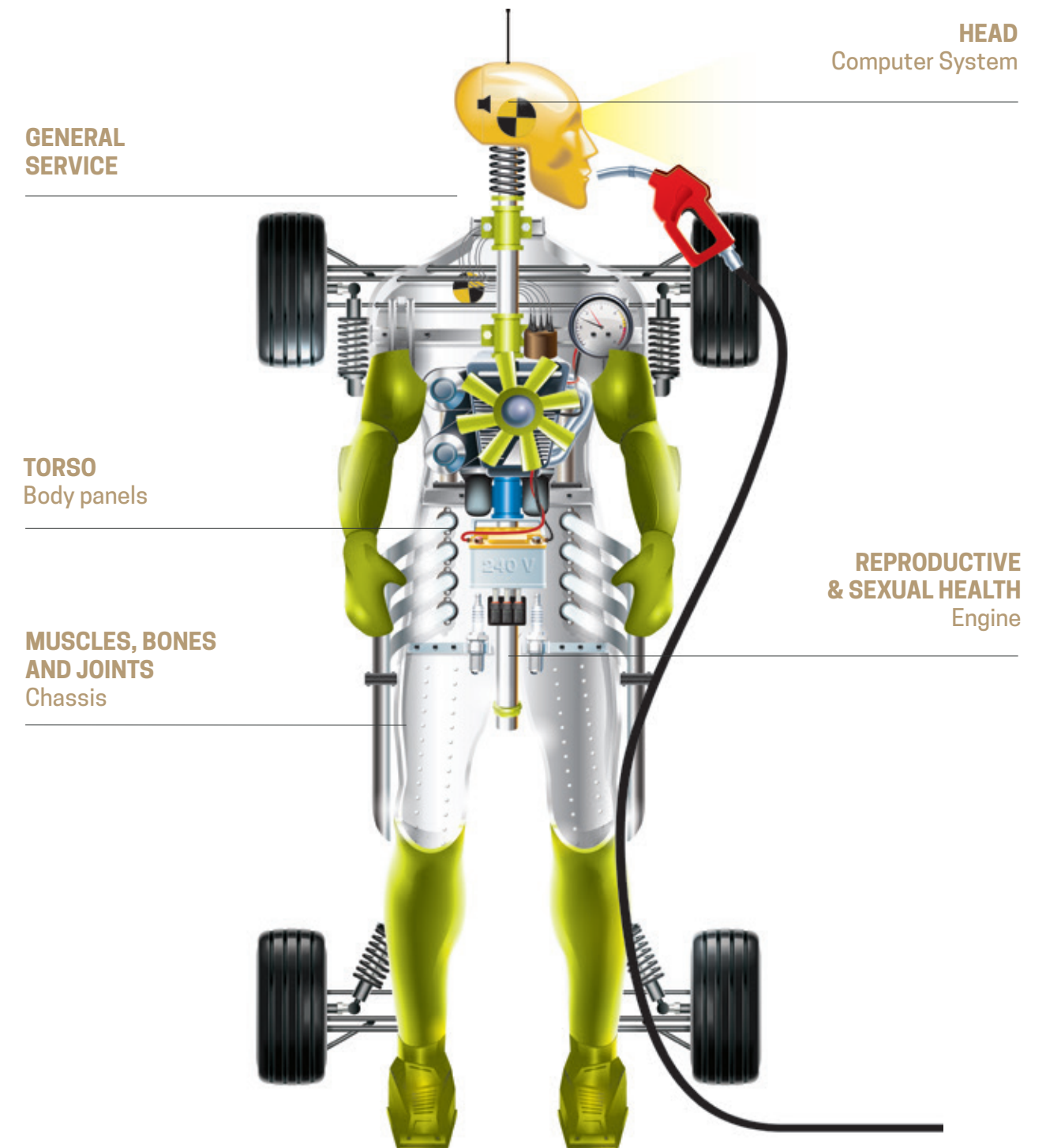
- + Drive shaft – Penis
- + Drive shaft malfunction – Erectile dysfunction
- + Spark plug miss – Testicular cancer
- + Drive shaft rust – Sexually transmitted infections
- + Connector plug – Pre-conception health
- + Blocked extractors – Constipation
- + Fuel pump blockage – Prostate disease
- + Fuel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

