

emale

improving male health & wellbeing
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MENS WELLBEING
men supporting men

| **#KNOWYOURMANFACTS**

**MEN
SUPPORTING
MEN**

**MEANS HEALTHY MEN, FAMILIES,
RELATIONSHIPS AND COMMUNITIES**

menswellbeing.org
#MENSHEALTHWEEK

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Know Your Man Facts launched

The Australian Men's Health Forum (AMHF) has launched a new initiative to get Australia talking about men's health issues. The **#KnowYourManFacts** campaign launches during Men's Health Week (11th-17th June 2018), with a range of men's organisations, health charities and the Department of Health all contributing to the project. The aim of the #KnowYourManFacts campaign is to spark a series of conversations that:

- ◆ Promote the benefits of healthy living;
- ◆ Encourage people to be "healthy mates" who look out for the men in their lives; and
- ◆ Inspire more people to become champions for men and boys' health.

AMHF's President, Jonathan Bedloe, said: "We are fortunate to live in one of the World's healthiest societies, yet men of all backgrounds have less chance of living healthy lives: we die younger; experience more disease and have less access to support services. "We all know that our health is shaped by behaviours like smoking, drinking, exercise and diet, and it's important to ensure that men know the facts about these lifestyle choices. But these individual factors only account for around 30% of poor health."

According to AMHF, the #KnowYourManFacts campaign will challenge people to think more deeply about the social factors that shape men and boys' health. These include education, social status, work, relationships and the availability of male-friendly support services. "If we look at the research on the importance of social connections, for example, we know that having three good friends leads to a longer, healthier life," says Bedloe. "This means that by being a good mate to the men in our lives, we are making a positive contribution to their health".

The #KnowYourManFacts campaign also highlights the important role that advocacy for men and boys can play in improving men's health, according to Glen Poole, AMHF's Development Officer. "There a range of complex social issues that impact men's health, such as the ways we raise our boys; the evolving roles of fathers, the changing nature of the economy and the value we place on providing help and support to men and boys," says Poole.

"Making sure the health and social needs of men and boys are met, alongside the needs of women and girls, is an ongoing process of research, policy work and advocacy. That's why it's vital to support groups like AMHF and the organisations we work with. "We need more people to take on the challenge of championing men and boys' health, to help us create a healthier future for everyone."

The #KnowYourManFacts campaign launches online during Men's Health Week with contributions from a range of organisations including Andrology Australia, the Men's Health Information and Resource Centre, R U OK?, Movember, Parents Beyond Breakup and the Department of Health's 'Long Live You' and 'Don't make smokes your story' campaigns.

The Know Your Man Facts campaign will be available to view online on AMHF's new website which launches during Men's Health Week: <http://www.amhf.org.au/knowyourmanfacts>

To find out more about Men's Health Week see: www.menshealthweek.org.au



Beer and Yoga – perfect match for men

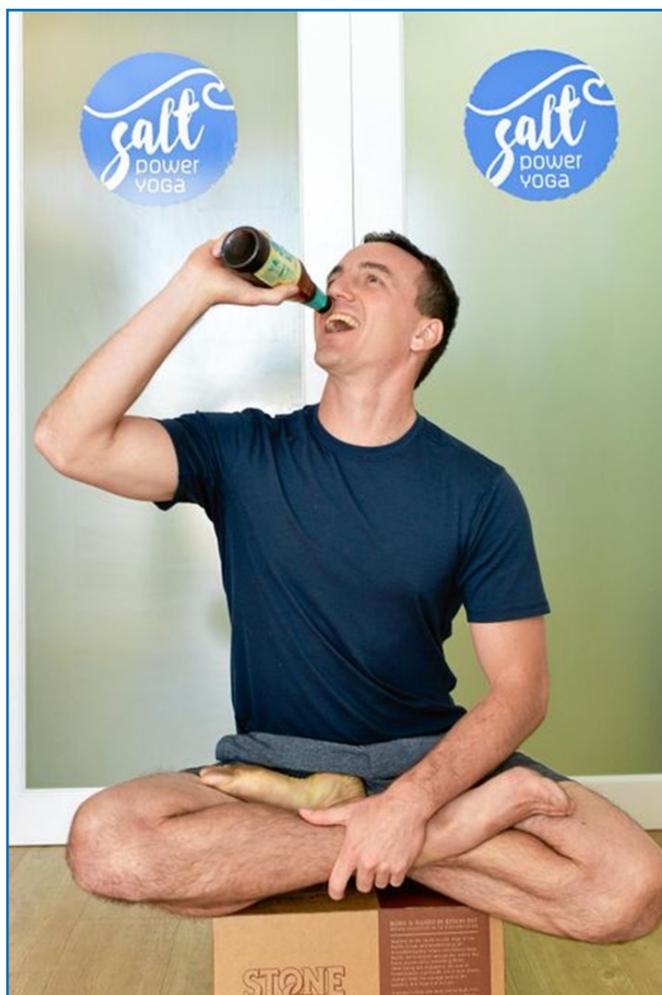
YOGA guru Paul Charalambous is dealing with men's health the best way he knows how: with beers and yoga. To help Gladstone men live longer, healthier and happier lives, the founder of Salt Power Yoga is inviting men and boys of all ages and all abilities to try some yoga tomorrow night.

