

he@lth
work



Men's International Health Week

www.healthatworkoz.com



Men's International Health Week



2 Nutrition for Men

The ten best foods for optimal health. Why is zinc so important to men?

4 Heart Health

Find out how to prevent heart disease.

6 A Long and Healthy Life

Regular exercise is fundamental to a long and healthy life. But what exercise is best for you?

8 Prostate Health

Prostate problems are most common among men. Find out how to take care of your prostate.

10 A Healthy Mind

Stress can threaten your health and well-being. Find out how to combat stress.

12 Hormone Balance for Life

What is andropause? What can we do about it?



Nutrition for Men



*Let thy food be thy
medicine and thy
medicine be thy food.*

HIPPOCRATES

The 10 Best Foods for Men

10. Tomato

Lycopene, the antioxidant plentiful in tomatoes, is especially good in the prevention of prostate cancer. Even better doses of lycopene are found in cooked tomatoes, such as tomato sauce. More lycopene equals more protection. So, extra sauce please!

9. Seafood

High in zinc which is vital for immune function and prostate health.

8. Broccoli

For men, broccoli is very helpful in the prevention of heart disease and cancer, the number one and number two killers for men over 35 years of age.

7. Deep Sea Fish

Brimming with omega 3 fatty acids, deep sea fish, such as salmon and tuna, are effective in lowering cholesterol, improving cardiovascular health and reducing your risk for prostate cancer.

6. Garlic

According to a study in Penn State's College of Health and Human Development, deodorized garlic capsules help bring down blood cholesterol levels of men. Cholesterol levels dropped 7 percent over 5 months, but remained unchanged in men taking placebos.

5. Oats

An excellent source of complex carbohydrates, rich in water soluble fibre, B vitamins and minerals. Oats have been shown to help regulate blood glucose levels, lower cholesterol and improve bowel health.

4. Brown Rice

Not only is it high in fiber, but it also has a good sampling of B vitamins, magnesium, potassium and zinc.

3. Greens, leafy vegies

Research indicates that 35 percent of cancer deaths may be attributed to diet (probably a conservative figure). Dark, leafy greens are nutrient rich foods that are packed with beta-carotene, vitamin E, vitamin C, and important minerals such as **calcium, magnesium and potassium.**

2. Nuts

Eaten raw, nuts are a great source of vitamin E and adequate vitamin E helps with heart health. Nuts are also filling and satisfying.

1. Water

Water may not contain nutrition, but it is considered a nutrient because of the powerful effect it has on the body and its function.

Fruity Men

The eight-year Suvimax survey, carried out in France, has produced clear evidence that regular consumption of fruit and vegetables cuts the risk of cancer. From 1994 to 2002, 6,500 men aged between 35 and 60 were asked to take daily doses of tablets containing vitamin C and E and antioxidant minerals,

equivalent to a generous daily consumption of fruit and vegetables. Another 6,500 men were given placebo tablets. The men in the first group were 29 per cent less likely to develop cancers than those in the second group. A similar test was carried out among women, but there was no significant difference in the number of cancers that developed in the two groups.



Nutrition for Men

Zinc it Up

In 1983 the National Dietary Survey of Adults found that 27% of men had zinc intakes that were less than 70% of the RDI. Surveys in the USA also show a general lack of zinc in the diet, and it would appear that a high proportion of Western people are deficient in this essential trace metal.

Vegetarians are especially at risk because the high fibre and phytic acid contents of grain foods reduce the uptake from the gut (bioavailability) of zinc. In addition, agricultural soils are becoming depleted in zinc, and what little zinc is in grains is removed during the milling process.

The Functions of Zinc

This essential mineral is involved in over 200 enzymatic reactions in the body, including:

Metabolism: Zinc is involved in the anabolism and catabolism of carbohydrates, lipids and proteins. It helps to detoxify alcohol.