GENERAL SERVICE

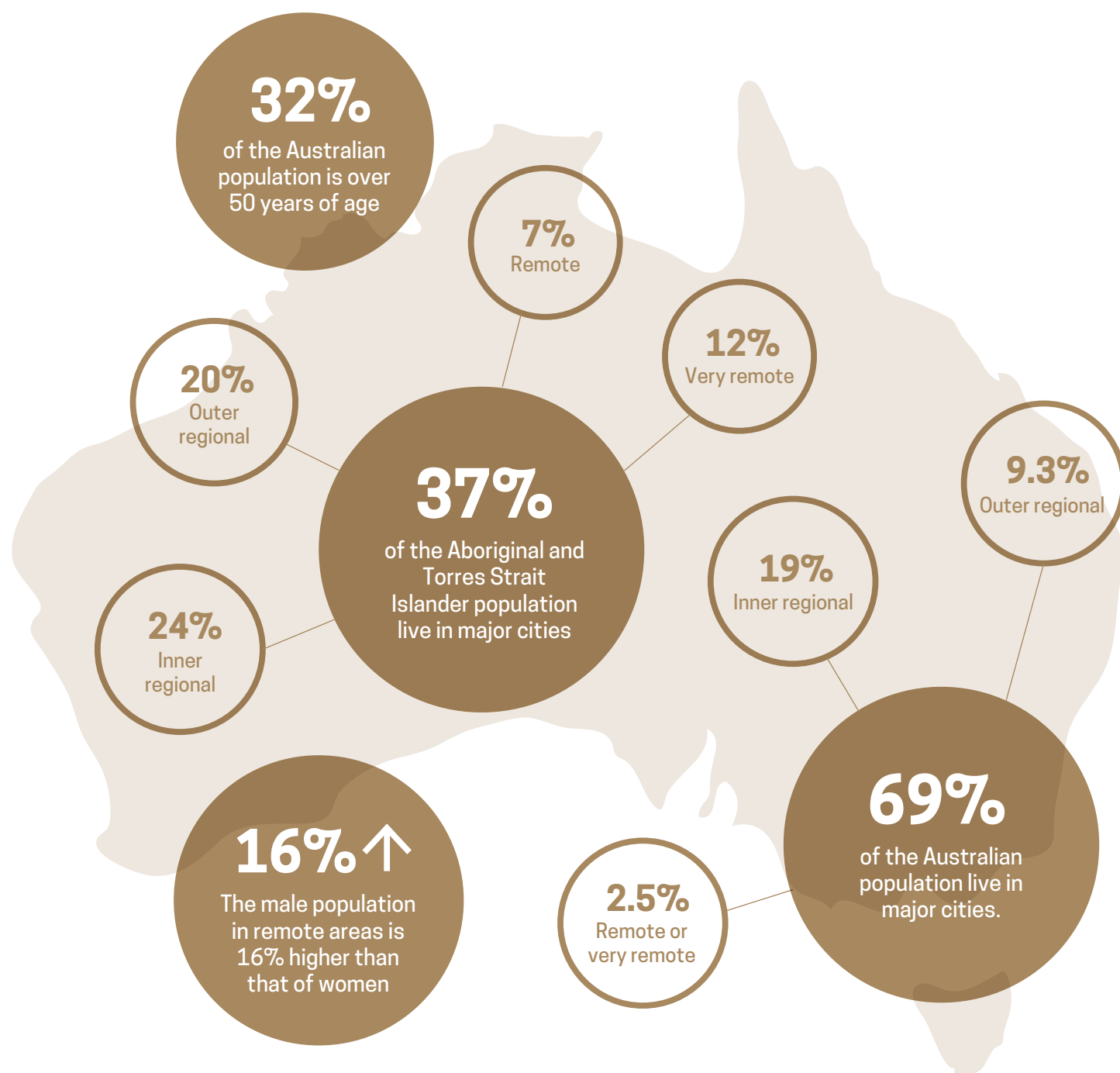
- + Regular use – Exercise
- + High octane fuel – Nutrition
- + General tune – Emotion and relationship check
- + Blocked air cleaner – Sleep apnoea

At the end of this booklet there's a list of organisations that you can go to for more information. There's also a list of the health and medical professionals that you might come across on your health and wellbeing journey.

To get an overview of your health and to check any symptoms, you can use the healthdirect Symptom Checker at healthdirect.gov.au/symptom-checker. This doesn't replace the need to see your GP, but it's 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 illness.
- + Death by suicide is three times more common with men than women.
- + Males with mental illness can find it hard to ask for help and to 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, other drugs, and risk-taking behaviour are big contributors 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. Many are curable with simple treatments.
- + Men who have sex with men have a higher prevalence of STIs.
- + The prevalence of HIV, hepatitis B and hepatitis C is higher in prisons than in the general population.
- + Males with reproductive and sexual health concerns find it hard to ask for help and to access services.





GENERAL SERVICE AND MAINTENANCE


When was your last service? Knowing when to have your car checked is no different to knowing how to keep your body in peak condition. Sometimes health changes can creep up on us and our health can become a lower priority without us even realising.

The booklet is divided into sections. Each section covers health and wellbeing suggestions for different ages and stages in life. You might need to adapt some of these ideas based on your individual circumstances. There is the Maintenance schedule, which is a list of things you can check or monitor yourself (DIY), and there is a Service schedule which is a list of things you should chat about with your GP. We suggest yearly checks, or more often if you're concerned about anything.


