

From: Spanner in the Works? Men's Health News no-reply@malehealth.org.au
Subject: Your annual service reminder, cleaning up handwashing misconceptions and alternatives to opioids as chronic pain relief
Date: 11 May 2021 at 9:30 am
To: Paul L'Huillier plhuillier@gmail.com



May 2021

www.malehealth.org.au



Monthly maintenance tip Your annual service is due

As Men's Health Week rolls around for another year (14 June to 20 June 2021), we're taking the opportunity to deliver your **annual service reminder**.

You should put yourself over the pits once a year to keep the body in peak condition and address any performance concerns. Simply book a long consult at your GP for a chat and a check-up. Not sure what to talk about? You can use one of our age-based factsheets as a prompt. Find them at malehealth.org.au.



Also in this month's edition of the **Spanner in the Works?** e-news

Alternatives to opioids as chronic pain relief The facts show opioid medicines do very little to alleviate chronic pain over the long term. So what's the alternative? Find out below and tune in for a valuable *Ask the Doc* discussion in the latest episodes of **The Shed Wireless**.

Cleaning up your handwashing misconceptions Handwashing might seem like a simple task, but do you always put theory into practice correctly? Read more below and at the **Spanner in the Works?** blog.



Blood in your pee?
See your GP.

 **BEAT** BLADDER CANCER AUSTRALIA
www.beatbladdercancer australia.org.au

Blood in your pee? The most common symptom of bladder cancer is blood in your urine.

Bladder Cancer Awareness Month is an opportunity to increase awareness of the disease and share stories of patients, caregivers and loved ones who have been impacted.

Do you know the symptoms?

- Blood in your pee – even just a small amount
- Frequent need or sudden urgency to pee
- Recurring urinary tract infections (UTIs)

See your GP at the first sight of blood in your urine. Even if it happens once or goes away for a while. There are a number of conditions that can cause urinary symptoms but it's really important you discuss any changes with your GP.

Visit beatbladdercanceraustralia.org.au for helpful information and support services.



Myth busting Have you washed your hands today?

If you've heard it once you've heard it a thousand times in the last 12 months! However **keeping our hands clean is one the most important steps we can take to avoid getting sick and spreading germs.**

Handwashing might seem like a simple task, but do you always put theory into practice correctly? As we head into flu season, we've debunked some top handwashing myths to clean up any misconceptions.

Read more and download a copy of a handwashing guide by visiting the *Spanner in the Works?* blog at malehealth.org.au.



Safe and effective use of prescription opioids Making a plan to manage your chronic pain

Opioids are commonly used in Australia for the treatment and management of pain. But the facts show they do very



and management of pain. But the facts show they do very little to alleviate the pain over the long term and have some very serious side effects.

Research shows that you can also find relief with other pain medications. Healthy eating, exercise and alternative treatments play a part too so discuss these with your GP.



Find out more about making a plan to manage chronic pain at the [Spanner in the Works? blog](#).

You can also tune in to The Shed Wireless podcast for a valuable discussion on this topic. How do you listen? Just visit mensshed.org/theshedwireless.



Did you know the original **Marlboro Man** never actually smoked?

Stuart Torrance

AMSA Men's Health Project Coordinator

On looking for a link between World Asthma Day (4 May) and World No Tobacco Day (31 May) I found

On looking for a link between World Asthma Day (4 May) and World No Tobacco Day (31 May) I found myself on a path of self-relection.

Many of us grew up with the evocative image of the rugged cowboy, the Marlboro Man. He was cool. You wanted to be him, or you wanted to date him. But did you know Robert Norris (television's original Marlboro Man) actually never smoked? He even stopped doing the ads, after more than a decade as the Marlboro Man, as he believed it was setting a bad example for his children.

He was onto something. At least 5 of the men who appear in Marlboro advertisements over the years have died of smoking-related illnesses.

Today the hard evidence is a harsher picture than the cool image of the rugged cowboy. The facts tell us that there really is no benefit to smoking. In fact, smokes actually make us more susceptible to ill-health than our non-smoking counterparts.

I used to tell myself I needed a cigarette to calm my nerves. But then someone asked me what do non-smokers do to calm their nerves. This really got me thinking and made me realise that I had an addiction to nicotine - it had me at its will.

By the way, I also discovered this month that smoking is the greatest risk factor for bladder cancer. Smokers get bladder cancer twice as often as people who don't.

See your GP if you need help or support to stop smoking. It's never too late to quit.



Rules to live by **Rule #139** **Eat like someone is watching**

We digress a little from Kitty's intention this month...

With the cold winter months approaching, we tend enjoy a few extra serves of a heart-warming casserole and dipping bread. This year, eat like someone is watching (and judging) your serving size. This will ensure you come out of winter without retaining too much extra food.

For a good belly laugh, check out more sage advice from

Kitty Flanagan in her book **488 rules for life**.



Spanner in the Works? Check your symptoms



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

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



Print-ready PDF [here](#). Why
not give a copy to a
friend?

SPANNER IN THE WORKS?

A men's health initiative by the
Australian Men's Shed Association and Healthy Male



GET IN TOUCH info@malehealth.org.au

© 2021 *Spanner in the Works?* Send To A Friend. Unsubscribe.

COPYRIGHT

While *Spanner in the Works?* and the Australian Men's Shed Association encourage the use of this information to be included in other newsletters and publications please respect our copyright by acknowledging the source of the information.