



Men's Health



Ferrari Enzo (\$1million)

How would you care for your car?

Fuel, Oil, Garage, Driving (how &where), Servicing



Average total cost of a single heart transplant in 2007 was \$658,800

How would you care for your body?

Fuel, Oil, Garage, Driving (how & where), Servicing

What we are going to talk about

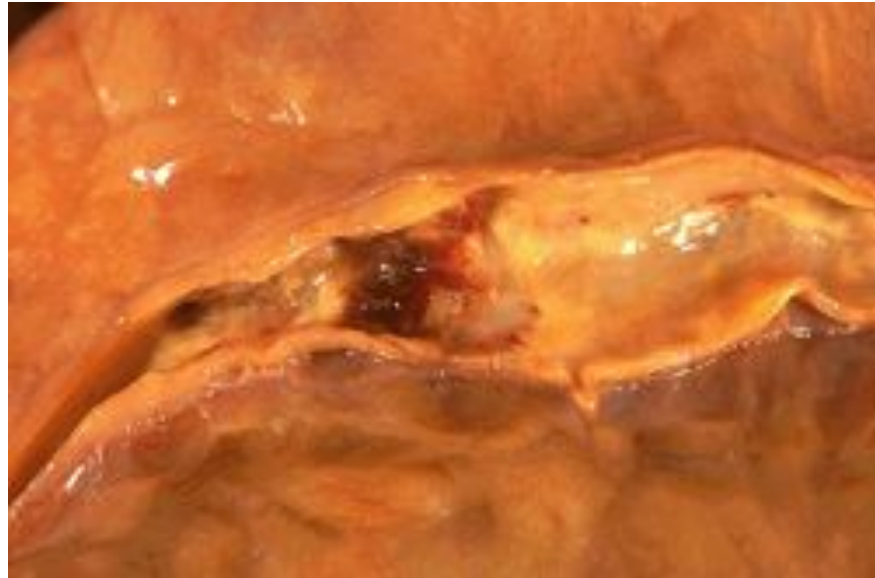


- ♥ **Cardiovascular disease (CVD)**
- ♥ **The statistics**
- ♥ **Risk factors**
- ♥ **Been there done that..... A personal story**
- ♥ **Physical Activity and Prostate Cancer**
- ♥ **How much is enough**
- ♥ **Heart Foundation Programs**
- ♥ **Opportunities**

Tips for making a change



What is Cardiovascular Disease?



- **Cardiovascular disease refers to:**
 - **Heart disease**
 - **Stroke**
 - **Blood vessel diseases**
- **The most common cardiovascular disease is atherosclerosis**

Prevalence of CVD



2007 ABS National Health Survey	ACT region	Australia
Deaths from CVD	31%	34%
Heart Disease-leading single cause of death	14%	16%
People with long term CVD	15.2%	16.4%

**“I’d rather die of a heart attack,
at least it's quick”**

- **Around 1.1 million Australians experience long term disability**
- **People who survive a heart attack can then go on to develop heart failure**
- **Direct health system costs of CVD ~\$7.6 billion (11% all health spending)**
- **CVD biggest burden on our health system**

Ref: Access Economics (2005) *Shifting burden of cardiovascular disease in Australia.*

Risk Factors- Non preventable



- Family history
- Age
- Male

Risk Factors- Preventable



- **Smoking**
- **High blood press**
- **High blood cholesterol**
- **Insufficient physical activity**
- **Overweight and obesity**
- **Poor nutrition**
- **Diabetes**



But it won't happen to me!



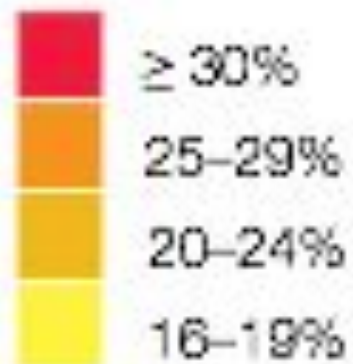
- **62%(51%)** are overweight (BMI>25kg/m²) and not sufficiently active to achieve health benefits
- **20%(18.6%)** smoke daily
- **72% (68.2%)** attain low levels of exercise
- **50%** have high blood cholesterol
- **30%** have high blood pressure
- **7.5%** have diabetes
- Ref: ABS National Health Survey(2007)