With Men's Health Week kicking off on Sunday Mr Charalambous said it's the perfect time to get in touch with your health. "Sadly, 70 per cent of all deaths of Australian men are due to causes related to lifestyle, meaning they are preventable," he said.

Mr Charalambous said the workshop requires no prior experience and is a male only class complemented with a yarn and a beer (for the over 18's). "Through the workshop I hope to share my positive experiences of yoga, how it has helped me to grow the mental and physical fortitude which has helped me lead a life I love, achieve my dreams, and support my family and myself," he said.

"The health and well being of our sons, brothers, fathers, cousins and mates affects us all. "But yoga helps men and boys to develop the self-awareness, self-compassion that helps them through the rough times."

Mr Charalambous who the author of *Grab Life by the Balls* which is soon to be released said don't be afraid to bring a mate, your brother or dad. "Yoga has been proven to help people manage and combat stress, anxiety and depression, this is in addition to obvious physical benefits of yoga as an exercise."



YOGA guru Paul Charalambous. Beer and Yoga gets blokes balanced.

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Men's Health Week

A celebration of the positive contribution men make to families, and support families give to men is the focus of this year's Men's Health Week (11 – 17 June) – presented by the Western Sydney University's Men's Health Information and Resource Centre (MHIRC). The theme, 'Men and Families: Making Healthy Connections', will set the tone for a week of activities that will celebrate the strength of men and boys, as well as inspire discussion about how they can better contribute to their health, and the health of their families and local communities.

Director of MHIRC, Professor John Macdonald, says the week – to be officially launched by Australian Federal Police Commissioner Andrew Colvin – reminds us that the support we get from family and friends is important for our mental and physical health. "Men's Health Week is an important opportunity to acknowledge the way that connection with family will benefit a man's health, and conversely how a man can connect and contribute to his family, whatever shape that family is," says Professor Macdonald. "There are many ways that men get blamed for their own health issues. That criticism may be justified in some circumstances, but Men's Health Week is more a chance to celebrate the strengths of men and boys and how they can positively contribute to their health, and the health of their families and local communities. "Yes, some health choices are up to the individual, like diet, exercise and alcohol intake, but some things that impact on health are outside an individual's control."

Assistant Director of MHIRC, Dr Neil Hall, says the week is a good time to reflect on such individuals who aren't in control of their health – and what can be done to assist them. "These are complex issues that impact the health of a man and his family, and so they require responses that are not oversimplified. For example, the man who has been the long-time breadwinner for his family but suddenly finds himself out of work may face physical and mental health issues not experienced before. The man who is renegotiating relationships because of separation or family breakdown. The man who is experiencing loss of culture and connection to land for indigenous families. The man whose farm faces foreclosure because of droughts or big business decisions, or boys who are bullied at school," says Dr Hall. To celebrate Men's Health Week, organisers are encouraging people to organise – and register – an event in their community, workplace or organisation. Events can be any size, and can be fun, serious, or both. Dr Hall says it is these events which have the potential to "make a positive difference in the lives of men and boys." For more information, or to register an event for Men's Health Week go to:

<http://www.menshealthweek.org.au>



Cause for cautious optimism on cancer

Cancer has long been one of the leading causes of mortality globally, currently accounting for as many as one in six deaths, so curing it remains one of humanity's greatest goals. This has been an excruciatingly elusive quest, marked more by hopes dashed than realised, because there are so many different forms of cancer – it is a class of diseases, rather than an overarching malady. But breakthroughs do occur. Some promising revolutionary treatments are raising hopes of eradicating at least some forms of cancer, particularly breast cancer, if not the holy grail of a complete cure. The treatment focus over the years has been on chemotherapy, radiation, surgery and, for prostate and breast cancers, hormonal therapy.



Different cancers vary widely, but they all involve cellular mutation. New trials focus on these mutations. The therapy involves finding genetic mutations in the cancer that can be recognised, and then attacked, by the immune system. Collecting immune cells that recognise the mutations and then reproducing the cells by the billions in the laboratory and pumping them back into the patient is generating remarkable results, including the [apparent complete cure of a 52-year-old woman](#) whose breast cancer had returned and metastasised widely. The technology can be seen as generating "living drugs" from patients' own cells. It shifts cancer treatment from generic to highly personalised. It is important to be sober and cautious about such research. This form of immunotherapy is in its early days, as is research into other treatments designed to starve various cancers of cellular nutrition.