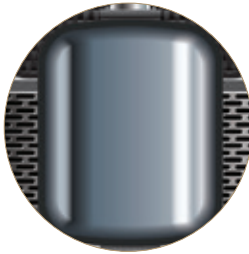
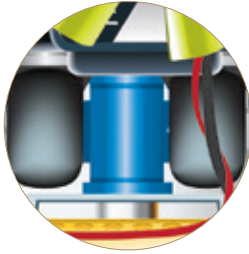
When you visit your GP for preventative maintenance, book a long appointment so you have plenty of time to go through your full health check. Your GP will know to focus on things specific to your make and model — your age and stage of life.



Head – Computer issues

Depression and anxiety	Maintenance schedule – DIY	Service schedule – Help from a health professional or GP
	All of us have good days and bad days. Are you: <ul style="list-style-type: none">+ feeling down or sad+ feeling worried or nervous+ feeling tired+ avoiding people and/or places?	If you answered 'yes' to any of these questions, have a chat with your GP about what you can do to manage your mental health. Not everything needs a tablet or medicine — your GP can help you find what works for you.
Hearing protection		
	Hearing protection starts at an early age. Cover your ears if you're entering places that are going to be loud!	See your GP if you have a concern or if you're finding it hard to hear someone talking when you're not looking at them.
Dental check		
	Look after your teeth and gums. Make sure you're brushing and flossing twice a day. If your gums are red and sore, or you have tooth pain, go to the dentist for some help.	See the dentist each year for service and maintenance.
Gambling		
	Gambling can become a problem if you don't keep it in check. Are you: <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?	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.



Alcohol consumption	Maintenance schedule – DIY	Service schedule – Help from a health professional or GP
	<p>Try to aim for no more than ten standard drinks per week and no more than four standard drinks on any one day. A standard drink contains 10g of alcohol, but a single glass of wine, a beer or a cocktail can contain more than this. So, think about the type of drink you’re having. Is it a standard serve or higher? Does it have a high sugar content?</p> <p>And if your alcohol consumption is high, look at taking a break or cutting down.</p>	<p>Chat to your GP 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 give you options you can try yourself. If you have chronic health conditions and drink alcohol, you might want to talk with a dietitian about some options if you’re not sure about the best drinks or foods for you.</p>
Recreational and illicit drug use		
	<p>All of us have good days and bad days. Are you:</p> <ul style="list-style-type: none">+ missing time from study, work or social events because of your drug use+ using drugs to make yourself feel better or stronger+ feeling that you need drugs to function normally+ wanting to stop using drugs but can’t+ taking risks that might harm you or others when using drugs?	<p>If you answered ‘yes’ to any of these questions, you should seek professional help. Chat to your GP about the ways your drug use is affecting your life. Ask if there’s a local service that can support you in reducing or stopping your drug use.</p>
Medicine use		
	<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.</p>	<p>Chat to your GP or pharmacist about a medication review. It’s an easy way to be sure that your meds work together and meet your needs.</p>

Torso – Body panels




Lung health	Maintenance schedule – DIY	Service schedule – Help from a health professional or GP
	<p>Have you noticed:</p> <ul style="list-style-type: none">+ you have a persistent or changed cough+ you cough up mucus, phlegm or blood+ you find yourself out of breath easily+ your chest is tight or you’re wheezing+ you’re getting chest infections more often+ you have chest pain or fatigue+ you’ve had sudden weight loss+ you’ve been exposed to dust, gas or fumes at your job?	<p>If you answered ‘yes’ to any of these questions, make an appointment with your GP to discuss your lung health. You may want to complete the Lung Foundation Australia’s online checklist to take to your GP.</p>
Smoking		
	<p>Your body is better without the smokes. Quitting can be hard but it’s worth the investment. Try to reduce the number of cigarettes you have each day if you can.</p>	<p>If you’re ready to quit for good, chat to your GP about the support available to help you give up the gaspers.</p>
Heart health		
	<p>Heart disease is the single biggest killer of Australians. But, for the most part, it can be prevented. Know your risk factors and get a heart health check if you are over 45. You could also try the Heart Age Calculator on the Heart Foundation website.</p>	<p>If you are over 45, visit your GP for a heart health check. It’s also good to get your GP to check your blood pressure and cholesterol when you visit.</p>

