

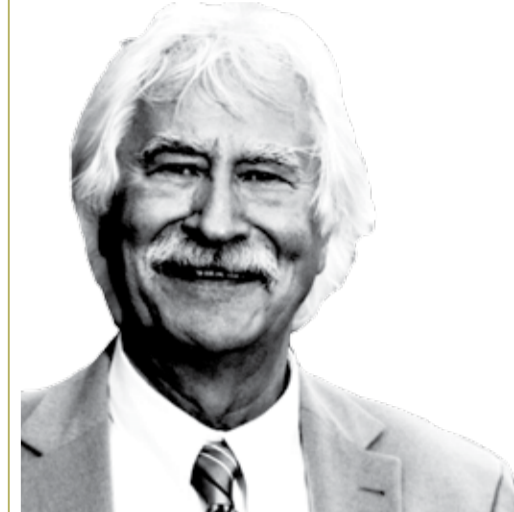
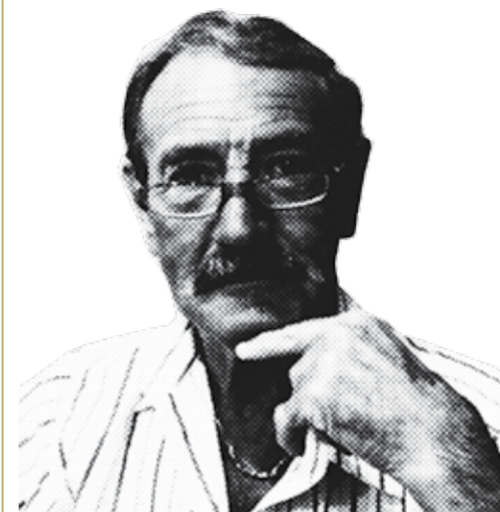
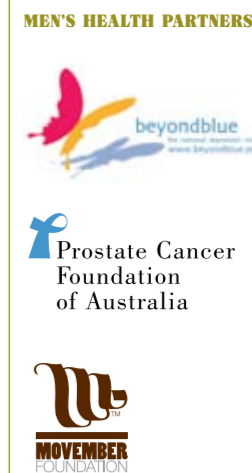
# MOVEMBER CHANGING THE FACE OF MEN'S HEALTH



## WHAT EVERY MO BRO AND SISTA SHOULD KNOW



*You don't have to wait until you are sick to see a doctor. Stay on top of your game by having an annual general health check. Early detection of disease and mental illness provides the best chance for catching things early and preventing complications and side effects.*



## 20<sup>s</sup>

Your 20s are an awesome and challenging time. A time of transition to adulthood and independence, having fun and taking risks. You start work and move into your own home. It's probably also the fittest time of your life, so it's hard to imagine getting sick.

But taking control of your life means taking care of your health. A healthy lifestyle now will pay later on. So, have the time of your life, but be aware that many of the health issues affecting young men are largely self-inflicted – too much booze, smoking and drugs, sexually transmitted diseases and injuries caused by car accidents.

Young men are also particularly vulnerable to depression and anxiety. Listen to what your friends are saying without judging them, take time to talk about what's going on, and seek help early.

If you don't have a family GP, find a doctor you feel comfortable talking to and have an annual health check. Don't forget you can also talk to your GP about your mental health.

**Look out for a mate...**  
And pick up the phone: One of the early symptoms of depression is withdrawal from social situations. If you haven't heard from your mate for a couple of weeks, pick up the phone and check in.

**Look out for a mate...**  
And take them for a kick: Or surf, or run or ride or whatever sport you prefer. It's a great way to tick a lot of boxes – catch up with mates, get outdoors and increase the feel good hormones.

## 30<sup>s</sup>

Your 30s are a busy and exciting time. You might be building a career, developing relationships, starting a family or paying off your first home.

You are still pretty fit, but the way you live your life now will directly affect the way you age. You may not notice the effects of abusing your body during your 30s, but in 10 years time you could be paying the price.

A quick check-up with a GP will make sure you are staying on top of your game. Check your blood pressure, blood cholesterol and fat levels, as the risk of heart disease and high blood pressure increases with age. Your mental health is also important. If you're often feeling down, anxious or uptight, it's important that you talk to your doctor. Depression and anxiety are illnesses, not weaknesses, and you shouldn't feel ashamed to ask for help. Your birthday is a good reminder to have your annual check-up. Your doctor can recommend changes to help you stay healthy, physically and mentally.

**Look out for a mate...**  
And invite him out: People who are experiencing depression often miss events they'd typically attend. If you've noticed your mate has been absent from a lot of the usual social activities with no good reason, get him out again.