Calculating the Risk - 1

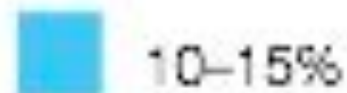


Risk level for 5-year cardiovascular (CVD) risk

High risk



Moderate risk



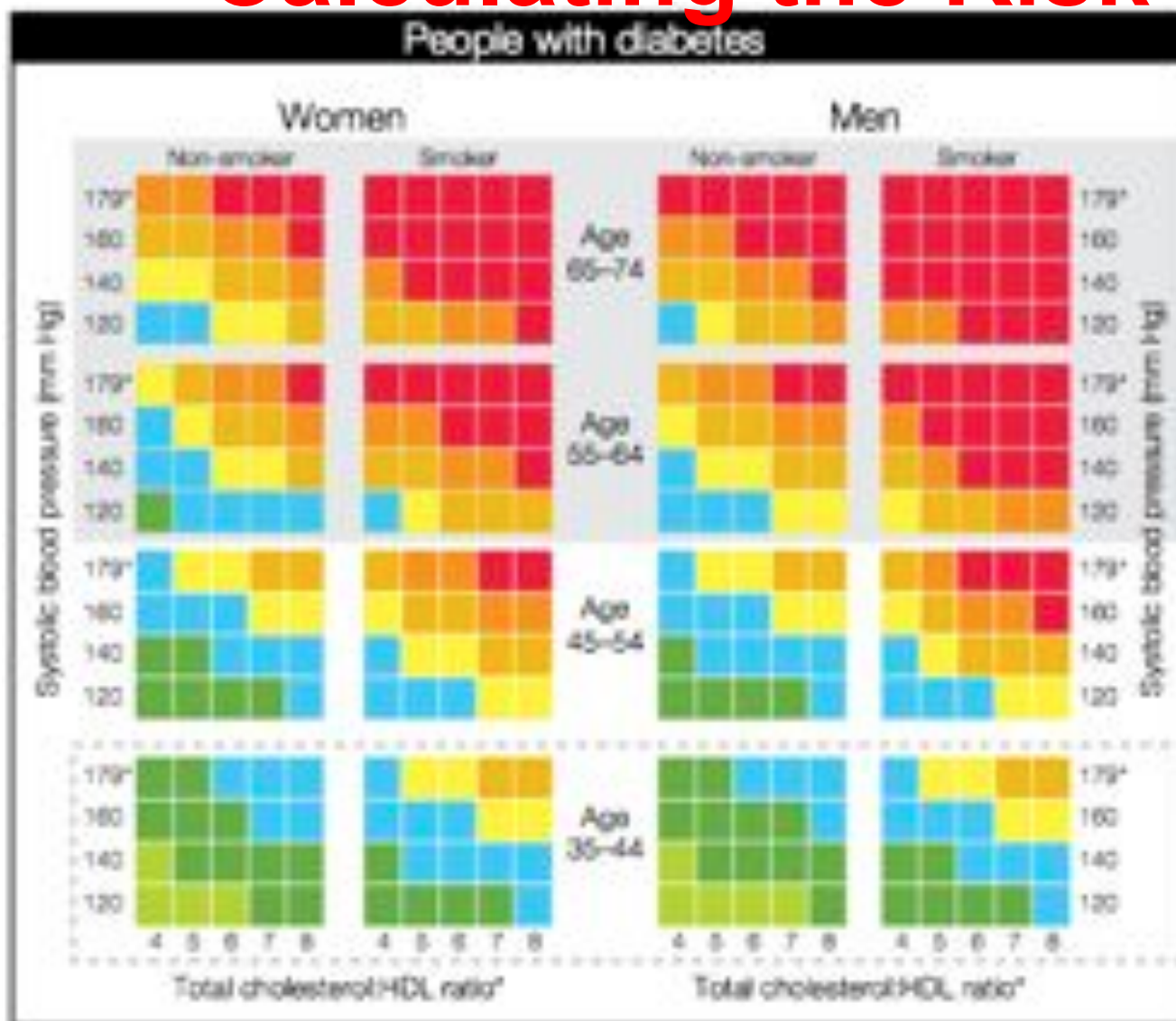
Low risk



Calculating the Risk - 2



Calculating the Risk - 3



Adults over the age of 60 with diabetes are equivalent to high risk (> 15%), regardless of their calculated risk level. Nevertheless, reductions in risk factors in this age group can still lower overall absolute risk.

Charts in this age bracket are for use in Aboriginal and Torres Strait Islander populations only.


^a In accordance with Australian guidelines, patients with systolic blood pressure ≥ 160 mm Hg, or a total cholesterol of > 7.5 mmol/L, should be considered at increased absolute risk of CVD.