Immunity: Zinc is considered one of the most important nutrients for the immune system and is therefore vital in maintaining resistance to infection and in wound healing.

Hormones: Zinc is necessary for the secretion, synthesis and utilization of insulin. It also protects the insulin-producing cells, the beta cells, of the pancreas from destruction. Zinc is also involved in the metabolism of the pituitary, thyroid and adrenal glands and testes. It is vital for healthy male sex hormone and prostate function.

Teeth and Bones: Zinc is necessary for the maintenance of tooth structure and is present in the crystalline structure of bone and in bone enzymes.

Skin: Normal skin function requires zinc. It is involved in local hormone activation, vitamin A binding, wound healing, inflammation control and tissue regulation.

Growth: Zinc plays a key role in DNA synthesis and cell division and is therefore essential for growth and repair of tissue. It is involved in the structure and function of cell membranes and collagen, bone, nail, hair growth and protein synthesis.

Brain and Nervous System: Zinc is necessary for the production of brain neuro-transmitters.

Liver: Healthy liver function, detoxification of alcohol and release of vitamin A from the liver all require zinc.

Nutrition Resources

Better Health Channel
www.betterhealth.vic.gov.au

Reachout
www.reachout.com.au

Health Insight
www.healthinsite.gov.au

FoodWatch
www.foodwatch.com.au

Don't forget to visit the Men's Health Week stand for information and advice.

Sources of Zinc

- Oysters
- Pork roast
- Almonds
- Carrots
- Olives
- Garlic
- Pumpkin Seeds
- Liver
- Whole Wheat
- Walnuts
- Rice
- Onion
- Lobster
- Beef
- Potato
- Cashew
- Barley
- Oats

[2] Lancet, 27 June 1987 "Depression, Stress and Immunity"



Heart Health



Men and Cardiovascular Disease

According to the Australian Heart Foundation:

- Men are more likely to die from cardiovascular disease than women across almost all age groups with death rates among males aged 25 – 74 years two to three times those of females in 2000.
- In 1999-00 men were twice as likely to have a coronary event as women.
- Men tend to die from coronary heart disease at a younger age than women.

For every minute you are angry, you lose sixty seconds of happiness.

EMERSON

10 Tips for Preventing Heart Disease

- 1** Maintain your ideal weight as closely as possible. If you smoke, do everything in your power to stop.
- 2** Minimize your intake of saturated animal fats, especially excessive dairy products, as they seem to raise cholesterol more than other foods. Also avoid hydrogenated oils that clog and stress the cardiovascular system.
- 3** Minimize your intake of high-calorie, low-nutrient foods like baked goods, chips, boxed sugared cereals, and other processed foods, as well as the salty snacks from chips to cured meats.
- 4** Exercise regularly with a balanced program that includes stretching for flexibility, aerobics for endurance, and weight training for strength.
- 5** Eat more high-fiber, high-nutrient, lower-calorie foods, such as vegetables, whole grains, legumes, and fruits. This diet can help you live longer.
- 6** Get good-quality oils by eating nuts and seeds (ideally raw, unsalted, and organic), such as almonds, walnuts, sunflower seeds and pumpkin seeds, as well as omega-3 oily fishes that include salmon and sardines (good with green salads). Use olive oil as your main vegetable and cooking oil.
- 7** Nutritional supplements to consider for protection against cardiovascular disease includes vitamins C and E, omega-3 fatty acids, and the B vitamins (especially B-6, B-12, B-3, and Folic Acid) to maintain normal cholesterol metabolism and minimize homocysteine levels.
- 8** Special nutrients that can be helpful in preventing and treating early disease include L-carnitine, Co-enzyme Q-10, Chromium, and higher levels of Niacin.
- 9** Learn to manage your stress, let go of anger and frustrations, and communicate your feelings in a safe and non-aggressive way.
- 10** Develop close personal relationships that you can count on for support. Continue to expand your ability to give and receive in your friendships/loveships.



