



## NEWSLETTER # 3 - March 2010



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It is great to see and prove that there are men in this world that do care about their health, despite the stereotypes that suggest they don't. The stats from February show that 490 self motivated individuals visited the site (42% more than last month) and that 6,229 pages were viewed on the site during this time (119% more than last month). Hopefully this continues to escalate, as the more men that benefit, the better!

We would like to see more men seek support from the 'MEHN Community'. [Log on now](#) to get the ball rolling....

### QUOTE OF THE MONTH

The time to relax is when you don't have time for it!

*Attributed to both Jim Goodwin and Sydney J. Harris*

G'day,

Unfortunately for many, life is a 'battle of the bulge'. More than 600 adults cross the line from being overweight to obese everyday, that's more than 200,000 per year!<sup>1</sup> Men are more likely to be contributing to this statistic, as more men are overweight or obese than women (62% to 45%).<sup>2</sup> The evidence is right there in front of us, as you generally don't have to look too far to find a bloke's waist line bursting at the seams. Some men's 'she'll be right' or 'that won't happen to me' attitude will see them live with these bulging bellies for the rest of their lives (which unfortunately may not be as long as they anticipate...).

There are also the men in denial! Only 37% of men have normal weight however 63% considered themselves to be a health weight,<sup>2</sup> there is a 26% gap between perception and the reality. Men need to wake up to their health risks and action needs to be taken as the problem is only getting worse. Evidence being the average self reported weight for men increasing by over 6kgs in the last 15 years from 77.4kg to 83.6kg.<sup>2</sup> At this rate we will all be oompah loompa's by 2020.

Abdominal body fat is of particular interest as it has been linked to increased risks of developing chronic health conditions (i.e. Type II Diabetes and Cardiovascular disease) and certain cancers (i.e colon/bowel).<sup>3</sup> One marker to help you identify your risk is measuring your waist circumference. Men with waist lines over 94cm are at increased risk, which further increases for those with waist lines over 102cm.<sup>4</sup> If you are unsure how far your stomach stretches then download a printable tape measure from [Draw the Line](#). With your shirt off measure around your waist and keep the tape horizontal to get an accurate measurement. If trying to track progress, at least use a consistent way so you know it is your body changing rather than the way you measure. Another good idea is to measure up 2-3 times and take an average.

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## BEHIND THE SCENES

Shane Johnstone



### Roles:

- Key developer
- Researcher
- Exercise Physiologist
- Forum moderator

### Area of Interest:

Helping people adopt positive lifestyle behaviours to help reduce incidence and impact of chronic disease and certain cancers

### Degrees:

B. Sc(Sport Science)  
B. Bus(Sport Management)  
Completing Masters...

### Origin:

Perth, Western Australia

### Hobbies:

I love to get out and explore the outdoors. Great way to keep active i.e. running, cycling, kayaking, swimming & fishing. It is always worth it when you get to a vantage point that allows you to absorb the surreal environment you have just passed through. Playing my guitar also keeps me mentally healthy as I have time to think about things, and release tension from stressors.

### Favourite Sport :

AFL – Go the Kangas!

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**To help you battle the buldge you should keep the 8 following triggers in mind....** Adapted from Zelman, K. M. (2010). 8 Reasons you may be eating too much. WebMD Feature.

If we only ate when we were hungry and stopped eating when we were full, we wouldn't have a problem, unfortunately many factors make this a challenge. With a bit of will power and knowledge of these triggers, hopefully you will be able to combat these factors in the future...

- 1.) Sight, Sounds & Smells – Overeating can be triggered by the smell of food cooking i.e. bacon, the sound of popcorn popping and of course effective marketing campaigns that lure you in to buy their products. Ask yourself when you go to eat are you really hungry or just tempted by these factors???
- 2.) Distracted Eating (Eating Amnesia) – Eating food/drinking alcohol without actually realising how much you are consuming i.e. bag of chips in front of the TV screen or beer nuts at the bar. Be weary of multi-tasking as it can lead to overconsumption. When you pay attention to what you eat, you tend to focus on the taste and are more likely to feel full quicker.
- 3.) Food Everywhere – Because money is there to be made from our bad habits food is now very easy to get your hands on i.e. vending machines, drive-through restaurants etc... Unfortunately if we are in an environment where this food is available our will power struggles to resist the temptation. The best advice is to choose different routes i.e. not drive past drive-through shops, avoid walking past vending machines, not go down the treats aisle in shopping centres and to avoid stowing away goodies. If you do have goodies at least put them out of sight and make them an inconvenience to get to.
- 4.) Food that is Fast, Convenient & Inexpensive – It can be hard to avoid take away shops, so if you do find yourself ordering a meal from them don't be tricked by the 'bargain' combos as they are generally very high in saturated fats and sodium (salt) which in excessive amounts will have negative impacts on your health. Try and put a limit on the amount of times you eat take away food for the week i.e. once per week. Don't always get large meals because of their good value, assess your

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## BODIES WORK BETTER WITH WATER



- 1.) Prevents kidney stones, urinary tract infections and incontinence
- 2.) Reduces the risk of falling from dehydration or low blood pressure
- 3.) Helps to overcome constipation problems
- 4.) Prevents colorectal cancer as well as reduce the risk of certain chronic diseases such as heart disease and stroke
- 5.) Assists in maintaining a healthy body weight since water contains no kilojoules
- 6.) Prevents or relieves headaches
- 7.) Increases focus and alertness
- 8.) Keeps skin healthy and hydrated
- 9.) Reduces tooth decay and prevents gum disease

As you can see there are plenty of good reasons why to keep your water bottle an arm's reach away all the time. If you find yourself going to the toilet all the time, think of it as a positive as its training the muscles that keep the fluid in.

