

SPANNER IN THE WORKS?

SERVICE AND MAINTENANCE IN YOUR 70s AND BEYOND

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.

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.



HEALTHY MALE
ANDROLOGY AUSTRALIA



Australian
Men's Shed
Association
SHOULDER TO SHOULDER

Maintenance Schedule — DIY

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

- + Keep active — walk daily and do any other activities that keep you fit and well Stay connected — keep in touch with friends and family and get out and about as much as possible. Join a community group like a Men's Shed
- + Keep your brain active — do puzzles and games, think outside the square and take on new challenges
- + 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 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, iron & 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.
- + Immunisation updates.
- + Bloating, diarrhoea, gas, stomach pain, or cramps that linger.
- + 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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