Heart Health

Fat Facts

Replacing saturated fat and cholesterol with the common poly-unsaturated oils has no proven benefit on improving heart disease. This is the conclusion of an analysis of 27 studies on high-risk people in British Medical Journal.

The good news: there are major benefits if you chose omega-3 rich oils, like about 1 teaspoon flaxseed or fish oil. Lesser sources are mustard oil, wheatgerm, flaxseed, walnut, green leaf veggies (surprise), and of course fatty fish --and really not much else.

Heart Health Resources

National Heart Foundation
Toll Free: 1300 36 27 87
www.heartfoundation.com.au

Better Health Channel
www.betterhealth.vic.gov.au

Don't forget to visit the Men's Health Week stand for information and advice.

Keep up With Your Exercise

Over the past 4 decades, dozens of studies have shown that exercise is good for your heart. But here's the catch, according to a recent survey: You're only as strong as your last workout.

Doctors from the Framingham Heart Study in Massachusetts compared people who'd only recently started exercising with those who used to exercise regularly but stopped. Their finding: the cardiovascular mortality rate was 40 percent lower among the current exercisers. "The benefits of exercise wear off quickly," says Scott

Sherman, MD, of the UCLA school of medicine. Fortunately, the benefits of exercise also show up quickly, so if the only physical activity you ever have is moving pawn to knight six, you're not dead--yet. "The study shows that for sedentary patients, it's never too late to start being active," says Dr. Sherman.

"It's never too late to start being active."

Big Muscles, Strong Heart

Weights can make your biceps look good, but they're also good for your heart. Why? In addition to lowering cholesterol and blood-pressure levels, stronger muscles make physical exertion, especially lifting or carrying things, less taxing. "Stronger muscles result in a significant reduce

tion in heart rate and blood pressure while you're carrying a heavy object," says Barry Franklin, Ph.D., director of cardiac rehabilitation at the William Beaumont Hospital in Michigan. This may help you avoid straining your heart during exertion, which can cause a heart attack.



Long and Healthy Life



Energy is bliss.

WILLIAM BLAKE

Exercise for a Long Life

We now know that regular exercise is fundamental to a long and healthy life. People who get involved in a balanced exercise program have the opportunity to reverse many of the age-related deterioration processes that are observed in sedentary people.

Why does exercise help us live longer? Blood levels of high-density lipoprotein cholesterol (HDL-C) are inversely related to the risk of developing coronary heart disease (the higher the HDL-C, the lower the risk), and exercise raises HDL-C. Running just nine miles per week hikes HDL-C by 8 per cent. Running 17 weekly miles shoots HDL-C up by 12 per cent. Ambling 31 miles per week heightens HDL-C by 19 per cent. Individuals who jog just 11 to

14 miles per week can lower their risk of heart attack by 30 per cent or so.

Exercise also tends to lower blood pressure, decreasing the risk of heart attack and stroke, and trims the chances of becoming obese or developing non-insulin-dependent diabetes mellitus. Regular physical activity has also been linked with lower rates of certain kinds of cancer. In general, exercise extends longevity by diminishing the risk of a variety of different ailments.

“Individuals who engage in endurance activities live about six years longer than couch potatoes.”

Pick the right exercise

The type of exercise you choose matters when it comes to longevity. Recent research from Finland indicates that individuals who engage in endurance activities (running, cycling, swimming, cross country skiing, walking) live about six years longer than couch potatoes.

In contrast, those who prefer team sports like basketball, ice hockey, or soccer live just four years more. And sports-active people who prefer ‘power-type’ activities, including weight lifting, field events, and sprinting, last for only two additional years.



Long and Healthy Life

Do those who exercise hardest last longest?

