

SPANNER IN THE WORKS?

SERVICE AND MAINTENANCE IN YOUR 60s

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.

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.



HEALTHY MALE
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Australian
Men's Shed
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Maintenance Schedule — DIY

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

- + Keep physically and mentally active — keep up your activities or try some new ones. See what's happening at the local Men's Shed
- + Challenge your mind with puzzles, games and activities that make you concentrate
- + Stay active with your friends and consider new groups
- + Challenge yourself often, and keep learning new things
- + Have a problem? Talk about it — there's always someone who can help..

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 and stroke risk reduction.
- + Blood pressure, cholesterol and blood glucose levels.
- + Hearing and eye health.
- + 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.
- + Prostate health — talk about any changes/sensations in your pelvis or while urinating.
- + Bloating, diarrhoea, gas, stomach pain or cramps that linger.
- + Immunisation updates.
- + Discuss any joint pain or discomfort.
- + Discuss any memory or sleep concerns.
- + Discuss bone density testing.

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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