



Integrated
Wellbeing
Centre

Newsletter

September 2016

Men's Health

As men, we tend to overlook our health. In our eyes there are many more important things to focus on and we hold a "Shell be right" attitude when it comes to 'that stuff'. But what we don't realise is our health should be paramount. It should be number 1 above anything else. Because if we don't, we won't be around to worry about anything else; without our health, we have nothing. September's Newsletter is focused on men's physical and mental health.

Prostate Cancer

In Australia, prostate cancer is the most commonly diagnosed cancer in men. More than 3,000 men die of prostate cancer in Australia every year. **More men die of prostate cancer than women die of breast cancer.**

Who's at Risk?

There are a few different factors that determine your risk factor.

Family history: If you have a first degree male relative with prostate cancer, you have a higher chance of developing it than men with no such history

Diet: There is some evidence to suggest that eating a lot of processed meat or food that is high in fat can increase the risk of developing prostate cancer.

Lifestyle: There is evidence to show that environment and lifestyle can affect the risk of developing prostate cancer.

What Prevention Methods Can I Take?

There is no evidence that the following factors can stop prostate cancer from developing, but they can improve your overall health and possibly reduce the risk of prostate cancer:

Diet: Eat meals that are nutritious. Refer to the Australian Guide to Healthy Eating. What is good for the heart is good for the prostate.

Physical activity/exercise: There is some evidence to show that physical activity and regular exercise can be protective factors for cancer. Try to exercise at least 30 minutes of a day.

Information from www.prostate.org.au

Symptoms

In the early stages, there may be no symptoms. In the later stages, some symptoms of prostate cancer might include:

- Feeling the frequent or sudden need to urinate
- Finding it difficult to urinate (for example, trouble starting or not being able to urinate when the feeling is there or poor urine flow)
- Discomfort when urinating
- Finding blood in urine or semen
- Pain in the lower back, upper thighs or hips

These symptoms may not mean you have prostate cancer, but if you experience any of them, go and see your doctor. For further information visit www.prostate.org.au

Up-coming Events

- 2-11th Royal Adelaide Show
- 4th Father's Day
- 17-2nd Oz Asia Festival
- 18th **Chiropractic Birthday**
- 18th City to Bay Fun Run
- 25th Bay to Birdwood



www.integratedwellbeing.com.au

Men's Mental Health

it's important

Nothing is more likely to bring a man out in a cold sweat than asking him to talk about his emotions. So how can you spot if your mate's depressed? Many men hate talking about their feelings because it makes them feel exposed. But if a mate is under stress or feeling depressed, it will help if he talks about it. There are ways you can get him to open up.

How can I tell?

Does he seem moody? Men often disguise bigger, personal problems by complaining about life's little nuisances. If he's going on and on about the weather or last night's TV, and if you're worried about him already, it could be a sign that something deeper is wrong. Don't try to talk in your local pub if other mates are around.

Has his routine changed? Is he missing footy when he used to be on the pitch every Sunday? Has he stopped coming out to the pub or suddenly started going clubbing three times a week? Radical changes in behaviour are often a sign that something's up.

Is he acting strangely? See how he talks to other people. Does he snap at co-workers? Has he suddenly become more shy or more confident? Is he drinking much more than he normally does? www.healthdirect.gov.au/signs-of-depression-in-men

What can I do to help?

Get him talking

Don't wade in, try a stealth approach instead

Go somewhere discreet

As questions rather than offering answers

The hardest part is remembering not to offer advice

Keep it serious

Make sure you're OK yourself

For more information on the above tips visit www.healthdirect.gov.au/signs-of-depression-in-men

Getting Help

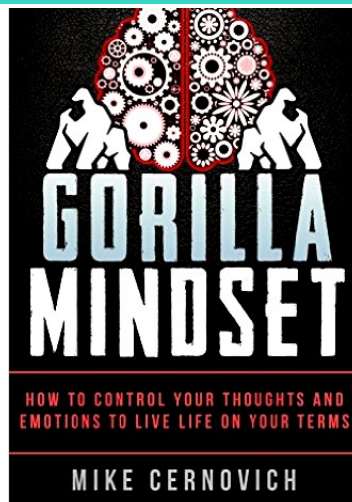
If the person you're worried about expresses suicidal feelings, contact your doctor, healthdirect on 1800 022 222 or Lifeline on 13 11 14

Gorilla Mind Set Book Review

Mike Cernovich

Gorilla Mindset is classified as Self-Help, but it could be more accurately described as Meta Self-Help. While it occasionally teaches you *how* to change, the book's real strength is its ability to teach you how to *want* to change. *Gorilla Mindset* has a good amount of practical nuts-and-bolts advice, but its real purpose is to teach you to re-wire your brain. It's full of full of small, subtle mental exercises and re-frames that will re-orient your thoughts and behaviour towards virtue.

Review from <http://www.thumotic.com/>



Father's Day Gift Ideas

If your father is anything like mine, buying him a gift for father's day is really challenging. There are only so many pairs of socks and jocks a man can have! Below are some hints and suggestions if you are stuck on ideas!

Personalised Coffee Mug

Hand-made Cards

Hand or Foot Print Moulds

Personalised Key Ring

For those that are time poor or don't have a creative spark, don't worry. We have you covered in clinic with great father's day present options!

Dr Graeme Massager

Men's Thongs & Slippers

Therapeutic Pillows

20% off*

Arnica Gel

Product of the Month



Helps to relieve Muscle pains, aches, cramps and spasms as well as sprains, fibromyalgia & tenosynovite. Can also be used for the temporary relief of arthritis pain and inflammation. Great for winter sports injury relief. Please seek advice from your health care professional to see if this product would be suitable for yourself.

*20% off Arnica Gel for the month of September. Information from brauer.com.au

"Most people have no idea how good their body is designed to feel"

Kevin Trudeau

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