While there's no doubt that endurance-type exercise helps us live longer, it hasn't been clear whether intensity has any special role to play. Theoretically, higher intensities should be helpful in promoting longer life. For example, if two previously sedentary, physiologically similar individuals decide to run 25 miles per week, but one runs with an average heart rate

of 80 per cent of maximal while the other eases along at 65 per cent, the 80-per cent runner will clearly become fitter and might reasonably expect a longer lifespan. The 80-per cent runner also spends a few more calories each week (average calorie burning per mile tends to rise slightly as running velocity increases), which should be good for longevity.

Exercise Resources

Better Health Channel
www.betterhealth.vic.gov.au

Health Insight
www.healthinsite.gov.au

Don't forget to visit the Men's Health Week stand for information and advice.

A radical approach

When it comes to the ageing process you also have to consider the effects of free radicals. The production of these destructive molecules increase markedly during strenuous exercise, exposure to environmental factors (including sun), and probably during times of emotional stress. Our bodies

have systems to buffer and combat these molecules, but it appears that these protection systems become less effective as we age, making our bodies more and more vulnerable to their effects and resulting aging processes. For instance:

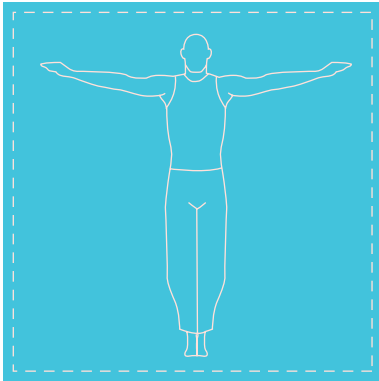
- muscle strength usually decreases by about 10% per decade after the age of 45
- aerobic capacity (VO₂max) declines 8-10% per decade after age 25
- skeletal muscle mass generally decreases after the age of 40
- immune function experiences a modest decline after 40, then falls more rapidly by age 60.

Importantly, these losses seem to exactly parallel decreases in the body's antioxidant defense systems. The two most important tools we have for preventing the increased free radical damage associated with aging are exercise and nutrition. Exercise reduces the normal loss of the body's free radical fighting antioxidant systems. Additionally, initiating

an exercise program after the antioxidant potential of the body has been reduced can actually reverse some of the losses. A balanced nutrition program with high levels of vitamins A, C and E, as well as the hundreds of naturally occurring antioxidants found in fruits and vegetables will also likely combat the increased free radical damage as one ages.



Prostate Health



*I believe in life
after birth.*

MAXIE DUNHAM

Prostate Problems

Prostate problems are very common in men in the Australia and generally present in one of three forms. These are separate conditions called “Prostatitis,” “Benign Prostatic Hypertrophy (BPH),” and “Prostate Cancer.”

Prostatitis is an inflammation of the prostate gland, usually due to an infection, and should be treated so as to restore vitality to the sufferer.

BPH is a condition characterised by enlargement of the prostate gland typically seen in aging men

and often responsible for various degrees of urinary obstruction. The condition is not malignant - it won't invade other tissues - but can cause problems. The primary signs and symptoms are generally urinary obstruction, which does not correlate well to amount of enlargement of the prostate. With a gradual progression, telltales signs usually include: **urinary frequency**, **urinary urgency**, **nocturia** (needing to get up at night to urinate) and **incomplete emptying**.

Nutritional Considerations

Eat whole, fresh, unrefined, and unprocessed foods. Include fruits, vegetables, whole grains, soy, beans, seeds, nuts, olive oil, and cold-water fish (salmon, tuna, sardines, halibut, and mackerel). Eating organic food helps reduce exposure to hormones, pesticides, and herbicides.

Avoid refined sugar and flour, dairy products, refined foods, fried foods, junk foods, hydrogenated oils, alcohol (particularly beer), and caffeine.

Supplements & Herbal Medicines

Amino acids: The combination of glycine, alinine, and glutamic acid reduces urinary urgency, urinary frequency, and delayed micturition (initiation of flow).

