



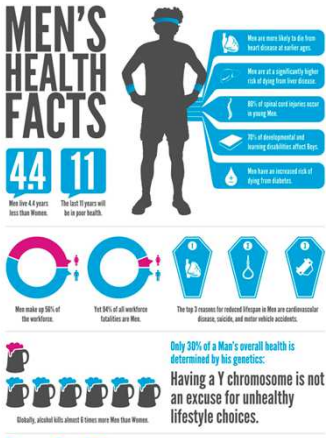
# Man vs Medicine

Presented by Jonathon O'Neill

# MENS HEALTH




## MEN'S HEALTH FACTS



- Men are more likely to die from heart disease at earlier ages.
- Men are at a significantly higher risk of dying from liver disease.
- 85% of spinal cord injuries occur in young men.
- 75% of developmental and learning disabilities affect boys.
- Men have an increased risk of drug treatment.


Men live 4.9 years less than women. The last 11 years will be in poor health.

Men make up 55% of the workforce. Yet 84% of all workplace fatalities are men.


The top 7 reasons for reduced lifespan in men are cardiovascular disease, suicide, and motor vehicle accidents.

Only 30% of a man's overall health is determined by his genetics. Having a Y chromosome is not an excuse for unhealthy lifestyle choices.


Dadly, alcohol kills about 8 times more men than women.



Standardised Death Rate	Percent Of Total Deaths				
	Male	Female	Male:Female	Male	Female
Underlying cause of death	Per 100 000	Per 100 000	Ratio	%	%
Prostate cancer	31	-	-	4.1	-
Suicide	16.1	4.4	3.6	2.3	0.7
Transport accidents	9.6	3.2	3	1.4	0.5
Skin cancer	12	4.7	2.6	1.7	0.9
Diseases of the liver	9.3	4	2.3	1.4	0.7
Parkinson's disease	7.8	3.7	2.1	1	0.8
Lung cancer	47.9	23.5	2	6.8	4.1
Ischaemic heart disease	126.7	72.7	1.7	16.9	15.9
Chronic lower respiratory disease	34.6	21	1.6	4.6	4.1
Stroke	49.5	47	1.1	6.4	10.3




# CVD



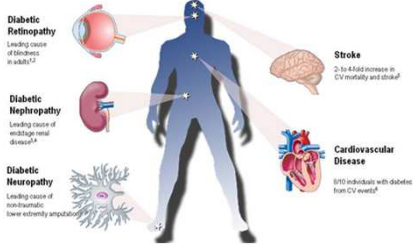
**THE LEADING CAUSE OF DEATH FOR AUSTRALIAN MALES IS HEART DISEASE**  
(inc. Angina, Heart attacks, Strokes & Blocked arteries)

Approximately **24%** OF THE POPULATION




# DIABETES

**Diabetes is a lifelong condition associated with serious complications**

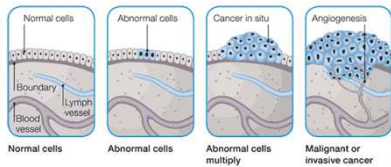


- Diabetic Retinopathy**: Leading cause of blindness in adults<sup>1,2</sup>
- Diabetic Nephropathy**: Leading cause of end-stage renal disease<sup>3,4</sup>
- Diabetic Neuropathy**: Leading cause of non-traumatic lower extremity amputation<sup>5,6</sup>
- Stroke**: 2- to 4-fold increase in CV mortality and stroke<sup>7</sup>
- Cardiovascular Disease**: 80% individuals with diabetes die from CV events<sup>8</sup>



## CANCER

- Cell replication error
- Abnormal cells grow
- Aggressive growth and spread to other areas



## PROSTATE CANCER

- 1 in 11 men
- Know you score



## SKIN CANCER

**THE ABCDE SYSTEM OF MELANOMA DETECTION**  
The ABCDE criteria represent a commonly used clinical guide for early diagnosis of melanoma. The following features are considered suspicious:

**A** **Asymmetry:** Moles that have asymmetrical appearance

**B** **Border:** A mole that has blurry and/or jagged edges

**C** **Color:** A mole that has more than one colour

**D** **Diameter:** Moles with a diameter larger than a pencil eraser (6 mm or ¼ inch)

**E** **Evolution:** A mole that has gone through sudden changes in size, shape or colour



## MENTAL HEALTH



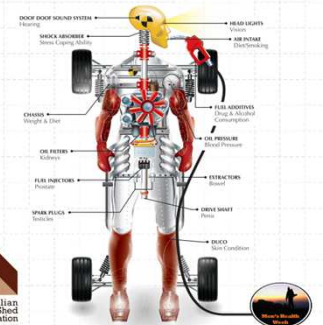
1 in 2 Australian men had a mental health problem at some point in their life.

On average 5 men each day take their life through suicide in Australia

1 in 8 men will experience depression in their lifetime.