As well as finding far more effective, personalised treatments, the research, it is hoped, might also lead to therapies that preclude some of the disagreeable, even debilitating, toxic side effects of chemotherapy. More research is required but identifying cancer mutations that can be destroyed by the immune system holds the prospect of becoming "a blueprint we can use for the treatment of many types of cancer", according to the US National Cancer Institute's chief of surgery, Dr Steven Rosenberg. He says the discovery could transform the treatment of all cancer.

The encouraging news follows a [separate trial](#) involving more than 10,000 women with early breast cancer that also offers reason for cautious optimism. This study found that in as many as seven in 10 of the cases, toxic chemotherapy need not have been used after surgery.

These are heartening advances, but, again, it is far too early to forecast eradication of all cancers. It is not premature, though, to reasonably expect medical technology to continue to amaze. Meanwhile, it is crucial patients consult medical specialists before examining the slightest change to treatment.



Are Millennial Men Rejecting “Manhood”?

A major evolution is underway among millennial men and women in their values.

In this era of #MeToo, and controversy about “toxic masculinity,” some new research is very relevant: It indicates a shift is underway in how young men envision “manhood” - in their attitudes, their values, and their behavior — in their relationships, their careers, and their view of “success.” I think we’re in the midst of a generational evolution with large-scale societal and political implications. To illustrate, [one study](#) of over 600 millennial-aged men found that they are likely to be selfless, in contrast to the old “looking out for number one” attitude. They are also socially engaged with issues and causes and are highly [health](#)-conscious. Overall, this study from the University of British Columbia found that the masculine value they most strongly endorsed was selflessness. As described in [this report](#) (link is external), “Ninety-one per cent of the men agreed that a man should help other people, and 80 percent believed that a man should give back to the community. Openness also ranked highly — 88 per cent said a man should be open to new ideas, new experiences, and new people — and so did health, with a majority of participants saying that men should be healthy or in good shape.”

Moreover, the traditionally “male” values ranked lower on the scale. They are still valued by the majority of participants, but less so than other values. For example, 75 per cent of the men said that a man should have physical strength, compared with 87 per cent who said a man should have intellectual strength, and 83 per cent who said emotional strength. Autonomy was also ranked lower, with 78 per cent saying that a man should be “independent.” I think these findings are significant as generational shifts continue. Although the study was conducted with men from Western Canada, they likely reflect a broad, growing theme among the attitudes and values among younger people who enter adulthood in an increasingly diverse, interconnected world. As lead author John Oliffe said, they “... seem to be holding masculine values that are distinctly different from those of previous generations. These values may run counter to long-standing claims that young men are typically hedonistic, hypercompetitive, and that they risk or neglect their health.” Added co-author Nick Black, they “... are expanding their definition of masculinity to include values like openness and well-being. The study was published in *Psychology of Men & Masculinity*. We’re also witnessing the impact of millennial values — among both men and women — upon the workplace, in how they deal with their work and careers. For example, a new [study](#) (link is external) finds that millennials are prone to leave their jobs when they experience a “values gap” between themselves and the workplace culture – particularly around sustainability issues.



That’s especially notable because it contrasts with older generations. That is, many people report great dissatisfaction and dislike with their management and leadership culture, as many surveys and polls show. But most tend to suffer emotionally and physically; often frozen in place, perhaps from fear of losing what they already have, or insecurity about change. Millennials appear to have a different mentality altogether. A summary of this new study from the University of Missouri reports that millennials tend to job hop – something well known about them, and that older workers don’t understand. And a major reason is that they feel a disconnection between their personal values and the workplace culture. As one of the researchers, Rachel LoMonaco-Benzing explained, “Not only did we find a gap, but we also found that workers were much more likely to leave a job if they felt their values were not reflected in the workplace.” Co-author Jung Ha-Brookshire added “They have been raised with a sense of pro-social, pro-environment values, and they are looking to be engaged. If they find that a company doesn’t honor these values and contributions, many either will try to change the culture or find employment elsewhere.” The researchers say that companies need to understand that the new generation of workers have high ethical and social expectations. The study was published in the journal *Sustainability*. All of these changes in values, attitudes and behavior among millennials are likely to have increasing impact on all realms of our society in the years ahead. Stay tuned!

