

Hi Everyone

It is great to log onto the MEHN site and see so many users benefiting from the resource. On the 12th of June we logged on to find 41 other self motivated individuals viewing the site at the same time. Don't forget the [MEHN Community](#) is also available to offer you support to make the changes you are seeking information for.

QUOTE OF THE MONTH

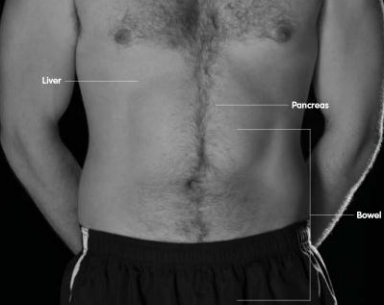
"Alcohol makes you feel the way you should feel without alcohol." This quote was said by a Vietnam Veteran who was using alcohol to hide his Post Traumatic Stress Disorder and other underlying issues.

You are not alone and there is no need to self medicate. Support is available for you no matter:

- Who you are
- Where you live
- Or What you do

[MensLine](#): 1300 78 99 78

Alcohol causes cancer in more places than you think.



To stay at low risk of developing alcohol-caused cancer and other diseases, health experts recommend having no more than two standard drinks on any day. To find out more, visit [alcoholthinkagain.com.au](#)



NEWSLETTER # 7 - July 2010



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

Download the [MEHN Getting Started Guide](#)



Think before you drink...

Many of us are aware of the problems that harmful drinking can cause such as injury, anti-social behaviour, relationship problems, property damage and workplace problems. However, the problems associated with drinking on a regular basis, over the long-term are often poorly understood.

The *Alcohol. Think Again* Campaign aims to decrease alcohol-related harm by reducing short-term and long-term harmful drinking. The current phase of the *Alcohol. Think Again* campaign is focused on increasing awareness of the long term risks associated with harmful drinking, specifically increasing awareness of the link between alcohol and cancer.

Eric Dillon, Acting Executive Director of the Drug and Alcohol Office, said this phase of the campaign, developed in partnership with the Cancer Council Western Australia, was the first of its kind in Australia. "We needed to let the community know the evidence is strong and clear telling us that alcohol is carcinogenic," said Mr Dillon. "There is convincing evidence from the World Cancer Research Fund telling us about the range of alcohol caused cancers including mouth, throat, pancreas, liver, bowel and breast cancer."

In Australia it is estimated that each year nearly 3000 new cases of cancer and 1376 cancer deaths are directly caused by alcohol consumption.

"In terms of the risk of developing cancer there is no safe level of alcohol consumption. The more you drink and the more often you drink, the greater the risk," said Mr Dillon.

"However to stay at a low risk of alcohol caused cancer, the National Health and Medical Research Council recommends that both men and women have no more than two standard drinks on any day." By having no more than two standard drinks on any day, men and women can also stay at a low risk of other serious health problems that arise from drinking too much over a lifetime. This includes cardiovascular disease, stroke, diseases of the gut and liver disease.

WHAT IS A STANDARD DRINK?

A standard drink contains 10 grams of alcohol. This is equal to:

- 285 mL of full strength beer
- 425 mL of low strength beer
- 100 mL of wine (red and white)
- 30 mL of spirits
- 275 mL bottle of ready-to-drink beverage (5% alcohol content)

For more information on standard drinks, visit [alcohol.gov.au](#)¹⁵



HOW MANY DO YOU DO?



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DIABETES

Diabetes is the fastest growing chronic disease in Australia and has reached epidemic levels. It is a complex disease and is capable of affecting your whole body. You probably know somebody with diabetes, but what type?

For our bodies to work properly we need to convert glucose (sugar) from food into energy. A hormone called insulin is essential for the conversion of glucose into energy.

In people with diabetes, insulin is no longer produced or not produced in sufficient amounts by the body.

So when people with diabetes eat glucose, which is in foods such as breads, cereals, fruit and starchy vegetables, legumes, milk, yoghurt and sweets, it can't be converted into energy. Instead of being turned into energy the glucose stays in the blood. This is why blood glucose levels are higher in people with diabetes.

The reason for type 1 diabetes suffers for not producing sufficient insulin is thought to be linked to genetics. People with type 1 diabetes depend on insulin injections to control their condition. Type 1 accounts for 10-15% of all diabetes cases.

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"There is a common myth that drinking alcohol, red wine in particular, is good for your health but the fact is, there is simply no evidence that alcohol consumption decreases your risk of cancer," he said. "The clear consensus of health professionals is that no one should start drinking or continue drinking because of alleged health benefits." Recent research from the National Heart Foundation found a lack of consistent evidence to confirm that antioxidants in red wine can either prevent cardiovascular disease or be beneficial after a heart attack. Furthermore, there was no difference between types of alcoholic beverage (e.g. wine, beer and spirits) in regards to increasing or decreasing your risk of alcohol caused cancer. To view the campaign materials and to find out more about how you can decrease alcohol related harm to yourself and in the community visit www.alcoholthinkagain.com.au

Thanks to the Drug and Alcohol Office in Western Australia for contributing this information and to Cancer TVC (Stains) for providing imagery.



