

SPANNER IN THE WORKS?

SERVICE AND MAINTENANCE IN YOUR 40s

Our most valuable piece of machinery is our own health. But when it comes to looking after our machinery, most of us tend to wait and see. *Spanner in the Works?* provides you with a service and maintenance schedule for your body and health messages that relate to each decade of your life.

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.



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Maintenance Schedule — DIY

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

- + Keep active — try something new and get the family involved
- + Make time to catch up with friends and enjoy time 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
- + Check your tackle for any unusual lumps.

Service Schedule — Help from a professional or GP

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

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

- + Heart health.
- + Weight and waist measurement.
- + Blood pressure, cholesterol and blood glucose.
- + Kidney disease risk.
- + Mental health — talk about any issues or concerns.
- + Memory changes.
- + Eye check.
- + Joint pain.
- + Bloating, diarrhoea, gas, stomach pain or cramps that linger.
- + Urination changes or pelvic and/or lower back pain.
- + Urine loss after emptying your bladder.

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



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