**HEALTH CHECK**  
**Weight and blood pressure.**  
**Blood cholesterol and glucose.**  
**Skin cancer screening.**  
**Self examination of the testicles for lumps or swelling.**  
**Depression and anxiety.**

## 40<sup>s</sup>

Are you working too hard, spending extra time at work, feeling less productive, missing your kids, and always too busy or exhausted to exercise on weekends? Is the pace of life starting to take its toll?

In your 40s, it can be harder juggling the demands of work and family and the needs of ageing parents might be adding to the pressure. It's getting harder to do what you used to as your body starts to remind you of your age.

Strike a healthier work-life balance. You want to be around in 10 years to enjoy the rewards of the hard work you are putting in now. Look after your mental health – depression and anxiety are common in men. It's important to seek help early – the sooner the better.

In your 40s, your body needs more care and attention to prevent you getting sick. Annual health checks can pick up any problems early.

Diseases of the heart and blood vessels generally develop gradually. If you have a family history of prostate or bowel cancer, talk to your GP about what screening is appropriate for you.

**Look out for a mate...**  
And check in as a family. Dad and sons are often best mates too. Encourage your old man or son, uncle or brother to have a prostate check. No matter what the age or family history.

**HEALTH CHECK**  
**Weight and blood pressure.**  
**Blood cholesterol and glucose (diabetes).**  
**Blood tests to check kidney/liver function and iron.**  
**Skin cancer screening.**  
**Self examination of the testicles for lumps.**  
**Depression and anxiety.**

## 50<sup>s</sup>

Are you as busy as ever or is it time to take the pressure off a little and reap the rewards of your hard work?

Your 50s are often described as your prime, when you can appreciate the finer things in life. But health risks increase in your 50s, especially if you have neglected your health in the past. There may be hidden risks associated with your family history for diseases such as prostate cancer.

You may also find it challenging as ageing is gradually affecting your physical strength, energy and libido, which can mess with your sense of self and masculinity.

Have an annual health check to get the all-clear and speak to your doctor about any health or emotional concerns. Remember to look after your mental health. Help is available for depression and anxiety and with the right treatment, most people recover.

It is also vital to talk to your GP about prostate cancer and consider the available tests – the Prostate Specific Antigen (PSA) Blood test and Digital Rectal Examination (DRE) – to determine what is right for you.

**Look out for a mate...**  
And lend them a hand: Depression can impact on the way people go about their work, often making it difficult to concentrate or get on top of the usual work demands.

**HEALTH CHECK**  
**Weight and blood pressure.**  
**Blood cholesterol and glucose (diabetes).**  
**Eye checks.**  
**Bowel cancer screening.**  
**Tetanus booster (every 10 years).**  
**Blood tests to check kidney/liver function and iron.**  
**Depression and anxiety.**  
**Talk to your GP about prostate cancer.**

## 60<sup>s</sup>

Your 60s is a decade of major change. Are you still working? Planning to retire? Kids all left home? Most men are planning a life outside the workforce. Past routines disappear and you have more time to do your own thing yet this can be a challenge in itself.

By now, you may have financial peace of mind, but how healthy you are ultimately determines what you can do with your newfound time off. Good health means greater opportunities to enjoy your retirement, travel and spend time with your grandchildren.

Even if you haven't looked after your health as well as you should have, it's never too late to make healthy lifestyle changes. Exercise is a good investment in your long-term mobility and energy levels.

Retiring from work can take some adjustment. It is important to stay active, exercise and build social networks to maintain wellbeing and mental health.

Have an annual health check and speak to your doctor about any concerns. It is also important to talk to your GP about your mental health.

If you're withdrawing from family, friends and social situations, stressing over small things or you find yourself smoking or drinking more heavily, it could be a sign of depression or anxiety. If you notice any changes in your body or how you're feeling, let your doctor know.

It is also vital to talk to your GP about prostate cancer and consider the available tests – the Prostate Specific Antigen (PSA) Blood test and Digital Rectal Examination (DRE) – to determine what is right for you.

**Look out for a mate...**  
And get out of town. Everyone needs time out occasionally. Take a break from the pressures of work, family, partners and mowing the front lawn and get out of town with your mates. Taking time out a couple of times a year is a great way to catch up with your mates and give yourself a much needed rest.

