

SPANNER IN THE WORKS?

WHEN WAS YOUR LAST SERVICE?

September 2021

www.malehealth.org.au

Monthly maintenance tip

Eat a heart-friendly diet to keep your engine running smoothly

Healthy eating is not just good for your waistline. It's an important part of keeping your ticker ticking – at every age! So what does a heart-friendly diet involve?

- Focus on the different foods you eat regularly over days, weeks and months.
- Follow a heart healthy eating pattern to help make healthy choices
- Look at your portion sizes – bigger is not always better

Find out more at heartfoundation.org.au/heart-health-healthy-eating



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

Prostate cancer, do you know what to look for?

Often prostate cancer can be treated, managed and sometimes even cured. Find out what to look for.

Myth-busting the link between dairy and bones

You might be surprised to learn just how many foods are high in calcium!

Growing body panels

Resident medical expert Professor Rob speaks about dreaded 'man boobs' on The Shed Wireless.

Mind games

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

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Enlarged body panels

Man boobs, tissue or fat?

'Man boobs' (or the medical term, gynaecomastia) can be a part of normal life for males at any age. The development of breast tissue (not just the collection of fat) can be related to hormonal changes in the body, medications and drugs for health conditions, or even pot-smoking and excessive drinking.

How do you know the difference between fat and tissue? Tissue feels more firm and rubbery, as opposed to a softer 'liquid' feeling of fat.

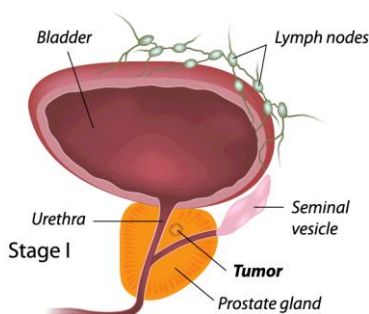
Man boobs can be a bit embarrassing but there can be some issues associated with or causing the development of breast tissue, so it's important to get checked by your GP.

Resident *Ask the Doc* expert Professor Rob McLachlan and AMSA's Stuart Torrance cover man boobs in episode 6 of *The Shed Wireless*. Find out how to listen at mensshed.org/theshedwireless



Prostate Cancer Awareness Month

Do you know which symptoms to look for when it comes to prostate cancer?



The bad news is early prostate cancer does not usually cause symptoms (making it all the more important to keep your vehicle maintenance up to date). Advanced prostate cancer symptoms can include:

- frequent urination or pain while urinating
- blood in the urine or semen
- a weak stream
- pain in the back or pelvis
- weak legs or feet

The good news is, there are a lot of other things these symptoms can be and they can all be treated, managed or cured. The only way to check is to get checked!

For more info, listen to Prostate Cancer 101 with Professor Rob in September's *Ask the Doc* on *The Shed Wireless*. You can also visit prostate.org.au

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Rules to live by

Rule #82: The word 'budget' should never be paired with any of the following:

- Seafood
- Airline
- Plastic surgery
- Dental Work

We can add a few of our own here... exercise, diet, health care or anything to do with keeping your most important piece of kit in top shape. You know what we mean!

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



Myth-busting

You need dairy for strong bones

Many of us make the link between dairy and calcium and come to the assumption that it's necessary to consume dairy for strong bones. Dairy foods do have a lot of calcium, but you might be surprised to learn just how many foods are high in calcium!

Some of the best sources include sesame seeds (including tahini), dark leafy greens (like kale), bok choy, white beans, black-eyed peas and other pulses, seaweed (think sushi), fortified non-dairy milks, enriched fruit juices, broccoli, soya mince and molasses. Anything made with fortified flour and fish where you eat the bones, such as sardines and pilchards is also a good source of calcium.

Don't forget vitamin D to help your body absorb the calcium – hint, spend some time outside!

For healthy bones, you should be able to get all the nutrients you need by eating a balanced diet and of course include exercise in your daily routine!



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Mind games

Sudoku

They say use it or lose it. Keep your gray matter active, thanks to Lovatts Publications.

SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

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

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Alphabet Soup 011 © Lovatts Puzzles

SOLUTION will be in September Spanner newsletter.

August Alphabet Soup puzzle solution: Weever, Tuna, John Dory, Stargazer, Bream, Garfish, Ling, Cod, Guppy, Hake



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.

healthdirect

Get started with the Symptom Checker at

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

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