Diabetes	Maintenance schedule – DIY	Service schedule – Help from a health professional or GP
	<p>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. Diabetes can have an impact on your eyes, limbs, heart, reproductive health and mental health. There are two types of diabetes that affect men. Type 1 diabetes is an auto-immune condition. Type 2 diabetes can be prevented or delayed by adopting these strategies:</p> <ul style="list-style-type: none">+ maintaining a healthy weight+ exercising regularly+ making healthy food choices+ managing blood pressure+ managing cholesterol levels+ quitting smoking.	<p>If you are over the age of 40, ask your GP to screen you for diabetes every three years.</p>
Skin health		
	<p>Check the UV index to assess sun strength. If you're out in the sun and the UV index is over 3, slip on a shirt, slop on the sunscreen and slap on a hat.</p> <ul style="list-style-type: none">+ Check your skin after a shower for any new markings, freckles or moles.	<p>If you notice any new skin markings, or your existing markings are changing, head straight to your GP for a skin check.</p>

Reproductive and sexual health – Engine

Reproductive and sexual health	Maintenance schedule – DIY	Service schedule – Help from a health professional or GP
	<p>Talking about reproductive and sexual health can be a bit sensitive. Rest assured that the challenges you might face are far more common than you think. You can visit the Healthy Male website for more information. Have you noticed that you:</p> <ul style="list-style-type: none">+ can't get, or keep, an erection+ have low sex drive+ have unusual lumps on your testes (check them when you're in the shower)?	<p>If you answered 'yes' to any of the above, talk to your GP to address the problem early.</p> <p>Ask your GP to arrange a sexual health check or visit a sexual health clinic if you have had unprotected sex.</p>
Constipation		
	<p>Constipation can be quite uncomfortable. It can also impact other parts of your body, including the prostate. Lifestyle changes, such as a high fibre diet can help relieve a blocked extractor.</p>	<p>If your bowels are constantly blocked and giving you trouble, talk to your GP about a plan to keep the extractor flowing.</p>

General maintenance

The fuel in	Maintenance schedule - DIY	Service schedule - Help from a health professional or GP
	Food is fuel for your body. Treats are okay in moderation but try to eat as much high-octane fuel, like fruits and vegetables, as often as possible. Choose foods that are good for you and that help reduce the risk of developing chronic health problems.	Seek support from a dietitian or your GP if you're not sure what fuel is right for you, or if you have specific needs to maintain your wellbeing.
Move it or lose it		
	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 days, but preferably every day if you can. Aim to do at least two and a half hours of physical activity over a week (include muscle strengthening activities at least twice).	Not sure what's right for you? An exercise professional can help you find the right approach for your specific needs.
Relationships		
	<p>Relationships with loved ones, family and friends are important for your wellbeing. Sometimes we need some help to get or keep them on track.</p> <p>Many people in a relationship need assistance at some time to:</p> <ul style="list-style-type: none">+ deal with problems or difficulties in their relationship+ improve communication+ cope with a relationship that's broken down+ change a relationship where there is violence and abuse. <p>People who communicate effectively are more likely to handle conflict and deal with their issues in healthy ways.</p>	If you're having relationship difficulties, support is available to help you work through any issues and develop better ways to cope with them. Chat to your GP about support services available or contact Relationships Australia.





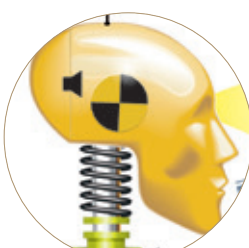
SERVICE AND MAINTENANCE IN YOUR 20s

You have your whole life ahead of you. You’re enjoying newfound independence and opportunities as you take control of your life. Just be aware of the health issues affecting your age group. Risk-taking behaviours like drinking too much alcohol, smoking, and using drugs can cause accidents and self-inflicted injuries. 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 to have regular health checks and to chat about any concerns you have.

Maintenance schedule – DIY

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

Service schedule – Help from a health professional or GP

HEAD Computer system		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.
REPRO- DUCTIVE AND SEXUAL HEALTH Engine		Check your tackle If you notice any unusual lumps on your testicles, see your GP to get them checked as soon as possible. Thinking about a family If you’re thinking about starting a 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.
GENERAL SERVICE		A good general maintenance schedule keeps your wheels fine-tuned and yearly service will save you big time in the future. Find the general service and maintenance checks, important for all ages, on pages 10-16.





SERVICE AND MAINTENANCE IN YOUR 30s

Your 30s is a busy and exciting time. Typically, you’re building a career, developing relationships, and maybe even starting a family. You might be juggling work, family and finances — lots of great things, but also potentially stressful. Maintaining your fitness is 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 stay active to keep your weight under control. Practise safe sex.

Maintenance schedule – 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 — no more than 10 standard drinks per week
- + Take time out — pursue your hobbies or interests. Encourage yourself to try something new.
- + Laugh lots, and loudly.
- + Don’t bottle up issues — spill the beans with someone you trust. Speak to your GP about services that are available for you to use.
- + Check your tackle!