Find out more at:

[www.continencewa.org.au](http://www.continencewa.org.au)

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- appetite and choose to match (preferably small or regular as every bit counts). Try choosing healthier options on the menu i.e. low fat. It is worth paying a few extra dollars for a quality meal that is in the better interest of your health – Quality not quantity!
- 5.) Portion Distortion – Because we tend to look for value for money the size of meals have gotten bigger and bigger over the years! It's ok to not finish a meal, even though your parents probably told you not to waste food as a kid. If eating out consider choosing entrée sized meals instead of mains and eat slower allowing your body to register if it needs more food or not.
  - 6.) Giant Sized Packaging – High energy food items are generally available in large packets and because of their value we tend to buy these giant sized products. Researchers have found that if you eat from a larger container you are likely to eat 25-50% more than if you had used a smaller packet. If you do buy a larger packet portion it out with sandwich bags to help you moderate your intake of treats. Otherwise you could just buy smaller packets and try using water and sugar-free gum to help curb cravings.
  - 7.) Large Dishware – Do yourself a favour and get *some* smaller plates, bowls, glasses and mugs to reduce the amount of food or fluid you can put on/in them. When you serve meals on a smaller dish they tend to also look bigger than what they really are.
  - 8.) Too Many Choices... - We all love to try new things unfortunately this can result in an overloaded plate then an overloaded stomach. To reduce the risk of this try and limit variety available (buffets = bad news), pick a dish that you want to eat rather than a number of different ones. There will be another time. Always fill your plate up with low energy foods first i.e. vegetables, leaving less room for energy dense foods i.e. buttered, creamy and deep fried options.

Visit MEHN's [Lifestyle information](#) to find out more and [REGISTER/LOGIN](#) on the 'MEHN Community' to get support to help you adopt these positive lifestyle changes.

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With one in every nine men developing prostate cancer it is a condition you definitely can't turn a blind eye too. Having the prostate removed (radical prostatectomy) is a common form of treatment. Although effective, it can be accompanied by urinary incontinence (loss of bladder control). This has been reported as one of the most distressing side effects from the procedure. Research suggests that obesity and low physical activity levels are important factors contributing to post-prostatectomy urinary incontinence.<sup>6</sup> Fortunately lifestyle modification has the potential to reduce the the risk of treatment side effects.

Physical activity may reduce the risk by improving overall muscle activation which could assist urine control.<sup>6</sup>

By losing weight around the stomach you are placing less pressure on the bladder.<sup>6</sup>

### Having trouble with your waterworks? Well you are not alone!

1 in 5 Australians experience bladder or bowel problems.<sup>5</sup> Urinary incontinence is the loss of control of the bladder, resulting in leakage of urine and wetting. The amount of urine lost varies between being damp and being soaked. Faecal incontinence is the loss of solid or liquid stools or soiling.<sup>5</sup> People generally associate incontinence with the aged population however it can occur at any age... The good news is that over 70% of those with bladder and/or bowel control problems can be cured or be made significantly better by simple measures.<sup>5</sup>

#### Good Bladder Habits

Drink plenty of water  
Limit tea, coffee, cola and alcohol  
Take time to empty you bladder properly  
Don't strain  
Don't go to the toilet just in case  
Include 30min of exercise into your day

#### Good Bowel Habits

Go for 2 fruit & 5 Vegetables every day  
Avoid constipation  
Don't strain  
Include 30min of exercise into your day

Any concern about poor bladder or bowel control should never be dismissed as "a fact of life", "just a small problem" or "due to old age". Incontinence deserves careful assessment by a GP, continence nurse, physiotherapist, or specialist. [Get help](#) today!

<sup>1</sup>Barr, E. L., M., Magliano, J. D., Zimmet, P. Z., Polkinghorne, K. R., Atkins, R. C., Dunstan, D. W., Murray, S. G., & Shaw, J. E. (2006). *The Australian Diabetes, Obesity and Lifestyle Study*. International Diabetes Institute: Melbourne.

<sup>2</sup>ABS. (2005). Overweight and obesity in adults: Australia. *Australian Bureau of Statistics*, 4719.0.

<sup>3</sup>Welborn, T., Dhaliwal, S. & Bennett, S. (2003). Waist-hip ratio is the dominant risk factor predicting cardiovascular death in Australia, *MJA*, 179 (11/12): 580-585.

<sup>4</sup>Betterhealth. (2008). Body Mass Index (BMI) . Retrieved 8<sup>th</sup> March, 2010, from [http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Body\\_Mass\\_Index\\_\(BMI\)](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Body_Mass_Index_(BMI))

<sup>5</sup>Continenence Advisory Service of Western Australia Inc. (2010). What is Incontinence?. Retrieved March 12<sup>th</sup>, 2010, from <http://www.continencewa.org.au/>

<sup>6</sup>Wolin, K. Y., Luly, J., Sutcliffe, Andriole, G. L. & Kibel, A. S. (2010). Risk of Urinary Incontinence Following Prostatectomy: The Role of Physical Activity and Obesity. *The Journal of Urology*, 183. 629-633.

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