**HEALTH CHECK**  
**Weight and blood pressure.**  
**Blood cholesterol and glucose (diabetes).**  
**Eye checks for glaucoma and other conditions.**  
**Bowel cancer screening.**  
**Flu shot.**  
**Pneumonia vaccine (from 65).**  
**Bone density.**  
**Blood tests to check kidney/liver function and iron.**  
**Depression and anxiety.**  
**Talk to your GP about prostate cancer.**

## 70<sup>s</sup>

By now you've worked out that your lifestyle is directly affected by the state of your health. You need to maximise your well-being in order to stay active, maintain relationships with family and friends or even do some work. The risks for heart disease and stroke, plus cancer and mental illness increase for many men throughout this decade of life.

It can also be hard dealing with an ageing body and the stress of illness, lost independence, increased frailty, alienation, mental decline and partners and mates dying. Remember, depression is not a normal part of ageing. Keep an eye on signs and symptoms, stay active and connected to keep depression and anxiety at bay.

It's never too late to improve your diet, get fit, find new interests, make new friends and stay healthy, productive and energetic – well beyond 70.

Keep in touch with your GP to stay on top of your health, and don't forget to look after and talk about your mental health. It is also vital to talk to your GP about prostate cancer and consider the available tests – the Prostate Specific Antigen (PSA) Blood test and Digital Rectal Examination (DRE) – to determine what is right for you.

**Look out for a mate...**  
And keep on your game: No matter what your age, looking out for your mates is an important job and one you shouldn't take lightly.

**HEALTH CHECK**  
**Weight and blood pressure.**  
**Blood cholesterol and glucose (diabetes).**  
**Eye checks for glaucoma and other conditions.**  
**Bowel cancer screening.**  
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**Blood tests to check kidney/liver function and iron.**  
**Depression and anxiety.**  
**Talk to your GP about prostate cancer.**

## FURTHER INFORMATION

*beyondblue: the national depression initiative*  
www.beyondblue.org.au  
Info line 1300 22 4636

**Prostate Cancer Foundation of Australia**  
www.prostate.org.au

**Movember**  
www.movember.com

**Foundation 49**  
www.49.com.au

**Check to see if your workplace offers health checks.**

## THE MOUSTACHE TO MODERN GENTLEMAN

A well maintained moustache is a symbol of a modern gentleman. Like a coat of arms for his face, a moustache instantly places the man in the International Society of Modern Gentlemen. A man who sports a moustache knows what it means, and he knows the responsibility it holds.

### HOW TO GROW A MOUSTACHE

Ask yourself the question, who do you want to be? For every style of moustache there is a different personality. You will become that man, you will be treated as that man and you will act like that man. Make sure you like who he is.

Be brave. The first few days, even weeks can be uncomfortable and a little awkward as your face goodness grows and your Mo takes shape. Focus on the end game.

Ignore the itching. Remind yourself that other men have endured the discomfort of war, surely you can stand a little face tickle from your Mo.

Start to shape your moustache using proper grooming techniques. A great Mo comes down to grooming. Look after your Mo.

### HOW TO GROOM YOUR MOUSTACHE

Shampoo regularly. As becoming as they are, moustaches collect things and no matter how fine the food, it doesn't belong in your Mo.

Moustache hair is coarse and benefits from regular conditioning. Massage your Mo with a dollop of conditioner then rinse thoroughly. It will make it softer to touch to both you and your intimate friends.

Use a hot face washer to steam and cleanse the skin under your moustache that can suffer from drying and itching. For the modern gentleman, out of sight does not mean out of mind.

What's more, he knows what it feels like to have that little something extra, that special touch for when life calls for it, but mostly, a man who grows a Mo knows what it's like to have his very own piece of luxury, something every man deserves.

### TRIMMING YOUR MO

Invest in the right equipment. A man of fine and serious moustachery should have in his quiver a pair of barber scissors for precise trimming; a fine toothed comb for guidance; a bright and large mirror for a good (well let's face it, exquisite) view; a razor, a steady hand and a sensible mind.

Dampen the moustache hair to trim. Wet hair is easier to cut but dry hair easier to trim. It is important to note that wet hair does bounce up when dry.

Using a fine-toothed comb, tidy your moustache so the hairs run in the direction you intend them to and lasso any strays into line.

Outline in your mind the shape of your moustache using your eye or the existing shape that needs to be freshened up.

Using the barber scissors, trim longer and stray hairs on the outer edge and bottom line of your moustache. You may wish to use a finger to hold or the fine toothed comb as a barber would to hold the hair as you trim. Trim conservatively. You can always go over it again.

Run the clippers over the body of the Mo to get a consistent and even level of bush and bounce.

Finish with a sharp razor to highlight the outer lines.

For more elaborate styles, use a fine and appropriate moustache wax to shape the remaining hair into place.

