

SPANNER IN THE WORKS?®

WHEN WAS YOUR LAST SERVICE?

November 2021

www.malehealth.org.au

Monthly maintenance tip

Slip, slop, slap, seek and slide!

Two-thirds of Australians experience some form of skin cancer before the age of 70. For best protection, when the UV level is 3 or above, the Cancer Council recommends a combination of sun protection measures:

- Slip on some **sun-protective clothing** that covers as much skin as possible.
- Slop on **broad spectrum, water resistant SPF30 (or higher) sunscreen**. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
- Slap on a **hat** – broad brim or legionnaire style to protect your face, head, neck and ears.
- Seek **shade**.
- Slide on some **sunglasses** – make sure they meet Australian Standards.

Be extra cautious in the middle of the day when UV levels are most intense.



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

Get to know more about cholesterol

Although some cholesterol is needed for your body to function, too much cholesterol can lead to health problems.

Are you at risk for Type 2 diabetes?

Diabetes is a major cause of many health conditions. It's easy to take steps to reduce your risk.

Which milk is best?

We're spoilt for choice when it comes to milk these days. Which type is best for you?

Mind games

Thanks to Lovatt's puzzles, we bring you another brain challenge. September's solution is also available.

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Australian
Men's Shed
Association
EST. 1978

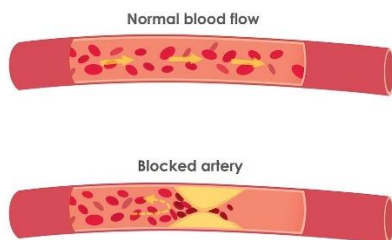

HEALTHY MALE
ANDROLOGY AUSTRALIA

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Ask the Doc

Get to know more about cholesterol



Why is high cholesterol bad for health?

According to *Health Direct*, although some cholesterol is needed for your body to function, too much cholesterol can lead to health problems. The extra LDL-cholesterol builds up in the walls of the arteries, forming plaques. Plaques can block your arteries, making it harder for blood to flow through.

If your cholesterol level is high, there are a number of things you do to lower your cholesterol level.

You can reduce the amount of saturated fat in your food and have a healthy diet. Foods high in saturated fat include cakes and biscuits, fatty cuts of meat, butter and full-fat dairy products and foods containing coconut or palm oil.

Having a high-fibre diet and eating foods enriched with plant sterols can also help to lower your cholesterol level.

If you are not physically active, increasing your physical activity can help to reduce your cholesterol level. Increasing physical activity combined with healthy eating can also help you lose weight if you are overweight and improve your heart health.

Resident *Ask the Doc* expert Professor Rob McLachlan and AMSA's Stuart Torrance cover cholesterol in episode 5 of this season of *The Shed Wireless*. Visit mensshed.org/theshedwireless to listen (at 39min).



Are you at risk?

Diabetes is a major cause of many health conditions

Diabetes is a major cause of blindness, kidney failure, heart attack, stroke and lower limb amputation. A healthy diet, physical activity and avoiding tobacco use can be simple things that can help you prevent or delay type 2 diabetes.

Are you at risk?

While there is no single cause of type 2 diabetes, there are well-established risk factors. Some risk factors can be controlled and others you are born with.

An estimated 2 million Australians are at high risk of developing type 2 diabetes and there are also large numbers of people with silent, undiagnosed type 2 diabetes which may be damaging their bodies.

Diabetes Australia has developed a Risk Calculator based on the Australian type 2 diabetes risk test (AUSDRISK). It is a simple and easy way to assess your risk or developing type 2 diabetes. Visit www.diabetesaustralia.com.au/about-diabetes/are-you-at-risk-type-2 and answer 11 simple questions to check your risk.

Diabetes can be treated and its consequences avoided or delayed with medication, regular screening and treatment for complications.

Find out more at www.diabetesaustralia.com.au



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Choosing premium fuel

Which type of milk is right for you?



Once upon a time milk solely came from cows but now supermarkets are packed with enough milk alternatives to curdle your brain.

So what are the nutritional benefits of the most popular varieties?

Find out the benefits of cow's milk, soy, almond, oat, rice and coconut on the *Spanner in the Works?* blog at malehealth.org.au

Thanks to special guest author, exercise physiologist and nutritionist Kathleen Alleaume from The Right Balance.



Participate in life changing research

Male health is important, your input is too

Australia has world class health and medical researchers who have been responsible for many life changing breakthroughs that have benefitted the Australian and international community.

But the ability to conduct this research in Australia depends on being able to recruit enough people into studies which can take many months and sometimes hundreds of thousands of dollars to do. Many studies fall over at this hurdle because they just don't get enough people to participate.

That's why The George Institute in partnership with the University of New South Wales has launched a register called Join Us, which aims to recruit a million Australians who agree to be contacted if there is a study that might be appropriate for them.

Ultimately, the goal of this project is to achieve better health and wellbeing for all Australians by more rapidly translating new research findings into practice.

To register or find out more visit www.joinus.org.au



A national research register
of one million people directly
supporting Australian research

www.joinus.org.au



Myth busting

Eating turkey makes you drowsy

Reality: Turkey isn't all that rich in tryptophan, the chemical linked to sleepiness after eating turkey.

BUT eating a big, decadent meal can cause sleepiness, even if turkey isn't on the menu. The message is enjoy your Christmas dinner this year... but watch the portion size to stay with the action all day!



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Rules to live by

Rule #40: No naked parading in the change rooms.



I don't care how good your body is, I don't want to see it striding from one end of the change room to the other.

We know what Kitty means, but don't let this stop you working out for your health and wellbeing... maybe just keep it to yourself and a close friend or two.

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



Mind games

Find a word (or 31!)

They say use it or lose it. Keep your gray matter active, thanks to Lovatts Publications. There are 31 words to find in this puzzle and the clue is **exercise**.

E	N	O	L	H	T	A	I	R	T	C	Y	C	L	E
J	C	Z	V	B	A	A	E	S	T	H	G	I	E	W
P	T	N	A	S	T	G	G	R	Q	S	P	O	R	T
H	E	L	A	N	H	K	H	O	O	D	E	E	P	S
K	L	T	M	D	L	J	I	M	Y	B	T	A	U	T
H	K	I	S	U	E	S	W	I	M	M	I	N	G	S
C	R	O	S	S	T	R	A	I	N	E	R	C	C	L
T	A	M	X	J	I	V	R	D	N	T	T	I	S	L
E	C	W	C	O	C	U	Y	O	C	R	T	P	S	I
R	B	A	H	G	S	N	H	Y	W	A	B	S	E	M
T	E	M	P	E	A	T	C	I	B	I	E	P	L	D
S	N	Y	Q	M	A	L	K	O	K	N	N	N	C	A
F	C	G	I	R	I	L	R	E	T	I	X	G	S	E
W	H	C	A	N	A	C	T	I	W	N	N	T	U	R
R	A	M	G	W	A	I	F	H	V	G	D	G	M	T

4	9	3	7	8	6	5	1	2
2	6	5	1	4	9	8	7	3
8	1	7	5	2	3	9	6	4
7	3	2	4	9	1	6	8	5
6	8	9	2	7	5	3	4	1
1	5	4	3	6	8	2	9	7
3	2	6	9	1	7	4	5	8
9	4	1	8	5	2	7	3	6
5	7	8	6	3	4	1	2	9

© Lovatts Puzzles
SOLUTION will be in December *Spanner in the Works?* eNews.

September Sudoku solution



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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