Resources Available




Guidelines for the assessment of





Absolute cardiovascular
disease **risk**

A background image of two abacus, one with orange beads and one with yellow beads, positioned horizontally across the middle of the page.

Approved by



An initiative of the National Vascular
Disease Prevention Alliance



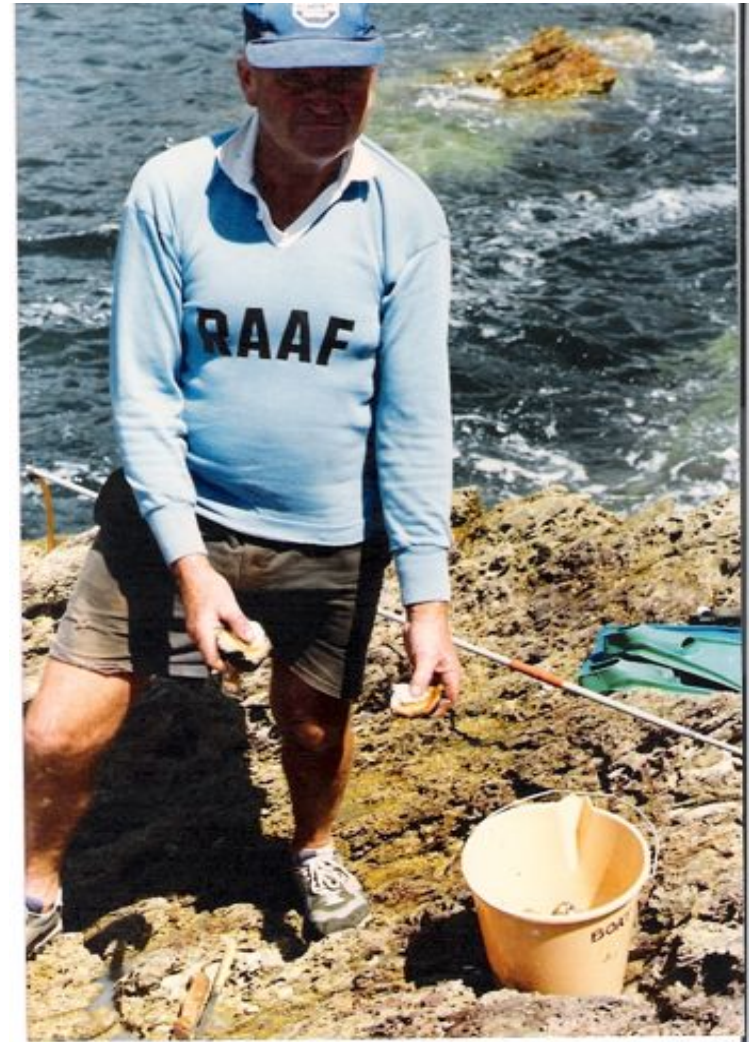
Joe Caddey- my father



©2008 National Heart Foundation of Australia



Physical Activity & CVD Slide





The Outcome:



- **Dad returned to work with Forestry**
- **Was pensioned off at 60 yrs of age**
- **Got bored and went back sleeper cutting**
- **Had a rebore operation, diagnosed with high PSA.**
- **Received regular hormone therapy**
- **Scans revealed bone cancer of lower spine**
- **Dad passed away 2 years ago aged 84.**

5 Steps to a Healthier Heart



- 1. Be smoke-free**
-
- 3. Have blood cholesterol and blood pressure levels checked regularly by your GP**
-
- 5. Be active (at least 30 minutes a day, most days)**
-
- 7. Achieve and maintain a healthy body weight**
-
- 9. Develop healthy eating habits**

Physical Activity and Men's Health



'30 minutes of physical activity a day can be good for a man's health' highlights research findings that moderate physical activity not only helps protect men against being overweight and diabetes, it may also lower the chance of erectile dysfunction (impotence), prostate enlargement and bothersome urinary symptoms.

• <http://www.andrologyaustralia.org/>

Physical Activity and Men's Health



Including physical activity when men are being treated for prostate cancer to improve quality of life may be helpful. In men with prostate cancer, physical activity can help to lower the chance of cardiovascular disease, diabetes and osteoporosis, which may occur in men receiving androgen deprivation therapy to reduce testosterone levels. Physical activity may also reduce side effects of treatment as well as depression and anxiety in prostate cancer survivors, as has been shown in other cancers.