Male Health Promotion Training Course

ENGAGING MEN EFFECTIVELY Short Course in Male Health Promotion



BRISBANE August 2 & 3

Dianna Plaza Hotel, 12 Annerley Road, Woolloongabba

REGISTRATIONS OPEN NOW – Ridiculously Low Price (paid before June 30) \$350

ENGAGING MEN EFFECTIVELY will equip allied health, human service, education, community workers and industry professionals with knowledge and skills to work more effectively with males, with the aim of improving the health, psychological, educational and social outcomes for them. The course acknowledges and recognises the challenges that men and boys face in today's world of rapid changing social responsibilities and, provides a space for the men and women who work with men and boys to develop health promotion strategies that are male friendly and effective. No previous experience or knowledge is required - only a willingness to learn, explore and grow.

ENGAGING MEN EFFECTIVELY combines evidence based theory and practice with a focus on developing individual awareness, knowledge and interpersonal and group skills. The program is inclusive of our Aboriginal and Torres Strait Islander brothers' health, wellbeing and cultural needs. Each training program is tailored towards the participants individual areas of interest

Click [here](#) for Engaging Men Effectively Program Content

Cost per program for two days of training, refreshments, all resources and ongoing support.

Ridiculously Low Price (paid by June 30) \$350 Early Bird (paid by July 16) \$450

\$550 full price after July 16

Note that lunch will not be provided, as there are many good places to eat near to the venue.

All training materials plus a comprehensive bank of men's health reports, articles and resources including a copy of my book *"Men's health and wellbeing: an a - z guide"* are supplied on completion of the course. Ongoing follow up will be provided and all training course participants will be invited to be a part of a network for future support in their work with men and boys. To register click on [Registration Form](#)

For more information contact Greg Millan M 0417 772 390 e greg@menshealthservices.com.au



**It's healthy to talk.
Men's Health Week
11-17 June 2018**

Andrology Australia received funding
from the Australian Government



Gender Medicine 101

HOW GENDER AFFECTS YOUR HEALTH: Is your male friend any different than you? Yes, of course as he doesn't have breasts and a vagina like you. But is that all? No, that's not all. You will be surprised to know that apart from the reproductive organs, each tissue in a male and a female body is different. This difference wasn't fully publicized until 1990, when the book 'The Female Heart: The Truth About Women & Coronary Artery Disease' explained how heart attack can be strikingly different in men and women. We all know what a heart attack feels like; pain in the left arm along with discomfort in the chest. But more than half the women who have had a heart attack reported that they experienced no chest and arm pain. They feel symptoms like pain in the neck, back, jaw, stomach and feel nauseated, light headed or fatigued. This is just one of the many conditions with a strong differences between male and female. Here are five such other conditions that affect the two sexes in different ways.

ALZHEIMER'S DISEASE: Alzheimer's is the premature deterioration of the brain that results in dementia. With more than 5 million people suffering from Alzheimer's, women make up 64 per cent of this figure. Also, the disease progresses more quickly in women as compared to men. The 2014 Annals of Neurology study showed that women who carry the gene variant ApoE4 have 80 per cent chances of developing Alzheimer's disease while men with the same gene have only 27 per cent chances of developing it.

COLORECTAL CANCER: The percentage of risk for both men and women is same for colorectal cancer but the mortality percentage is lower in women as compared to men. A 2013 review in Clinical Chemistry and Laboratory Medicine showed that women tend to develop colorectal cancer five years later than men. Also, the placement of tumour is on the right side in women and on the left in men. The placement definitely plays a role as a tumour on the right side takes more time to grow and become visible. This is why diagnosis in women takes time as compared to men. But more women survive this because their body responds differently to different chemical treatments.

DEPRESSION: At some point in their life, 20 per cent of women and 10 per cent of men experience depression. More women attempt suicide than men but more men often die from the attempt. Feeling of worthlessness, guilt, sadness, loss of interest or hopelessness are some signs of depression. Depression again is different for men and women. This depends on factors like different upbringing of boys and girls, different brain structures and differences in social status. Women have symptoms like weight gain, too much sleep and anxiety while men have symptoms like weight loss, insomnia and irritability.

STROKE: Men have a higher risk of stroke than women until the age of 85. Post 85, the risk increases for women. The outcome of a stroke may also differ in a man and a woman. Stroke in women often result in poor quality of life and are fatal. Apart from the common symptoms that include numbness in face, legs and arms, women also experience symptoms like hiccups, chest pain, exhaustion and nausea.

Tip: Women should drop the idea of having birth control pills as these pills increase the chances of stroke in women over the age of 35. Women who smoke, have diabetes and high blood pressure also have higher chances of getting affected with stroke.

MIGRAINE HEADACHES: Women once again win the race as the ratio of women and men getting a migraine headache is 3:1. Female hormones have a bigger role to play in migraine headaches and this can be one probable reason why the symptoms worsen around their periods. The different brain structures of men and women also play a major role in this. A female brain is more easily triggered to get migraine pain than a man's.