Due for a service???



Well sign up for the Service Log Book 48 Week Program, the next group will start on Tuesday the 20th of July. Men are well renowned for servicing their cars every 10,000km's just to make sure everything is in good working order and to prevent further damage and expenses down the track. The MEHN crew has designed a service log book that will prompt you for routine and major services over a 48 week period, employing the same preventive concept. There are three Service Log Books which are age specific to age: 40-49, 50-59 and 60 plus.

The program allows you to monitor changes in your health as you make changes to your lifestyle. This can incorporate more physical activity, better dietary habits and/or increased social interaction. We would like you to keep a tab on your health by checking in with your log book each fortnight. A 'routine service' is performed in a majority of cases, which should only take a few minutes. It involves measuring your weight, waist and hip girths. Every 12 weeks we will prompt you to perform a 'major service'. In addition to the routine service, you will be prompted to do some functional exercises (sit up test, push-up test, sit and reach test, 30 sec chair rise test, timed up and go test and either the 1.6km Rockport walk test **or** the 2.4km run). The functional exercises measure upper-body, trunk and lower-body strength and endurance, stability and cardiovascular fitness. There is also an online survey to be completed at each 'major service'. All your data entries provide us with valuable research data. The survey does take a little time, as we need to collect some background information about you. To make it easier, we have split the survey into two parts with the second part provided a fortnight later. In the service log book, we have highlighted some health assessments and immunisation options that you may want to consider. In consultation with your general practitioner you will determine if they are appropriate for you. There is a support thread in the [MEHN Community](http://www.mehn.org.au) to assist you with any questions about the 48 week program. **You can**

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Type 2 diabetes is the most common form of diabetes (85-90%). It is proving to be applicable to all, with more younger people, even children developing type 2 diabetes.

In type 2 diabetes, the pancreas makes some insulin but not enough and it doesn't work how it should.

Type 2 diabetes results from a combination of genetic and environmental factors. Genetics are linked however the risk is greatly increased when lifestyle factors such as high blood pressure, overweight or obesity, insufficient physical activity, poor diet and the classic 'apple shape' body where extra weight is carried around the waist are evident.

Type 2 diabetes can often initially be managed with healthy eating and regular physical activity. However, over time most people with type 2 diabetes will also need tablets and many will also need insulin. It is important to note that this is just the natural progression of the disease, and taking tablets or insulin as soon as they are required can result in fewer complications in the long-term. There is currently no cure for type 2 diabetes.

Be proactive and you won't have to rely on a cure. Eat well, exercise and don't smoke it's as easy as 1, 2, 3.

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withdraw from the research program at any time. Email mehnadmin@mehn.org.au and briefly inform us why you would like to withdraw from the research program.

To register your interest in participating in the 'Service Log Book 48 Week Program' please email mehnadmin@mehn.org.au your **name, age, and postcode of residence** so we are able to determine the demographics of men interested in the program. We will start a new group every month. Please download the '[service log book](#)' appropriate for your age to have a more in depth look at what the program entails. For men under 40 years of age, feel free to download the 40-49 service log book and fill it in of your own accord and ask questions in the [MEHN Community](#). Please keep in mind that some of the health assessments will be non-applicable for you however your doctor will advise you of this when you consult with him.

Help Team Time Machine raise much needed funds for the Cancer Council



The men on the mission, David Finnigan and Shane Johnstone aim to raise \$1 for every 10 meters they paddle in this year's Perth Avon Descent. The race is a grueling 134 km course which means they face two tough challenges; finish the race and raise \$13,400. David Finnigan stood by his dad's side while he received treatment for Non-Hodgkin's Lymphoma (cancer in the lymph nodes) for over two years. During this period he lost over 20kg's, looked pale and frail and had a number of close calls with death. He bounced back and his family are so glad to still have him by their side today! Unfortunately David's father has just been re-diagnosed and has begun treatment again (our thoughts are with you Liam).

Shane Johnstone watched a close mate battle Osteogenic Sarcoma (a cancer that strikes the bone) for over two years; and on Anzac Day in 2002, at just 19 years of age he fought his last battle and lost the war. This was hard to take by his family, friends and the small community he was from as it was felt that he was robbed of the opportunity to live his life which displayed much promise. So why Team Time Machine? 1.) Short of a cure, more effective treatment methods would relieve future cancer patients of some of the devastating impact cancer has on sufferers lives and those close to them. 2.) To represent the many who lost their lives in the past to cancer that may have wanted to experience the Avon Descent but never had the opportunity to. 3.) They will be that fast you would have thought they used a time machine OR so slow it was as if they went back to the past....

To find out more or to donate funds visit www.everydayhero.com.au/team_time_machine



EVERY DOLLAR COUNTS!!!

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