

MEHN UPDATE

The months are flying by and Men's eHealth Network continues to build in strength. We would love to see you guys benefit more from the [MEHN Community](#), rather than just from the health information featuring on the site. Don't hold back on questions if you want to know more, all you have to do is ask! All the MEHN members have a common goal: GOOD HEALTH. It is much easier to achieve this if we all work together.

Speaking of goals, now is the perfect time to download the [MEHN Goal Setting Template](#). Summer is only just around the corner so list down what you want to achieve before the sun comes out and put some strategies in place to make it happen! Put the [strategy checklist](#) on your fridge and check off daily to make sure everything is going to plan. If you fail to plan, you plan to fail...

QUOTE OF THE MONTH



Remember when eating donuts to only eat the centerparts...

NEWSLETTER # 8 - August 2010



Want to get started but don't know where to start???

Download the [MEHN Getting Started Guide](#)

G'day all,

There is more to our bodies than what we see. Sometimes out of sight out of mind comes into play with our bones. However if we could see what was really going on with our bones we would more than likely invest more time and money into keeping them healthy. Osteoporosis is a condition where the bones become weakened and fracture more easily than normal, it isn't just age related. We can't use age as an excuse all the time. There are lifestyle choices YOU can make to reduce your risk of developing osteoporosis. In fact the earlier you start making these positive lifestyle choices the less likely you are to be of risk. Keep in mind that your bone mass begins to decrease generally after the age of 30. How long is since you turned 30? Do you have catching up to do? Something else to consider is that as men age, sometimes their testosterone levels start to decrease, which increases the rate of your bone mass loss. If you haven't considered your risk of osteoporosis, maybe you should with one in three men over the age of sixty suffering a fracture due to osteoporosis. Other risks include: family history, being underweight, rheumatoid arthritis, over-active thyroid or parathyroid glands, coeliac disease, chronic liver or kidney disease, corticosteroids, anticonvulsants and certain cancer treatments. Fortunately you can help manage these risks by quitting smoking, keeping alcohol intake down, appropriate calcium intake (3 serves of calcium products a day aiming for at least 1000-1300mg of calcium), sufficient vitamin D absorption and regular physical activity. Funnily enough if you do the opposite to this it increases your risk!

The most common sites of fractures are the wrist, spine and hip. These sites are usually exposed as 'weak links in the chain' even after small bumps or falls. The scary thing is that there are usually no signs or symptoms of osteoporosis and it can go undiagnosed until a fracture occurs. So don't wait for the signs and

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Australian Government
Department of Health and Ageing

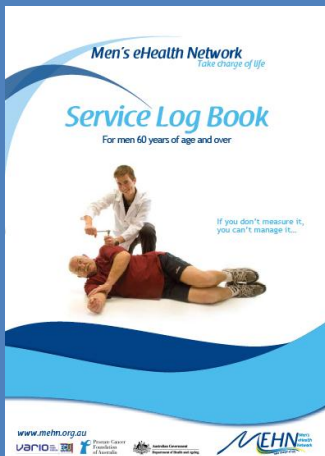


Prostate Cancer
Foundation
of Australia

VARIO vario
health
institute

ECU
EDITH COWAN
UNIVERSITY

MEHN SERVICE LOG BOOK



Sign up for the 'Service Log Book 48 week program August cohort. The new group will be starting on 20th of August.

The service log book helps to provide a structure to keep a good eye on your health and track the benefits from adopting positive lifestyle behaviours.

You will be prompted to perform minor services on most fortnights with major services that involve a consultation with your doctor every 12 weeks. [Download](#) a service log book to get a better idea of the program or Email mehnadmin@mehn.org.au to find out more!

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symptoms, get proactive. If osteoporosis is diagnosed early and effective treatments are used, bone loss can be prevented from getting worse. So if you have a identified you are high risk or over 60 it may be worth chatting to your doctor about having a dual-energy X-ray absorptiometry (DXA) scan.

PHYSICAL ACTIVITY: Weight bearing aerobic exercises are a great option as they use lots of muscles and put stress on your bones helping them to stay or become strong. These exercises include brisk walking (even better if there are ups and downs), stair climbing, jogging or aerobic dancing. These are great because they have an impact affect which shocks the bone and why exercises like swimming, cycling, seated exercises and arm exercises have little effect on bone health.

Resistance training or weight lifting also places enough stress on your bones to promote healthy bone development. On the Men's eHealth Network's [exercise page](#) there are number of resistance training routines that will help you get started. The programs vary in intensity from light to high. They are designed so you can progress through the levels and continue to challenge your body as you become fitter. The other great thing is that there are home based options that use minimal equipment, allowing you once the doc has given you the thumbs up to perform the exercises under the supervision of your 'buddy' in the comfort of your home. Click on the programs and it will take you to [video clips](#) demonstrating each exercise.

The biggest problem with weaker bones is falling. So why not improve your balance and reduce your risk of falling. On the MEHN [exercise page](#) you will also find some balance exercises that progress in difficulty.



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Thanks to all those offered overwhelming support and made donations to the cause. It was one hell of a weekend! Water levels were the lowest they had been in 39 years and the race organisers nearly had to call it off. There were moments we wished they had. Day 1: Paddle 100m then run 100m for 56km. 8 hours and 26 minutes later we crossed the day one finish line. Day two: It was a very cold morning and putting on wet gear wasn't too motivating but we got on with the show. We paddled hard and now we had a tough mission ahead of us. Unfortunately at the 90km mark we fell short of the time cut and had to stop. It was devastating to not be able to finish the 134km race, but we honestly gave it our best shot. Little did we know that no double plastics finished the race. Only 254 (46%) of 553 paddlers finished the race and 2 of 40 powerboats. It was just so slow going carrying the ski down most rapids and extra drag across shallow waters. We have unfinished business and we will be going back in 2011 to finish it! You can still donate to the great cause at www.everydayhero.com.au/team_time_machine

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CALCIUM INTAKE: It is important to get your daily calcium intake! Otherwise your body looks to your bones and takes calcium from them. Approximately 60% of our daily calcium intake comes from dairy products. But dairy products aren't for everyone so luckily there are other food sources containing calcium that will help you reach your daily intake. We are even lucky enough to have calcium rich food options available to us i.e. orange juice, cereals, soy milks and some breads. To help your body maintain a calcium balance, keep your salt, caffeine, alcohol and animal protein intake down. Here are some tips to boost your calcium levels: 1.) Add skim milk powder to smoothies, soups and sauces. 2.) Choose low fat dairy products as they have just as much if not more calcium than regular dairy products. 3.) Incorporate broccoli, beans, almonds, tinned salmon and sardines into your regular diet.

If that is working for you then talk to your doctor about calcium supplements.



VITAMIN D: Plays the important role of helping our bones absorb calcium and regulating the calcium levels in our blood, all this contributes to making our bones stronger. Vitamin D can be found in food sources including fatty fish, liver, eggs and fortified foods. However it is unlikely you will get enough vitamin D alone from diet. Sun exposure is the answer. But, how much sun is enough? A moderately fair person needs to expose their hands, face & arms or equivalent (~15% of body surface) to sunlight for about 6-8 minutes, 4-6 times per week, just before 10am or just after 3pm in summer. In winter, longer exposure times closer to midday are typically needed and are dependant on latitude.

There are also supplement options for vitamin D that you can talk to your doctor about.

For more information contact Osteoporosis Australia on 1800 242 141 or visit www.osteoporosis.org.au



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