Service schedule – Help from a health professional or GP

HEAD Computer system		Body image Sometimes you might 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.
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 help to find out what’s troubling you or refer you for more specialised support.
REPRO- DUCTIVE & SEXUAL HEALTH Engine		Check your tackle If you notice any unusual lumps on your testicles, see your GP to get them checked as soon as possible. Thinking about a family If you’re thinking about starting a 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.
GENERAL SERVICE		A good general maintenance schedule keeps your wheels fine-tuned and yearly service will save you big time in the future. Find the general service and maintenance checks, important for all ages, on pages 10-16.


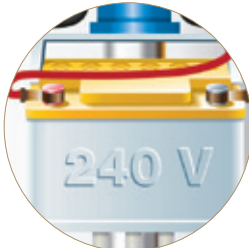
SERVICE AND MAINTENANCE IN YOUR 40s

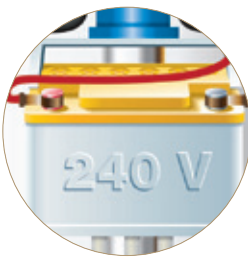

Work can sometimes take over your life, but don't let it! Family and work pressures in your 40s can cause great anxiety, so don't neglect your own physical and mental health. A good work/life balance is important, so make time for yourself and the family. Your body needs more care and attention now,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



Maintenance schedule - 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 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!

Service schedule - Help from a health professional or GP

HEAD Computer system		Memory Memory changes can be subtle. You might not even be aware of them. Have you, or those around you, noticed any of the following: <ul style="list-style-type: none">+ you have memory loss that affects day-to-day function+ you have difficulty performing familiar tasks+ you get confused about time and place+ you forget simple words or find it harder to communicate+ you have difficulty judging distance or direction+ you are putting things like your keys in strange places? If you are concerned about your memory, your GP 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!
		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 get the support you need. General eye tests can be bulk-billed, so book a check today.
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 help to find out what's troubling you or refer you for more specialised support.

TORSO Body panels		Kidney health Kidney disease can be associated with many other health conditions. You're 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 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.
REPRO- DUCTIVE & SEXUAL HEALTH Engine		Check your tackle If you've noticed any unusual lumps on your testicles, get your GP to check them as soon as possible.
		Prostate disease Your prostate gets bigger as you get older. This is normal. But sometimes things can go wrong. 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 see your GP as early as possible to get some tests done.
		Urinary and bowel incontinence If you experience after-dribble (small amount of urine loss after emptying your bladder) alongside any of the following symptoms, it's important to visit your GP. <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.+ Changing your lifestyle because of problems with your bladder or bowel.

MUSCLES, BONES AND JOINTS Chassis		Arthritis If you notice persistent, niggling pain in your joints, and it doesn't 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 your joints if you start early.
GENERAL SERVICE		A good general maintenance schedule keeps your wheels fine-tuned and yearly service will save you big time in the future. Find the general service and maintenance checks, important for all ages, on pages 10-16.


SERVICE AND MAINTENANCE IN YOUR 50s

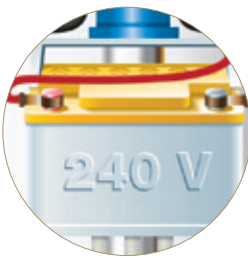
Your 50s can still be an extremely busy time. You’re probably still working and supporting a family. If you have kids, they’re becoming more independent. Your children might want to move onto further education or away from home. Health risks increase in your 50s, especially if you’ve neglected to take care of your health in the past. This is a great time to act. You can really focus on eating healthy food, losing weight, and undertaking more activity. Ageing might start to affect your physical strength, energy, libido and sense of masculinity. There might be added risks if you have a 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 GP about prostate health.



Maintenance schedule – DIY


- + Keep fit by exercising most days each week for 30 minutes — try a new activity, exercise with friends or family.
- + Take time out — enjoy your friends and family.
- + Drink moderately: no more than 10 standard drinks per week
- + Laugh lots, and loudly.
- + Talk about any problems or concerns you may have with your friends, family or GP.

Service schedule – Help from a health professional or GP

HEAD Computer system		Memory Memory changes can be subtle. You may not even be aware of them. Have you, or those around you, noticed any of the following: <ul style="list-style-type: none">+ you have memory loss that affects day-to-day function+ you have difficulty performing familiar tasks+ you get confused about time and place+ you forget simple words or find it harder to communicate+ you have difficulty judging distance or direction+ you are putting things like your keys in strange places? If you’re concerned about your memory, your GP 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!
		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 get the support you need. General eye tests can be bulk-billed, so book a check today.
		Hearing check If you haven’t been following your general maintenance hearing checks, now is a good time to start. Some signs that you might need to have your hearing checked include: <ul style="list-style-type: none">+ a ringing sensation in the ears (tinnitus)+ people complaining that you talk too loudly+ needing to ask people to repeat what they say+ finding it hard to hear conversations, especially if there’s background noise+ others complaining that you watch television with the volume turned too high.