Beta-sitosterol: commonly found in foods such as wheat germ, soy-beans, and corn oil. Beta-sitosterol lowers cholesterol (a dose of 500 mg 3 times daily is required), which is important since high cholesterol levels can cause prostatic hyperplasia.

Flaxseed meal: Grind and eat 2-4 tbsp daily. An alternative is to take 1 tbsp of flaxseed oil daily. Flaxseed oil is a good source of the essential fatty acid (EFA) alpha-linolenic acid (an omega-3 fatty acid).

Zinc: competes with copper for absorption; therefore, when supplementing long term with zinc, copper should also be supplemented. There are supplements available that contain both zinc and copper.

Saw palmetto (Serenoa repens): Helps improve symptoms of BPH.



Prostate Health

Prostate cancer

There are both genetic and environmental factors that can influence prostate cancer.

In terms of genetic factors, you have a higher risk of developing prostate cancer if your father or brother had prostate cancer, although the increased risk is relatively small.

Perhaps more important are environmental factors such as diet and

lifestyle. Vegetarians are half as likely to develop cancer as meat eaters.

Scientists are currently investigating whether certain dietary factors may help to prevent prostate cancer. Much of this work is focussing on the mineral selenium and a substance from processed tomatoes called lycopene. Several very large studies have shown that both these agents lower the risk of developing prostate cancer.

What are the symptoms?

Symptoms for prostate cancer can often be the same as for BPH. Therefore, consult your doctor for diagnosis.

Equally important to emphasise is that many men, especially those in the early stages of the disease, do not

develop symptoms at all. Therefore, a lack of symptoms does not always mean that you are free from the disease, and further tests will be needed to confirm this.

“Vegetarians are half as likely to develop cancer as meat eaters”

Plums packed with antioxidants

Blueberries are the fruit with the most antioxidant firepower, but plums may hold be the key for prostate cancer. Preliminary research at Texas A&M University found that phytochemicals in red-fleshed plums inhibit prostate-

tumor cell growth in the laboratory by 80 percent; 20 percent more than blueberries do. The research is still in the early stages, but there's definitely no downside to eating plums.

Prostate Health Resources

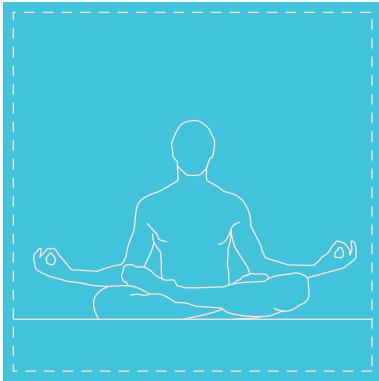
Better Health Channel
www.betterhealth.vic.gov.au

Health Insight
www.healthinsite.gov.au

Don't forget to visit the Men's Health Week stand for information and advice.



A Healthy Mind



Half the beds in our hospitals are filled with people who worried themselves into them.

DR. MAYO

By the time we put in a full workday and tend to our families, we don't have much time or energy to do a lot.

Stress can threaten your health and well-being. When you respond to situations with excessive amounts of anger, fear, frustration, resentment, or envy, you place a burden on your body that depletes energy, disrupts your immune system, and impairs cardiovas-

cular health. When you moderate your responses, maintain a strong social support system, and develop healthy ways of coping with stress, you protect yourself from its damaging effects.

You can fight stress with techniques to help you relax and "take a break" from the hectic pace of life. Take a look and see if any of these ideas can be useful to you.

10 Quick Ways to Relieve Stress

Take a catnap: A 10-minute nap virtually anywhere—at home, on the office floor, in the car (providing you're not driving of course!)-can be refreshing

Breathing: Increased tension results in rapid, shallow breathing. For better relaxation, inhale slowly, hold your breath, and exhale slowly. Count to eight during each phase.