## SPANNER IN THE WORKS? WHEN WAS YOUR LAST SERVICE?

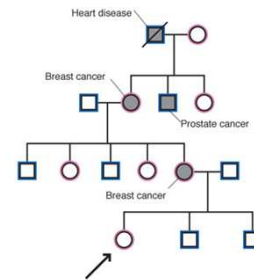


## KNOW YOUR NUMBERS

- Body Mass Index/Weight
- Waistline
- Blood pressure
- HDL Cholesterol (healthy cholesterol)
- LDL Cholesterol (unhealthy cholesterol)
- Blood Glucose (sugar)



## KNOW YOUR FAMILY HISTORY



## EXERCISE

- Aerobic fitness
- Flexibility
- Strength



30 MINUTES  
A DAY IS  
EASY

10 + 10 + 10 = 30  
MINUTES MINUTES MINUTES MINUTES

Brisk walking to and from the coffee shop  
Of stretching  
Brisk walking to the car which was parked a little further away  
Physical activity for the day



## EXERCISE FAQ

- What type of exercise is best?
- How long
- I want abs!

Recommended physical activity for health benefit<sup>1,39,44</sup>

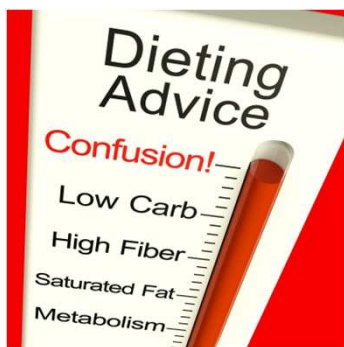
Children and young people  
Moderate to vigorous physical activity  
60 minutes daily

Adults  
Moderate physical activity  
30 minutes on most days  
*Be active every day in as many ways as you can*  
*Think of movement as an opportunity*

Note: Children and youth should spend less than two hours per day playing computer games, watching television or surfing the internet for entertainment.

GUIDELINES

## NUTRITION



## LIMIT YOUR RISKS

- Quit smoking
- Use Sunscreen
- Drink in Moderation



## STAY MENTALLY HEALTHY



**Talk to our  
Mens  
Line 1300 78 99 78**  
AUSTRALIA 24 HOURS / 7 DAYS





<b>AGED 18-39</b>	<ul style="list-style-type: none"> <li>• Blood pressure check</li> <li>• Cholesterol Screening &amp; heart disease prevention</li> <li>• Screening for Depression</li> <li>• Dental exam</li> <li>• Eye Exam</li> </ul>	<ul style="list-style-type: none"> <li>• Immunisations: ie; Flu vaccine, tetanus-diphtheria booster vaccination every 10 years</li> <li>• Skin cancer</li> <li>• Sexual health</li> </ul>
<b>AGED 40's-50's</b>	<ul style="list-style-type: none"> <li>• Blood pressure check</li> <li>• Cholesterol Screening &amp; heart disease prevention</li> <li>• Screening for Depression</li> <li>• Dental exam</li> <li>• Immunisations: ie; Flu vaccine, tetanus-diphtheria booster vaccination every 10 years</li> <li>• Eye Exam</li> </ul>	<ul style="list-style-type: none"> <li>• Osteoporosis</li> <li>• Skin cancer</li> <li>• Diabetes</li> <li>• Cholesterol check</li> <li>• Cardiovascular risk</li> <li>• Glaucoma</li> <li>• Colon Cancer Screening</li> <li>• Prostate Cancer test</li> </ul>
<b>AGED 60's-70's</b>	<ul style="list-style-type: none"> <li>• Blood pressure check</li> <li>• Screening for Depression</li> <li>• Hearing Test</li> <li>• Dental Exam</li> <li>• Eye Exam</li> <li>• Skin cancer</li> <li>• Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>• Cholesterol Check</li> <li>• Cardiovascular risk</li> <li>• Osteoporosis</li> <li>• Glaucoma</li> <li>• Colon Cancer Screening</li> <li>• Prostate cancer</li> </ul>





## ENJOY

- Sleep More
- Find Stress Outlets
- Have Fun



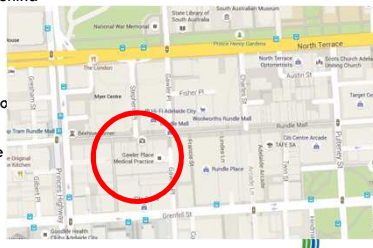






### Gawler Place Medical Practice

Level 1, 49 Gawler Place (behind the Nespresso shop)

- 9am-5pm, Mon-Fri
- Male and Female GPs
- Bulk-billing for University of Adelaide Staff and students
- Psychologists, Healthscope pathology collection
- Online booking available








### University Health Practice

Ground Floor, Horace Lamb Building

- 9am-5pm, Mon-Fri
- Male and Female GPs
- Bulk-billing for University of Adelaide Staff and students
- Online booking available





More University Information and Resources

- The University's Wellbeing Page <http://www.adelaide.edu.au/hr/hsw/wellbeing/>
  - This page includes links the Employee Assistance Program
  - Health Alerts and Tips
  - Mental Health Toolkit
  - Events
- The Centre for Men's Health <http://www.adelaide.edu.au/menshealth/check-health/>