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 help to find out what's troubling you or refer you for more specialised support.
		Kidney health Kidney disease 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 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 Engine		Prostate disease Your fuel pump (prostate) gets bigger as you get older. This is normal. Sometimes things can go wrong. 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.
		Urinary and 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 visit your GP. <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.+ Changing your lifestyle because of problems with your bladder or bowel.
MUSCLES, BONES AND JOINTS Chassis		Arthritis If you notice persistent, niggling pain in your joints, 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 your joints if you start early.

GENERAL SERVICE		Tetanus booster Speak to your GP at your next visit to see whether it's worth having a tetanus booster.
		Sleep disorders Talk to your GP if you have persistent problems with your sleep and 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 keeps your wheels fine-tuned and yearly service will save you big time in the future. Find the general service and maintenance checks, important for all ages, on pages 10-16.




SERVICE AND MAINTENANCE IN YOUR 60s



This is a decade of major change. Many men have plans for life outside the workforce and into the future. This is a time when men finally come to realise the importance of good health, and that there’s always room for improvement. Good health can help you enjoy retirement, travel and spending time with your family. Have a regular health check and discuss any health issues that may be bothersome (like unexpected urine loss) with your GP. Men over 60 should talk to their GP about prostate health as part of their routine health check.


Maintenance schedule – DIY


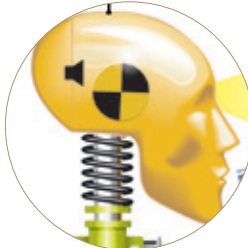
- + Keep physically and mentally active — play golf, tennis, undertake brisk walking or try cycling.
- + Do Sudoku puzzles, do crossword puzzles, play cards with your friends or sign up to learn something new (like another language), do some yoga or try woodworking.
- + Challenge yourself often and keep on learning new things.
- + Drink moderately: no more than 10 standard drinks per week.
- + Socialise as much as possible — laugh lots, and loudly.
- + Have a problem? Talk about it — your GP will be able to help you.

Service schedule – Help from a health professional or GP

HEAD Computer system		Memory Memory changes can be subtle. You may not even be aware of them. Have you, or those around you, noticed any of the following: <ul style="list-style-type: none">+ you have memory loss that affects day-to-day function+ you have difficulty performing familiar tasks+ you get confused about time and place+ you forget simple words or find it harder to communicate+ you have difficulty judging distance or direction+ you’re putting things like your keys in strange places? If you are concerned about your memory, your GP 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 you over-indulge in alcohol+ you have diabetes or other heart conditions+ you have a family history of stroke. You might want to talk with your GP about ways you can reduce your risk of having a stroke.
		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 get the support you need. General eye tests can be bulk-billed, so book a check today.

HEAD Computer system		Hearing check If you haven't been following your general maintenance hearing checks, now is a good time to start. Some signs that you might need to have your hearing checked include: <ul style="list-style-type: none">+ a ringing sensation in the ears (tinnitus)+ people complaining that you talk too loudly+ needing to ask people to repeat what they say+ finding it hard to hear conversations, especially if there's background noise+ others complaining that you watch television with the volume turned too high.
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 help to find out what's troubling you or refer you for more specialised support.
		Kidney health Kidney disease 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 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.

REPRO- DUCTIVE & SEXUAL HEALTH Engine		Prostate disease Your prostate gets bigger as you get older. This is normal. But sometimes things can go wrong. 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.
		Urinary and bowel incontinence If you experience after-dribble (small amount of urine loss after emptying your bladder) alongside any of the following symptoms, it's important that you visit your GP. <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.+ Changing your lifestyle because of problems with your bladder or bowel.

MUSCLES, BONES AND JOINTS Chassis		Arthritis If you notice persistent, niggling pain in your joints, 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 your joints if you start early.
		Bone density Osteoporosis is a silent disease. You often don't know it's 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 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 about whether it's worth having a tetanus booster or flu/pneumonia shots.
		Sleep disorders Talk to your GP if you have persistent problems with your sleep and 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 keeps your wheels fine-tuned and yearly service will save you big time in the future. Find the general service and maintenance checks, important for all ages, on pages 10-16.




SERVICE AND MAINTENANCE 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 can. Eat nutritious food including plenty of fruit and vegetables. Many men in their 70s 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, get energised and find new interests and friends.



Maintenance schedule - DIY


- + Keep active, exercise 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, do crossword puzzles, play cards and other games that engage you.
- + Moderate your alcohol — no more than 10 standard drinks per week.
- + 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.

