

SPANNER IN THE WORKS?

WHEN WAS YOUR LAST SERVICE?

August 2020 Newsletter

**Working together for
men's health**

malehealth.org.au

Reader contribution: Eric shares his own story about his type 1 diabetes

I'm a type 1 diabetic, diagnosed 20 years ago, and I'm now 67.

As a person with late onset adult type 1 diabetes, it was rare to get this diagnosis. Often it's misdiagnosed as type 2 due to the (incorrect) belief that type 1 is diagnosed in children and adults only get type 2.

I was lucky that I saw an expert in diabetes. One of the tests he did established my type 1 diagnosis and I started on insulin straight away.

I now use an insulin pump and continuous glucose monitor.

Early signs of type 1 are called Diabetic Ketoacidosis (or DKA). This is where blood becomes acidic and can cause heart failure. It can be sudden, severe and life threatening — it cannot be reversed.

Even with insulin, DKA can happen if your diabetes is not well managed or you have an infection. Alcohol can also effect diabetes.

Every person with type 1 diabetes lives in a 4 hour window, everyday of your life.

We need food and insulin every 4 hours or we can develop DKA. Very quickly you have to become an expert as too much insulin and no food can cause hypoglycaemia.

This can mean becoming unconscious and dying quickly.



For more information
www.itsabouttime.org.au

There are 1.7 million people with diabetes in Australia and 10% of those have type 1. Because it is much less common, even some health professionals don't know how to treat older people with type 1 diabetes.

It's a concern of many older people with type 1 diabetes that as we need care in the future, who and how will we be managed in different care settings? Plus, if we get the COVID-19 virus it could be fatal.

Eric has nominated his local Shed to receive his welding apron and gloves.

Know the signs!

There are 4 signs of type 1 diabetes

- ♦ **Thirst (polydipsia)**
- ♦ **Fatigue**
- ♦ **Increased urination (polyuria)**
- ♦ **Weight loss**



Why are older adults more prone to **TOOTH DECAY?**

Tooth decay doesn't discriminate — it can happen to people of all ages. That's why oral care is so important.

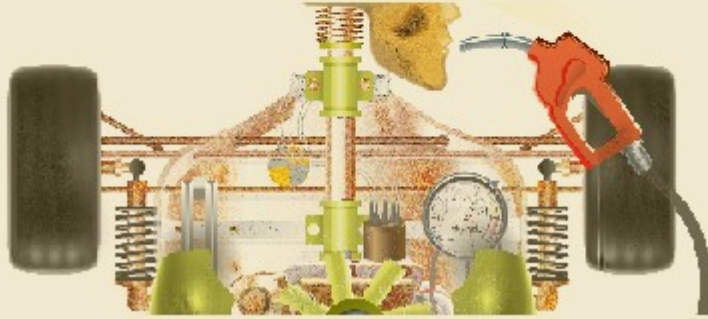
Are you sugar savvy? Prolonged exposure to sugar is what contributes to tooth decay. Despite the commonly-held belief, just because teeth have been around longer doesn't necessarily mean they will be weaker and therefore prone to decay.

However, lifestyle factors common in the older population contribute to the reasons seniors can become more susceptible to tooth decay.

- Recession of the gums exposes the root surfaces of teeth, which are not as resistant to tooth decay as enamel. Amongst other reasons, the gums can recede as a consequence of gum disease.
- A lack of saliva causing a dry mouth (taking multiple medications can be a cause). This leads to lack of protection of the teeth where the saliva is key to washing away food particles and buffering the oral environment. Common medications known to affect saliva flow are tricyclic antidepressants, antihistamines and anticholinergics.
- Certain medications such as syrups and lozenges may include sugars and can result in routine prolonged exposure of the teeth to sugar.
- Heavily restored teeth (from lots of past dental treatment) can make it harder for some people to clean the surfaces of teeth.
- Decrease in manual dexterity leading to trouble with flossing and brushing. This can include conditions such as arthritis in the hands.
- Wearing poorly fitting partial dentures can lead to food becoming trapped. If left for extended periods, it can affect the adjacent teeth.
- Individuals in assisted-living facilities restricted to soft diets may have a greater exposure to purees, which can be high in sugar.

