

SPANNER IN THE WORKS?

WHEN WAS YOUR LAST SERVICE?

March 2021

malehealth.org.au

**Interested in pain
management?**

**Hot topic coming soon
on The Shed Wireless
podcast**



Living with pain is no fun and needs to be managed carefully. Keep a look out in coming weeks for a new episode of [The Shed Wireless podcast](#) as it returns for the first time in 2021.

The Spanner team is excited to be part of the popular male health segment Ask the Doc with Healthy Male's Professor Rob McLachlan.

Early episodes will cover relevant concerns such as pain management and prescription pain relief, including recent changes to regulations.

We'll also be talking about the appropriate [service and maintenance](#) for your age group.

I hope you will 'tune in' for these discussions. Find out how to listen on your phone or computer at this link: mensshed.org/theshedwireless


Stuart Torrance

Men's Health Project Officer





"Smoking kills. If you're killed, you've lost a very important part of your life." — Brooke Shields during an interview to become spokesperson for an anti-smoking campaign



The burden of Non-Melanoma Skin Cancer (NMSC) in Australia

It's **Melanoma** March, check your own risk

Genetic risk factors

Skin type and hair colour. Someone who is fair-skinned, does not tan easily, has freckles, is sunburnt easily and has red or blonde hair is at a higher risk.

Individual history. Had a previous skin cancer? There's a 36% to 52% probability of a new skin cancer within 5 years.

Family history is associated with an increased risk of BCC (basal cell carcinoma).

Ethnic group. Caucasians are at higher risk than other ethnic groups.

Non-genetic risk factors

Occupational exposure to sunlight is a significant risk factor for NMSC (non-melanoma skin cancer) so people who routinely work outdoors are at higher risk than indoor workers.

Age and sex. Older people and men are at higher risk of developing skin cancer including NMSC.

Geographical location. The risk increases for Caucasian individuals living close to the equator.

Exposure to sunlight. Cumulative exposure is a key risk factor for certain types of skin cancer and so is intermittent sunburn and blistering.

Medical conditions such as immunosuppression, HPV infections and chronic ulceration are associated with higher risk of skin cancer.

Exposure to certain chemicals and substances such as smoking can increase the risk of SCC (squamous cell carcinoma). To read the full report go to

sanofi.com.au/skin-cancer-unseen

Donate with a mate!

From sports teams to book clubs...it's a lot easier to keep up a good habit when good company is involved.

Donating blood is no exception. Why not bring a mate along ? It's a great excuse to catch up, and you'll both get the warm fuzzies after giving some blood to possibly help another mate.

Head online to the [Australian Red Cross Lifeblood website](https://www.redcross.org.au/lifeblood) or call **13 14 95** to book your donation today, then get your mate to book the same time and place. Of course, if you prefer donating solo, that's great too!



Rules to live by, thanks to comedian **Kitty Flanagan**



Rule 109: Keep walking when you hit the moving footway.

Kitty says 'Moving footways are designed to make your journey through the airports a little faster, to speed you along as you walk. However, most people use them to see what life would be like if they lost the use of their legs. The minute they hit that moving rubber walkway, they stop dead, no longer able to put one leg in front of the other.'

Sage advice from Kitty Flanagan's book **488 rules for life.**





LIVINGWORKS Start

Looking out for your **MATES** is important

LivingWorks Start is a 90-minute online training program that prepares trainees with the skills to **recognise** when someone is having thoughts of suicide and **respond** to keep them safe.

Thanks to several generous supporters, we have 50 programs available for Sheddors to do free of charge. But wait there's more! We also have Trademutt work shirts to give away when you have completed the course.

To sign up for the course, send your name, email address and Shed details to stuart@mensshed.net and you will receive a link to the program. Easy!

**Thanks
to our
sponsors**



Plan for the **BEST**

Do you have a plan? Advance Care Planning Australia is a national program that enables Australians to take control of their choices for health care through advance care planning.

advancecareplanning.org.au



Shedders volunteering at Parkrun, enjoying the event and the mateship.



Shedders are extremely proud of the contribution we make to our communities. Especially when it benefits people who may have been socially isolated, affecting their mental and physical health. Parkrun is another way to participate and have fun.

One of the many benefits of participating is the positive and long lasting impact on our own health and wellbeing. And the achievement we experience.

Taking part in a Parkrun can cover lots of things. You can run or walk a safe traffic-free 5 kilometre course. You can also spectate and encourage others, or lend a hand as a parkrun volunteer.

There is always a need for event directors, volunteer coordinators, course marshalls, photographers, people who help out by writing event reports during the week, and others who set the course up each Saturday morning. Not to mention timekeepers, people to hand out tokens to each finisher, someone to welcome first timers and a 'tail walker' who walks at the back to ensure nobody ever comes last at parkrun.

Find your local parkrun at parkrun.com.au/events and registration is free at parkrun.com.au/register. You can contact your local parkrun through their own unique website or find them on Facebook.

Have you considered joining in at your local parkrun? It's fun, free for everybody and **great for your health.**





Health events this **March**

All of March [Melanoma March](#)

3 March [World Hearing Day](#)

from 3 March [Hearing Awareness Week](#)

from 8 March [World Salt Awareness Week](#)

from 10 March [World Glaucoma Week](#)

from 11 March [Brain Awareness Week](#)

from 13 March [Coeliac Awareness Week](#)

14 March [World Kidney Day](#)

19 March [World Sleep Day](#)

20 March International Day of Happiness

20 March [World Oral Health Day](#)

21 March [Down Syndrome Day](#)

from 22 March [National Advance Care Planning Week](#)

26 March [Purple Day for Epilepsy](#)