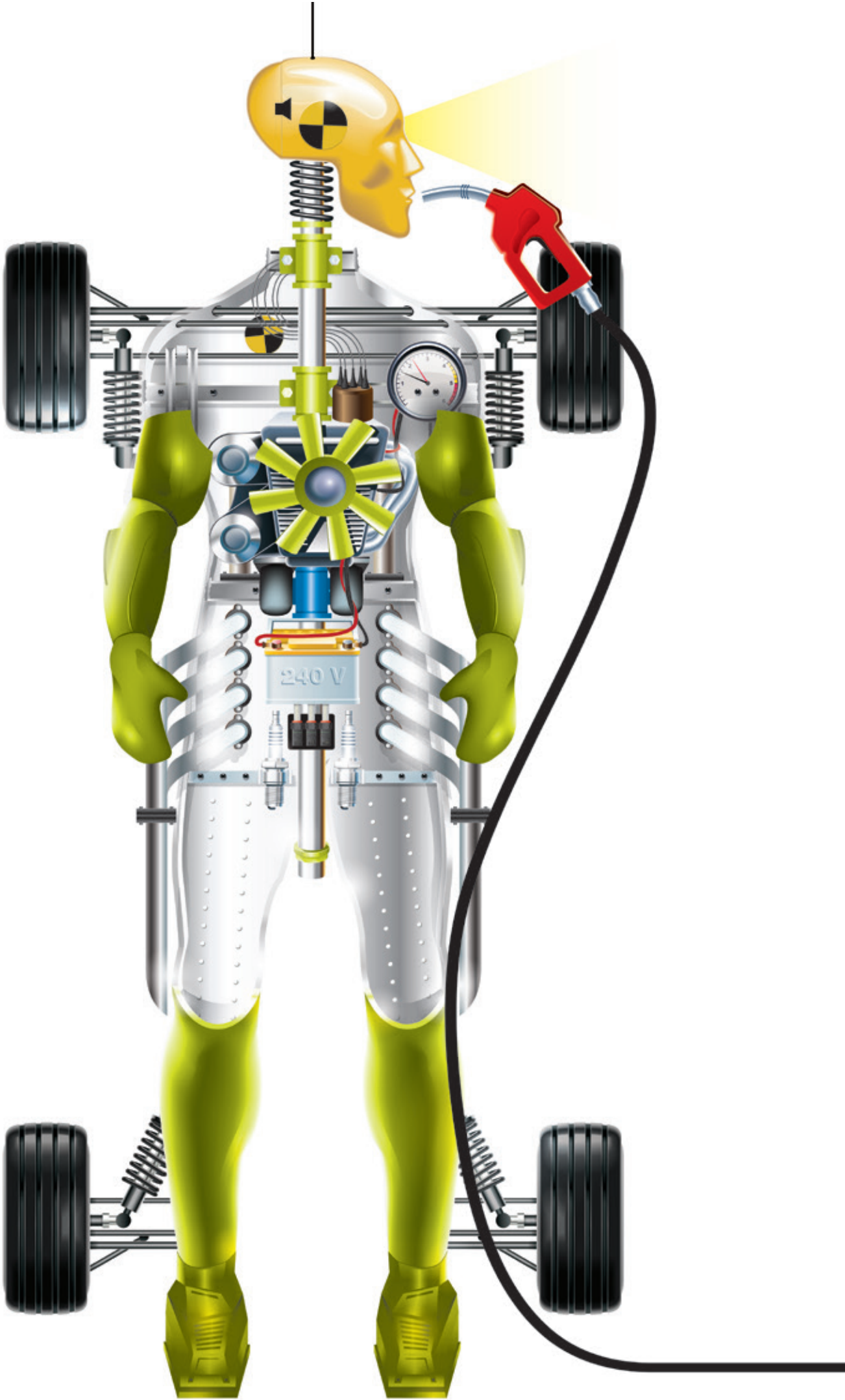
Service schedule - Help from a health professional or GP

HEAD Computer system		Memory Memory changes can be subtle. You may not even be aware of them. Have you, or those around you, noticed any of the following: <ul style="list-style-type: none">+ you have memory loss that affects day-to-day function+ you have difficulty performing familiar tasks+ you get confused about time and place+ you forget simple words or find it harder to communicate+ you have difficulty judging distance or direction+ you're putting things like your keys in strange places? If you are concerned about your memory, your GP can assess the whole picture. There are many things, such as not getting enough sleep, that can cause memory issues. Have a check-up 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 you 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.
		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 get the support you need. General eye tests can be bulk-billed, so book a check today.

