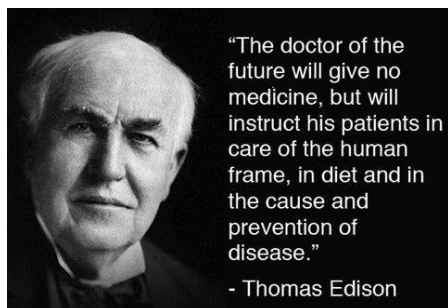


From: Spanner in the Works? no-reply@malehealth.org.au
Subject: Stop costly repairs by making simple changes, preventing noise-induced hearing loss and more.
Date: 13 April 2021 at 3:30 pm
To: paullhuillier@bigpond.com



April 2021

www.malehealth.org.au



Monthly maintenance tip

Stop costly repairs by making simple changes

When it comes to vehicle maintenance, prevention is better than a cure. There are many simple ways to stop costly running repairs at your mechanic (GP or health professional). Many chronic conditions such as heart disease, cancer, stroke, diabetes, arthritis and asthma are largely preventable. That means you can do something to reduce your risk.

What can you do today? Take one simple action to stop costly repairs:

- **Eat more vegetables** — fewer than 1 in 20 men meet the recommendations for daily vegetable consumption. A diet high in fruit and vegetables can help

protect you against cancer, diabetes and heart disease.

- **Drink less beer** — swap out beer for water one night this month.
- **Get active** — set aside at least 20 minutes to consciously exercise every day this week. It could be as simple as a walk around the block, playing with the kids or grandkids, or following a free workout on YouTube.



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

Are you exceeding your daily noise dose? Find out more about noise-induced hearing loss below or click here to read the full article at malehealth.org.au

Myth busting prescription opioid pain relief. Especially relevant if you suffer from ongoing pain. Why have the prescribing rules changed? What are your alternatives? Find out more below and by listening to [The Shed Wireless](#) podcast.



Parkinson's is more than just the shakes

Parkinson's can effect just about any part of your body, from your sense of smell through to your swallowing and digestion.

Every day 30 Australians are diagnosed with Parkinson's.

Parkinson's does not discriminate. Whilst it impacts older people more frequently, it can effect men and women of any age.

Parkinson's is classified as a movement disorder but is now recognised as a complex condition with many non-motor symptoms as well. Common motor symptoms include:

- tremor
- rigidity (stiffness of muscles)
- akinesia (abnormal movement)

If you can identify with any of the symptoms of Parkinson's, it's worth a trip to see your GP. Find out more at parkinsons.org.au



Can you repeat that? Preventing noise-induced hearing loss

Are you at risk of noise-induced hearing loss?

Almost one in five Australians are at risk of permanent hearing loss from noise exposure simply doing everyday things. Noise-induced hearing loss is a largely preventable but irreversible condition.

Have you ever noticed ringing in your ears after being exposed to loud sounds? Read more and get some tips for safe listening at home or in the shed by clicking this link malehealth.org.au



Myth busting why opioid

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pain relief isn't always a good option

Opioids are commonly used in Australia for the treatment and management of pain. But did you know, pharmaceutical opioids are responsible for far more deaths and poisoning hospitalisations in Australia than illegal opioids like heroin?

Tune in to The Shed Wireless podcast (new episode on 20 April) for a valuable discussion on this topic. We ask why there have been recent changes to the prescribing rules for opioid pain relief. How do you listen? Just click this link mensshed.org/theshedwireless



Rules to live by: another one of life's musings from **Kitty Flanagan**

Rule 36: Stop calling it active wear.

Kitty observes: Most people I see wearing 'active wear' are at the shopping centre. So perhaps we should use the term 'Lycra shopping outfit' instead.

We think it's great to be active but if you're wearing your cycling Lycra to the shed, you're not fooling anyone!

Sage advice from Kitty Flanagan's 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?



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



GET IN TOUCH info@malehealth.org.au

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