Regular Physical Activity and aggressive Prostate Cancer



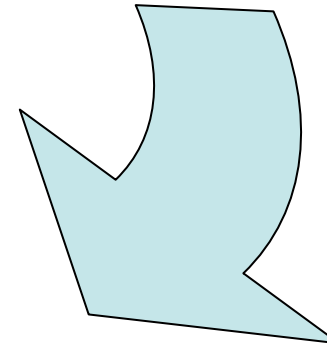
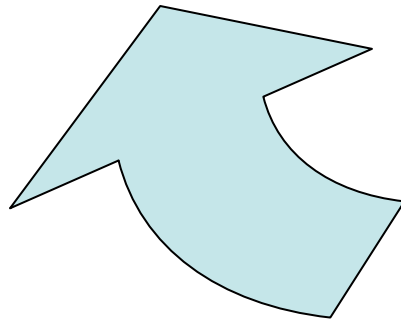
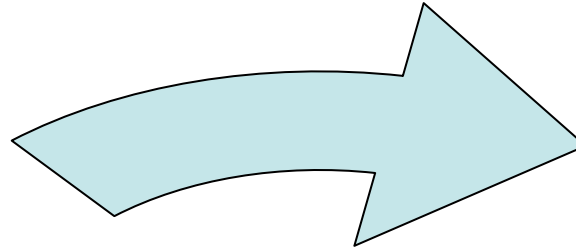
Findings suggest physical activity may be associated with reduced risk of aggressive prostate cancer.

- *Recreational Physical Activity and Risk of Prostate Cancer in a Large Cohort of U.S. Men*
- [Alpa V. Patel, Carmen Rodriguez, Eric J. Jacobs, Laura Solomon, Michael J. Thun and Eugenia E. Calle](#)
- *Cancer Epidemiol Biomarkers Prev* January 2005 14; 275

Research has determined that men with prostate cancer who exercise daily, even for very brief periods, have a lower overall risk of dying from the disease than those who don't.

- *Journal of Clinical Oncology*
- *Better Health Research* January 11 2011

The Problem



Physical Inactivity



- **Sedentary behaviour (little or no physical activity) is increasing across Australia.**
- **New evidence suggests that being sedentary for long periods of time (over 4 hours) can be harmful, even if you are completing recommended periods of physical activity each day.**
- **Australian researchers tracked the lifestyle habits of 8,800 adults and found that each hour spent in front of the television daily was associated with an 18 percent increased risk of cardiovascular disease (CVD)-related death.**
 - (Professor David Dunstan *Journal of the American Heart Association*.2010)

How much is enough?



- **30 minutes of accumulated moderate intensity activity on most days.**
- **Moderate intensity?**
- **Activity which causes a slight increase in breathing and heart rate and perhaps light sweating.**
- **A minimum of 10 minutes at a time is needed.**



Increasing Physical Activity



- **See exercise as an opportunity**
- **Be active in as many ways as you can**



Increasing Physical Activity

- Put together 30 minutes of moderate intensity Physical Activity each day
- Include some vigorous exercise when you can



Programs:

Heart Foundation Walking



- A network of free, community or workplace walking groups.
- Social and inclusive.
- Resources and support provided.
- Groups meet regularly and walk for 45mins – 2 hrs
- To find out about a local group or to start your own walking group visit www.heartfoundation.org.au/walking



Programs: Heartmoves



- A gentle Physical Activity program suitable for anyone who hasn't done any exercise in a while.
- Exercise at your own pace
- Friendly and social
- Run by accredited professionals specifically trained in managing safe, low to moderate intensity physical activity programs
- For more information or to find a local provider visit
- www.heartfoundation.org.au/heartmoves



Will you recognise your Heart Attack?



Heart attacks aren't what you think.

Learn the warning signs. Order an Action Plan.



Will you recognise your heart attack?

Do you feel any
 pain pressure heaviness tightness
 in one or more of your
 chest neck jaw arm back shoulder
 You may also feel
 nausea a cold sweat dizzy short of breath

Yes

1 STOP and rest now

2 TALK Tell someone how you feel

Are your symptoms worse or getting worse? **or** Have your symptoms lasted 10 minutes?

Yes

3 CALL 000 Triple Zero

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.

*Calling Triple Zero 000 does not cost you anything, or 111.



Order an Action Plan at heartattackfacts.org.au or call 1300 36 27 87. So you know exactly what to do.

Any Questions?



**For more information contact the
Heart Foundation**

1300 36 27 87 (local call cost)

www.heartfoundation.org.au