

From: **Spanner In The Works** no-reply@malehealth.org.au
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To: paullhuillier@bigpond.com



November 2020

www.malehealth.org.au



Print-ready PDF here so why not give a copy to a friend?



John's health and wellbeing journey. I'm not old enough to stop!

In the early 80's I was a policeman. When I was just out of the training academy, I felt as fit as ever and the job kept me fit. I was a keen bike rider and busy building a life. The job as a police officer wasn't just interesting, it was



challenging both mentally and physically so my fitness was well maintained.

In 1985, riding my bike from work, a car did a right-hand turn in front of me. I was going fairly fast and didn't have time to avoid the collision. The speed and impact caused me to hit the car with great force. Head first into the car I went with such violence it caused my heart to fail seven times at the scene and on route from Roma to Brisbane, where I remained for two years. (Note: compulsory helmets for bicycles came into effect in 1990).

Through that time I had to learn how to eat, talk and a whole host of other things relating to the brain injuries I sustained in the crash. After my recovery, I moved to Brisbane and managed to get odd jobs, and ended up working in security until I retired at 70.

During this time my physical activity wasn't as full on as it once was, so weight (fat) started to hang around in all the wrong places. Looking back, I was still eating what I did back in the day. Nothing had changed but my output. I did make sure to take my dog for walks each day but life was slowing down for both of us. That is until she got a virus in her feet and was unable to go for walks.

Three years ago I was in seeing my doctor. He advised me that I needed to start exercising or give up everything as I'd soon be a cripple. Harsh words! I knew he was right and I decided to take his advice and I joined a gym.

I didn't do too much at first, taking my time to learn what worked for me and listening to the trainer's advice. Over time I have developed a training program that takes 90 minutes and I try

and do it 5 days a week. I've lost a lot of weight and feel great. And my doctor said that all my blood tests show normal sugars and blood pressure is fine and diabetes is good.

So, apart from it costing a fortune for new clothes all is great.



Don't act like the tough guy when it comes to your health: Jeff Fenech

Boxing great Jeff Fenech might be one of the toughest men in Australia but he is only here today because his friends intervened after he told them he'd be OK. To just let him be and stop worrying.

Oh, and also because he had a piece of pig inserted in his chest to repair a blocked heart valve.



[Read more here](#)



Health and Wellbeing Q&A

Living with Bladder Cancer

Presented by BEAT Bladder Cancer Australia
www.beatbladdercanceraustralia.org.au



Webinar

Tuesday 17th Nov



Tuesday 17th Nov
7.30pm-9pm AEDT

Expert panel covering:

- Exercise
- Nutrition
- Wellness
- Integrative Medicine

Register now!

https://us02web.zoom.us/webinar/register/WN_f5O-f1TTSoeHoRmnNyv4PQ

For further information, email: support@beatbladdercanceraustralia.org.au

BEAT Bladder Cancer Australia is holding a Zoom Q&A forum on Tuesday 17 November (details above) with 4 leading health professional panellists who will focus on the various aspects of integrative health as they relate to bladder cancer.

- Associate Professor Judith Lacey, Head of Supportive Care & Integrative Medicine, Chris O'Brien Lifehouse
- Penny Smith, Head of Operations & Support Services, Olivia Newton John Wellness Centre
- Peter Talbot, Head of Dietetics & Nutrition, Westmead Hospital
- Dr Andrew Hirschhorn, Clinical Director, Allied Health/Physiotherapy, MQ Health

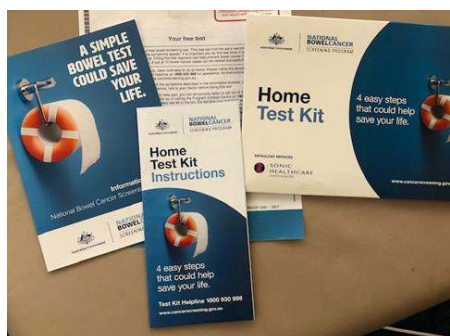
Please enter any questions for the panellists when you register via the link above or email them to support@beatbladdercanceraustralia.org.au



Not just to prevent COVID19: washing your hands is common sense and the start of good health.

Always wash and dry your hands:

- after using the toilet
- after attending to others
- before handling, preparing and eating food
- after touching raw meat, fish, shell eggs or chicken
- after blowing your nose
- after touching a pet.



Have you poked it with a stick? Not everyone does and it has consequences.

by Stuart Torrance, Men's Health Project Officer

I recall my "welcome to 50" present, received in the mail shortly after I had celebrated this milestone with my family and friends.

The flat parcel wasn't on my wish list, wasn't the gift of my dreams and so it sat on the kitchen bench. Somehow it then got filed in the pile of things to be done. You know the one that gets looked at when you're looking for that important paperwork and you remember setting it aside for later. From there who knows what happened to it.

Another kit at 52 and 54, each going through the same process. At a health event in the

Murrumbidgee the other year, the presenter before me was someone speaking about the bowel screen kits and he made a great case for taking the test. I wish he had kits with him as I would have done my first test then and there.

