

SPANNER IN THE WORKS?

SERVICE AND MAINTENANCE IN YOUR 50s

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.

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.



HEALTHY MALE
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Australian
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Maintenance Schedule — DIY

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

- + Keep fit by exercising most days for 30 minutes — try a new activity, and exercise with friends and family
- + Take time out — enjoy time with friends and join community groups like the local Men's Shed
- + Laugh lots, and loudly
- + Talk about any concerns you may have with your friends, family or your GP.

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.

- + Weight and waist measurement.
- + Heart health check.
- + Blood pressure, cholesterol and blood glucose levels.
- + Eyes and hearing.
- + Kidney disease and liver function – ask about risk factors.
- + Mental health — talk about any issues or concerns.
- + Sexual health — talk to your GP if you're having difficulty getting or keeping an erection.
- + Bloating, diarrhoea, gas, stomach pain or cramps that linger.
- + Prostate health — talk about any changes/sensations in your pelvis or while urinating.
- + Immunisation updates — check whether it's worth having a tetanus booster.
- + Discuss any joint pain or discomfort.
- + Discuss any memory or sleep concerns.

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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