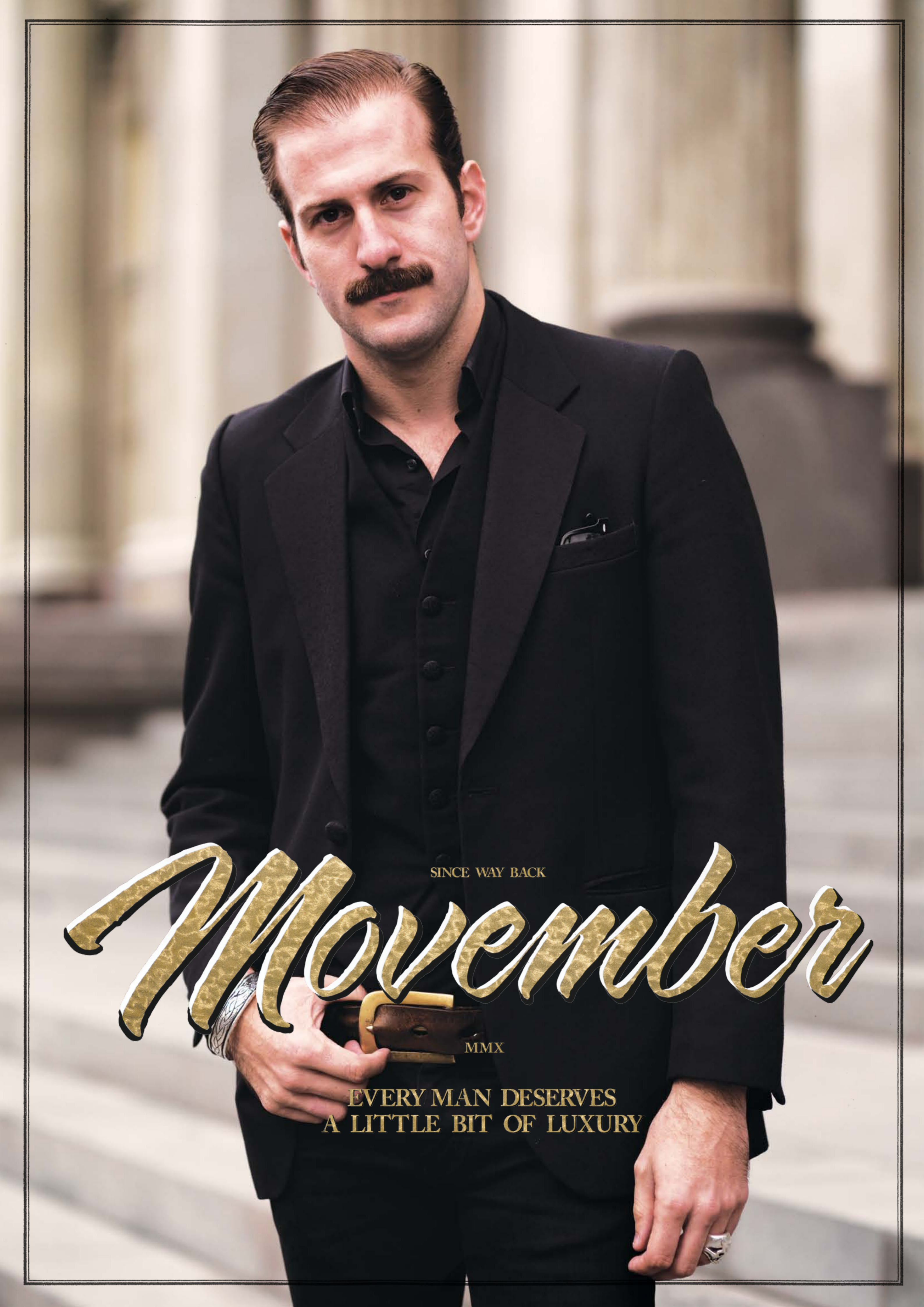
\* **Cashmere Care**  
Hand wash in lukewarm water with a mild shampoo. Remove excess water by gently squeezing the garment in a towel. Dry flat – never hang to dry. Use a cashmere comb to remove pilling.

*A gentleman is, after all, still a man no matter how gentle he is.*

\* **Buying Fresh Fish – What to Look for**  
Bright, convex eyes. Dark red gills, shiny and moist skin, flesh that's firm to touch. A smell of the sea – not fish.

\* **The Law of Lifts**  
There is an invisible boundary around people. Be silent, or talk in hushed tones. Allow people to get out before you get in. Accept when it's full and take the next one. Press buttons for others when you're near the control panel. Activate the door open/close when required.

\* **Pogonophobia**  
When a person has a fear of beards.



SINCE WAY BACK

# November

MMX

EVERY MAN DESERVES  
A LITTLE BIT OF LUXURY