For more information check out dentalhealthweek.com.au

D.I.F.F.



| **Distance**

| **Intensity**

| **Fastness**

| **Frequency**

[The Shed Wireless](#) is a great listen and now into its second series, it has a little bit for everyone. Follow this link to check it out: mensshed.org/theshedwireless

On The Shed wireless we've discussed exercise in numerous ways. We came up with a great acronym to keep in mind when you are thinking how can I do better:

D.I.F.F.

Like the differential of a car, it's about transferring energy from the motor to the wheels.

Anytime you undertake an activity, if you increasing the distance, intensity, fastness and frequency with which you do that activity you are improving your overall performance. One step at a time.

The beauty of **DIFF** is that anyone and everyone can use it. Whatever level of fitness or ability you have, it brings to mind the need to do that little bit more.

Before we know it we might all be in the gym, attending a local boot camp, joining a parkrun or perhaps one of the Heart Foundation's walking groups.

Check out these links: [Heart Foundation Walking](#) | [parkrun](#) | [The Shed Wireless](#) | [Spanner in the Works?](#)

Please note parkrun is currently in suspension due to COVID-19. The Heart Foundation Walking groups have restarted but under strict guidelines for each area. Check their websites for details.

Doing that bit more can make a big difference

So why not get moving?

Think **F A S T**..Face / Arms / Speech / Time

Do you know the other signs of stroke?

Facial weakness, arm weakness and difficulty with speech are the most common symptoms or signs of stroke but they are not the only signs.

Recognise **STROKE** Think **F.A.S.T.**



F
Has their
FACE
drooped?

A
Can they lift both
ARMS?

S
Is their
SPEECH
slurred and do they
understand you?

T
Call 000,
TIME
is critical



If you see any of
these symptoms
Act FAST
call 000

The following signs of stroke may occur alone or in combination:

- ♦ Weakness or numbness or paralysis of the face, arm or leg. This can happen on either side of the body or both sides.
- ♦ Difficulty speaking or understanding
- ♦ Dizziness, loss of balance or an unexplained fall
- ♦ Loss of vision, sudden blurring or decreased vision in one eye or both eyes
- ♦ Headache, usually severe, and abrupt onset or unexplained change in the pattern of headaches
- ♦ Difficulty swallowing

Sometimes the signs disappear within a short time, such as a few minutes.

When this happens, it may be a [transient ischaemic attack \(or TIA\)](#).

After a TIA, your risk of stroke is higher. Stroke can lead to death or disability.

A TIA is a warning that you may have a stroke — it's an opportunity to prevent this from happening.

If you or someone else experiences the signs of stroke — no matter how long they last — call 000 immediately.

For more information go to www.strokefoundation.org.au

BEAT Bladder Cancer Australia Support Group



Have you, or someone close to you, recently been diagnosed with bladder cancer?

Would you like to connect with other bladder cancer patients/carers?

The Bladder Cancer Support Group is a safe space, where both men and women diagnosed with bladder cancer and their carers/families can come together regularly to share their feelings and experiences in a supportive environment.

Each month features an expert who will provide their professional insights in a facilitated, interactive group discussion.

Last Tuesday of every month | 7.30pm - 9pm AEST (via Zoom).

To register:
www.beatbladdercanceraustralia.org.au/support-groups/

Email:
support@beatbladdercanceraustralia.org.au

A charity committed to providing support services across Australia to all those affected by bladder cancer.



Share your health story

The Spanner team would like to hear from you about your health or wellbeing experience. Send your submission to info@malehealth.org.au



Every submission will receive a welding glove and apron set for your Shed. Include your name, Shed name and state, email address and contact phone number. Each entry should be no longer than 300 words and be related to health and wellbeing. Entries may be used here in the newsletter or on our health blogs. So get writing to info@malehealth.org.au

World Health Events this August



1 Aug to 31 Aug Tradies National Health Month tradieshealth/getinvolved

3 Aug to 9 Aug Dental Health Week dentalhealthweek.com.au

3 Aug to 9 Aug Sleep Awareness Week sleephealthfoundation.org.au

17 Aug to 23 Aug National Wound Awareness Week woundaware.com.au

20 Aug to 26 Aug Healthy Bones Action Week healthy-bones

31 Aug to 7 Sep National Stroke Week strokefoundation.org.au

Spanner in the Works?
Check your symptoms

healthdirect

Feeling unwell and not sure if you need a doctor? The *Health Direct Symptom Checker Tool* can help you decide

[Get started with the Symptom Checker.](#)