

SPANNER IN THE WORKS?

WHEN WAS YOUR LAST SERVICE?

July 2021

www.malehealth.org.au

Monthly maintenance tip

Smoke pouring from your vehicle?

A car pulled up in the school pickup zone and children weren't the only things to pour out.

Although smoking could be considered a distraction under NSW Road Rule 297(1) it is not illegal. However, the practice is far more concerning if there are young passengers in your vehicle.

To protect children from second-hand tobacco smoke, smoking in a motor vehicle with a child under the age of 16 is an offence. An on the spot fine can be issued to the driver and any offending passenger.

There are also heavy penalties for people caught throwing lit cigarette butts from vehicles, which can start bush and grass fires.

Find out how to quit at www.quit.org.au



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

Feeling isolated by chronic pain?

If you're experiencing chronic pain, it's important to connect with your body and to acknowledge your pain.

Choosing premium fuel

Eating fish and seafood lowers your chance of heart disease and stroke.

Protect yourself and your pit crew

Men, women and children can and are affected by domestic and family violence.

Myth-busting eggs and cholesterol

The good and bad news about cholesterol.

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National Pain Week

Connection is key to addressing chronic pain

Chronic pain is arguably Australia, and the world's, **fastest-growing medical condition**.

1 in 5 Australians live with chronic pain - including adolescents and children.

This includes **1 in 3 people over the age of 65**.

1 in 5 GP consultations involve a patient with chronic pain and **almost 5%** report severe, disabling chronic pain.

The prevalence of chronic pain is projected to increase as Australia's population ages – from around 3.2 million in 2007 to **5 million by 2050**.

People living with chronic pain often feel isolated by their pain.

Connection is key to addressing the social isolation that pain can create. If you're experiencing chronic pain, it's important to connect with your body and to acknowledge your pain.

It's equally important to seek support and advice from others rather than ignoring it and suffering in silence.

Visit www.nationalpainweek.org.au for more information.

Join Chronic Pain Australia for a free National Pain Week Facebook Live with retired AFL player Andrew Walker and Australian Diamonds netballer Madi Browne on Wednesday 28 July. Visit nationalpainweek.org.au/facebook-live-panel for more information.

Living with chronic pain? Find link to support services at painaustralia.org.au/find-support



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Protect yourself and your pit crew

Do you know someone experiencing domestic or family violence?

Men, women and children can and are affected by domestic and family violence.

Domestic violence is violent behaviour between current or former intimate partners – typically where one partner tries to exert power and control over the other, usually through fear. It can include physical, sexual, emotional, social, verbal, spiritual and economic abuse.

Family violence refers to violence between family members, which can include violence between current or former intimate partners, as well as acts of violence between a parent and a child, between siblings, and more.

If you know or see someone affected by domestic or family violence be they a victim or perpetrator, stand up and call it out. There are a number of support services and help lines you can contact for assistance.

If you require immediate assistance, please call 000.

1800 RESPECT (1800 737 732)

1800respect.org.au

National family violence and sexual assault counselling service. It is a free, confidential service available 24/7. Call 1800 737 732 to speak to a professional counsellor.

Dads in Distress

dadsindistress.asn.au

A dedicated support group of men. Call 1300 853 437 Monday to Friday.

Lifeline

lifeline.org.au

Crisi support services. Call 131 114, 24/7.

Mensline Australia

mensline.org.au

Telephone and online support, information and referral service. Counselling support for men to help deal with relationship problems in a practical and effective way. Specialist support to those who use or experience family and domestic violence. Call 1300 789 978.

One in Three Campaign

oneinthree.com.au

Raising awareness of the needs of male victims of family violence and abuse. They provide information on family violence and a range of support services available for men.

If you or someone else is worried about the impact you are having on those around you, there's help available. Visit whiteribbon.org.au/Changing-Behaviour/Pathways-to-Change



Myth busting

Eating eggs raises cholesterol?

While eggs do contain high levels of dietary cholesterol, multiple studies have shown they have little to no impact on the body's blood cholesterol levels when consumed as part of a healthy diet.

The CSIRO conducted a range of research, both in clinical trials and in a survey of more than 84,000 Australians, and found that egg consumption is actually linked to a number of positive health outcomes.

While the news is good for eggs, it's important keep your cholesterol in check. Dr Rob talks cholesterol in Episode 5 of this season of The Shed Wireless. Visit mensshed.org/theshedwireless to listen to Ask the Doc (at 39.00 min) on The Shed Wireless.



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Choosing premium fuel

Eating fish lowers your chances of heart disease and stroke

Incorporating more fish and seafood into your diet can significantly lower your chances of heart disease and stroke.

Fish and seafood are low in saturated fat and rich in omega-3 fatty acids, and our bodies don't produce omega-3 naturally, so eating fish that contains omega-3, particularly oily fish, is important for your heart.

The recommended 2-3 servings of fish a week make up a protein-packed, heart-healthy diet for the whole family to enjoy.

Fish with the highest levels of omega-3 include salmon, blue mackerel, herring, canned sardines, canned salmon, and some varieties of canned tuna (check the label). Other good sources of omega-3 include barramundi, bream, flathead, squid, scallops (not the potato ones!), and mussels.

How do I eat more fish and seafood?

When you're meal planning consider including fish and seafood as a regular part of your weekly shopping list.

Frozen seafood may be a cheaper and more convenient choice to keep in mind when meal-planning or preparing for the weekly shop. Look out for weekly specials or ask your local fish supplier for best fish buys of the day.

The recommended serving size per person is 150g of fresh fish (about the size of your hand) and 100g of tinned fish in oil or spring water.

What is the best cooking method?

It is best to choose healthier cooking methods for fish such as grilling, steaming, barbequing, poaching, baking, or pan frying. It is also important to cook your fish in a healthier oil like olive oil, canola oil, sunflower oil, or peanut oil. If you like crumbed fish, this can be ok if you choose to crumb it yourself in wholegrain breadcrumbs and cook using a healthier cooking method and a healthy oil. We don't recommend battered fish, as it is generally deep fried.

It is important to remember that no single food exclusively promotes heart health over any other.

A consistent, heart-healthy eating pattern matters most. Generally choosing to eat healthier proteins will minimise your risk of heart disease (heart failure and sudden cardiac arrest) and stroke.

Where do I start?

Luckily, fish is a versatile protein that can be cooked in many ways. The Heart Foundation has curated many simple and delicious (and FREE!) recipes that showcase fish. Visit shop.heartfoundation.org.au/collections/ebooks/products/fish-recipe-ebook to download your copy of the Fish Recipes eBook.



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Rules to live by

Rule #140: Don't overload your fork



"If you can't get your fork from the plate to your mouth without having to turn or rotate the fork in order to push everything into your mouth, then there is too much on it.

Put your fork down, take a little bit off and try again. There should be no complex manoeuvring required, you're eating, not reverse parking food into your mouth."

You'd expect Kitty has eaten in some fancy places, so her advice might be more about table manners than portion control. But the point serves both purposes!

Read more sage advice from Kitty Flanagan in her book **488 rules for life**.

Brain power

Use it or lose it

Keep your gray matter active, thanks to Lovatts Publications.

SUDOKU

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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 at www.healthdirect.gov.au/symptom-checker/tool

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