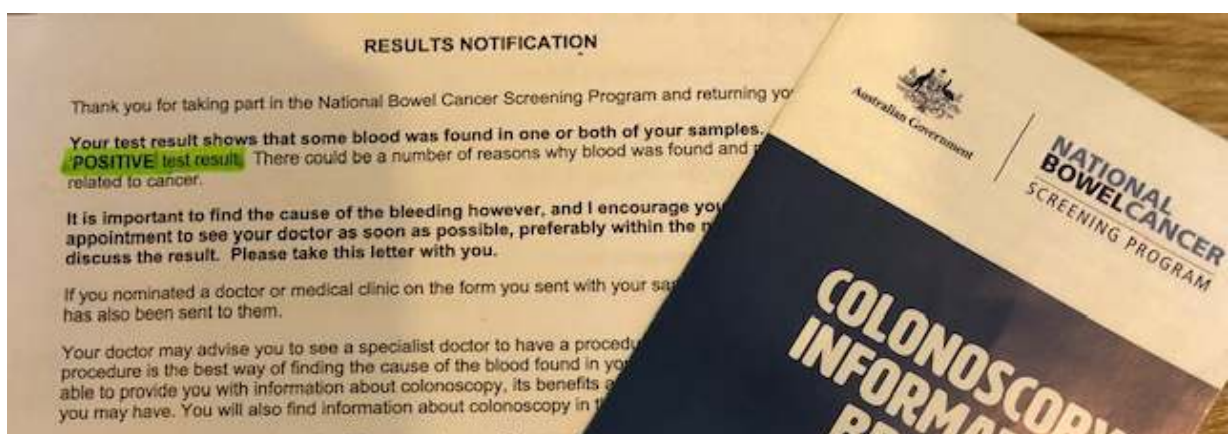
Once again I pushed the thought to the back of my list of things to do. Not that I didn't want to do it or think it was icky or unimportant, it was more about the inconvenience of it all.

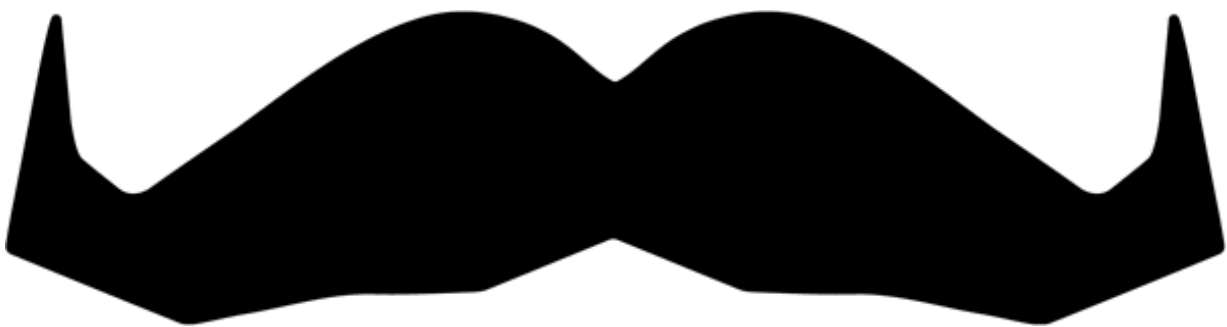
So, now I'm 56 and a while ago I glanced at a bright red spot in the loo. I requested a kit and when it arrived I placed it in the WC ready for my daily constitutional. Two days later, all done and off in the post.

My results came back the other day as positive (blood in the samples). The recommendation was to see my GP and arrange for a colonoscopy.

That now done, I'm left with waiting and worry. Something I'm not good at. I have to face it, it was me that started this by waiting in the first place.

Don't wait, put the test kit in the bathroom and follow the steps.





Movember Changing the face of Men's Health



How much sleep do you really need?


Matt Walker: Sleep Scientist, Professor and author takes an interesting look at how much sleep we need.



[Press here to watch his TED talk: How much sleep do you really need?](#)



Wheel of Well-being



Improving mental health & Well-being course it's free.

Over the past fifteen years, there has been a growing field of research that combines aspects of psychology, health and economics that is exploring what makes us happy – and what kind of things that we can do to improve our well-being. Follow this link to the free course. Wheel of Wellbeing – Implemental



Health events this November

November is awareness month for:

Asbestos | Lung cancer | Pancreatic Cancer | Pulmonary hypertension

8 to 15 Nov | NAIDOC Week

11 Nov | Remembrance Day
13 Nov | World kindness day
14 Nov | World Diabetes day
14 to 21 Nov | Australian Food Safety week
15 to 21 Nov | National Skin Cancer Action week
19 Nov | International Men's day and World Toilet day
20 Nov | White Ribbon day



Share your health story The Spanner team would like to hear about your health and wellbeing experience. Send your story to info@malehealth.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 what to do next.

Get started with the Symptom Checker.

SPANNER IN THE WORKS?

Australian Men's Shed Association and Healthy Male



GET IN TOUCH info@malehealth.org.au

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