Abdominal breathing: Lie on the floor with your face up, body relaxed, and eyes closed. Exhale, blowing all the air out of your lungs, and push out your abdomen. Then pull in your abdomen, press down on it with your hand, and inhale deeply. Relax, letting the abdomen return to its normal position. Breathe normally for several minutes; then repeat the cycle.

Get out of the rut: Making up new ways to do old things can be a great reliever of both stress and boredom. Try taking different routes when driving to work, or change the way you do ordinary tasks such as putting on makeup, fixing your hair, or getting dressed.

Visualization: Take a quick "mental break" by envisioning a favourite place in your mind—whether it be the ocean, the mountains, or your own backyard. Concentrate on "seeing", "smelling" and "hearing" the things you imagine.

Massage: Close your eyes and use your fingertips to vigorously massage your forehead and the back of your neck. Rub in circles, and rub hard.

Sing in the shower: Loud singing demands deep breathing, which relaxes the singer. Hold the notes for as long as you can.

Develop hobbies: What's fun for you can be good for you. Whatever your interests are, indulge them. Feeling competent and in control is relaxing.

Relaxation response: Sit comfortably in a quiet place with eyes closed and muscles deeply relaxed. Silently count to yourself with each inhaled and exhaled breath.

Stretch: Standard stretching exercises are good for relieving tension.



A Healthy Mind

The Health Benefits of Optimism

A study of 200 employees going through an exceedingly stressful period found that employees with a positive mental attitude – who viewed circumstances as a challenge, an

opportunity to learn and grow – were among the 100 individuals who did not develop health problems during the study period.

“Around one in six Australian men suffer from depression at any given time.”

Depression in Men

Sadness and grief are normal, healthy emotions that are appropriate in times of loss. However, intense or prolonged feelings of unhappiness can be a sign of depression. Medical research has linked depression to chemical changes in the brain that affect the regulation of mood. Around one in six Australian men suffer from depression at any given time. Depression in men is associated with an increased risk of a variety of disorders, including cardiovascular disease and diabetes. The experience of male depression is complicated by the fact that men are more likely than women to shy away from medical treatment of any kind.

Depression has been linked to an increased risk of a range of physical disorders, including cardiovascular disease, diabetes and some forms of cancer. It seems that the chemical changes brought about by depression could effect the platelets and increase the risk of clots forming.

Treatment options

Unfortunately, men tend to think that asking for help is a sign of weakness, so family or friends may need to encourage a depressed man to see his doctor. Treatment for depression can include:

- Medications, such as antidepressants
- Psychological therapies
- Natural therapies
- Self-help therapies, such as regular exercise.

Things to remember

- Around one in six Australian men suffer from depression.
- High risk groups include teenagers and elderly men.
- Men are less likely than women to seek medical help for any kind of disorder.

Mental Health Resources

There are a number of ways to get help with depression:

- Speak to your doctor
- Lifeline
Tel. 131 114
- depressioNet
www.depressionet.com.au
Tel. (03) 9898 9165
- Beyond Blue
www.beyondblue.org.au
- Sane Australia
www.sane.org

And be sure to check out these websites:

Better Health Channel
www.betterhealth.vic.gov.au

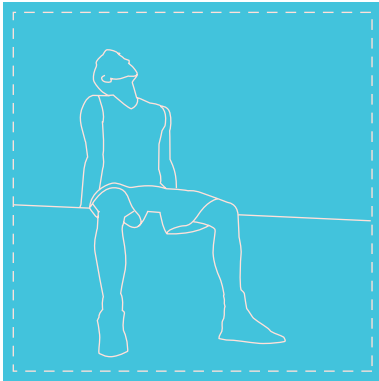
Reachout
www.reachout.com.au

Health Insight
www.healthinsite.gov.au

Don't forget to visit the Men's Health Week stand for information and advice.



Hormone Balance For Life



There are three stages to a man's life: youth, middle-age and "You haven't changed a bit!"

ANONYMOUS

The Truth about Male Menopause

By the time men are between the ages of 40 and 55, they can experience a phenomenon similar to the female menopause, called andropause.