HEAD Computer system		Hearing check 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">+ a ringing sensation in the ears (tinnitus)+ people complaining that you talk too loudly+ needing to ask people to repeat what they say+ finding it hard to hear conversations, especially if there's background noise+ others complaining that you watch television with the volume turned too high.
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 help to find out what's troubling you or refer you for more specialised support. Kidney health Kidney disease 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 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 Engine		Prostate disease Your prostate gets bigger as you get older. This is normal. Sometimes things can go wrong. 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. Urinary & bowel incontinence If you experience after-dribble (small amount of urine loss after emptying your bladder) alongside any of the following symptoms, it's important that you visit your GP. <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.+ Changing your lifestyle because of problems with your bladder or bowel.
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GENERAL SERVICE		Immunisation Speak to your GP about whether it's 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 you get your iron levels checked.
		Sleep disorders Talk to your GP if you have persistent problems with your sleep and 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 keeps your wheels fine-tuned and yearly service will save you big time in the future. Find the general service and maintenance checks, important for all ages, on pages 10-16.



WANT TO KNOW MORE?

Do your online health service with our online *Spanner in the Works?* tool malehealth.org.au

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

HEAD – COMPUTER ISSUES

Alcohol and Drug Foundation
1300 858 584
adf.org.au

Alcoholics Anonymous Australia
1300 222 222
aa.org.au

Beyond Blue
1300 224 636
beyondblue.org.au

Dementia Australia
1800 100 500
dementia.org.au

Gambling Help Online
1800 858 858
gamblinghelponline.org.au

Head to Health
headtohealth.gov.au

Hearing
knowyournoise.nal.gov.au

Hearing Australia
134 432
hearing.com.au

Lifeline
131 114
lifeline.org.au

Macular Disease Foundation Australia
1800 111 709
mdfoundation.com.au

Mensline Australia
1300 789 978
mensline.org.au

National Alcohol and other Drug Hotline
1800 250 015

NPS Medicine Wise
1300 633 424
nps.org.au

Parkinson’s Disease Australia
1800 644 189
parkinsons.org.au

Stroke Foundation
1800 787 653
strokefoundation.org.au

Suicide Call Back Service
1300 659 467
sucidecallbackservice.org.au

Vision Australia
1300 847 466
visionaustralia.org

TORSO – BODY PANELS

Asthma Australia
1800 278 462
asthmaaustralia.org.au

Diabetes Australia
1300 136 588
diabetesaustralia.com.au

Haemochromatosis Australia
1300 019 028
haemochromatosis.org.au

Heart Foundation
131 112
heartfoundation.org.au

Kidney Health Australia
1800 454 363
kidney.org.au

Lung Foundation
1800 654 301
lungfoundation.com.au

REPRODUCTIVE AND SEXUAL HEALTH – ENGINE

Bowel Cancer Australia
1800 555 494
bowelcanceraustralia.org

Continence Foundation of Australia
1800 330 066
continence.org.au

Healthy Male
1300 303 878
healthymale.org.au

Prostate Cancer Foundation of Australia
1800 220 099
prostate.org.au

MUSCLES, BONES AND JOINTS – CHASSIS

Arthritis Australia
1800 011 041
arthritisaustralia.com.au

Osteoporosis Australia
1800 242 141
osteoporosis.org.au

GENERAL SERVICE

Advance Care Planning Australia
1800 913 995
advancecareplanning.org.au

Australian Men’s Shed Association
1300 550 009
mensshed.org

Cancer Council
131 120
cancer.org.au

Eat for Health
eatforhealth.gov.au

Exercise Right
exerciseright.com.au

healthdirect
1800 022 222
healthdirect.gov.au/symptom-checker

Relationships Australia
1300 364 277
relationships.org.au

Sleep Health Foundation
sleephealthfoundation.org.au

Spanner in the Works?
malehealth.org.au



YOUR PARTNERS IN HEALTH

To find a GP or other medical professional,
go to healthdirect.gov.au

General Practitioner

The central partner in your health who can advise other health services that may be useful for you.

Dentist

Your health professional to help care for your teeth, gums and mouth.

Primary Health Care Nurse

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

Nurse Practitioner

A nurse who provides advanced nursing care in specialist areas.

ALLIED HEALTH SERVICES

Audiologist

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

Helps you manage diet and nutrition. They will advise and support you if you are affected by health conditions like diabetes, being overweight, 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 are to assist in restoring your optimal physical function, health and wellness.

Occupational Therapist

Enables 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 assisting people to access education, return to the workforce and volunteer across a range of areas.

Optometrist

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. They also assist with chronic health conditions such as osteoporosis, falls prevention and stroke.

Podiatrist

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

Psychologist

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

Supports you to make changes in your life that will improve your personal and social wellbeing.

Speech Pathologist

Diagnoses and treats 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, and other problems that can affect speech and language. If you experience difficulties swallowing food and drinking safely, a speech pathologist can also help you.

For some conditions, you may need a referral from your GP to see a specialist. Such as a:

- + Endocrinologist
- + Urologist
- + Radiologist
- + Neurologist
- + Oncologist
- + Cardiologist
- + Geriatrician

To find out more about allied health services, go to:
ahpa.com.au/allied-health-professions/