Unlike women, however, men do not have a clear-cut signpost such as the cessation of menstruation to mark this transition. Both, however, are distinguished by a drop in hormone levels. Oestrogen in the female, testosterone in the male. The bodily changes occur very gradually in men and may be accompanied by changes in attitudes and moods, fatigue, a loss of energy, sex drive and physical agility.

What's more, studies show that this decline in testosterone can actually put one at risk for other health problems like heart disease and weak bones. Since all this happens at a time of life when many men begin to question their values, accomplishments and direction in life, it's often difficult to realise that the changes occurring are related to more than just external conditions.

"Unlike menopause, men's 'transition' may be much more gradual and expand over many decades."

A gradual hormonal decline

Unlike menopause, which generally occurs in women during their mid-forties to mid-fifties, men's "transition" may be much more gradual and expand over many decades. Attitude, psychological stress, alcohol, injuries or surgery, medications, obesity and infections can contribute to its onset.

Although with age, a decline in testosterone levels will occur in virtually all men, there is no way of predicting who will experience andropausal

symptoms of sufficient severity to seek medical help. Neither is it predictable at what age symptoms will occur in a particular individual. Each man's symptoms may be also different.

What can you do?

Dietary adjustments can have a significant impact on your hormone levels, along with other therapeutic support such as nutritional supplements, hormone therapy, herbs and exercise.



Hormone Balance For Life

Plan for Hormonal Balance

Diet

To help rebalance hormone levels, the consumption of refined sugar products, saturated fats, and food preservatives must be reduced.

There also needs to be a high consumption of fresh fruit and vegies with substantial quantities of legumes (especially soy), dark green leafy vegetables, omega three fatty acids from flaxseed or deep sea fish and nuts and seeds.

During male menopause, low levels of testosterone may lead to a relative excess in oestrogen. This female hormone can reduce the effects of testosterone in the body. Eating more soy, which contains phytoestrogens, can block the action of oestrogen in the body. Eat plenty of cruciferous vegetables, such as broccoli and cauliflower, as these help rid the body of excess oestrogen. Maintaining an adequate level of dietary fibre is also important for clearing oestrogen from the body.

Since environmental oestrogens and other toxins are a factor in male hormone imbalances, you should reduce or eliminate your exposure to these substances. Known as xeno-oestrogens these compounds can mimic the effect of human oestrogen by binding to the same cell receptors in the body.

Typically they are found in plastics, petrochemical products and pesticides.

Exercise

Regular exercise (a brisk walk, treadmill, exercise bike) can increase levels of growth hormone, known to be associated with longevity and vitality. Exercise helps maintain good blood circulation, especially in the reproductive area while also increasing oxygenation of tissues, cardiovascular fitness, and nutrient absorption.

Supplements for Male Hormone Support

- **Multivitamin:** One that has adequate amounts of zinc, copper, antioxidants, magnesium, selenium and B complex.
- **Fish Oil Capsules:** 3000mg per day for cardiovascular, prostate and hormone health
- **Lecithin:** rich in choline which can help improve sexual performance and response
- **Ginseng:** acts as a glandular tonic, helping to improve the function of the testicles.

Hormone Health Resources

Analytical Reference Laboratories (ARL)
Ground Floor,
568 StKilda Rd, Melb. 3004
T: (03) 9529 2922
www.arlaus.com.au

Doctors' Websites

Dr. Lee
www.drjohnlee.com

Dr. Northrup
www.drnorthrup.com

And be sure to check out these websites:

Better Health Channel
www.betterhealth.vic.gov.au

Health Insight
www.healthinsite.gov.au

Don't forget to visit the Men's Health Week stand for information and advice.

“Growing old is no more than a bad habit which a busy person has no time to form.”

Andre Maurois

he@lth
work

www.healthatworkoz.com

Tel: 03 9639 5039