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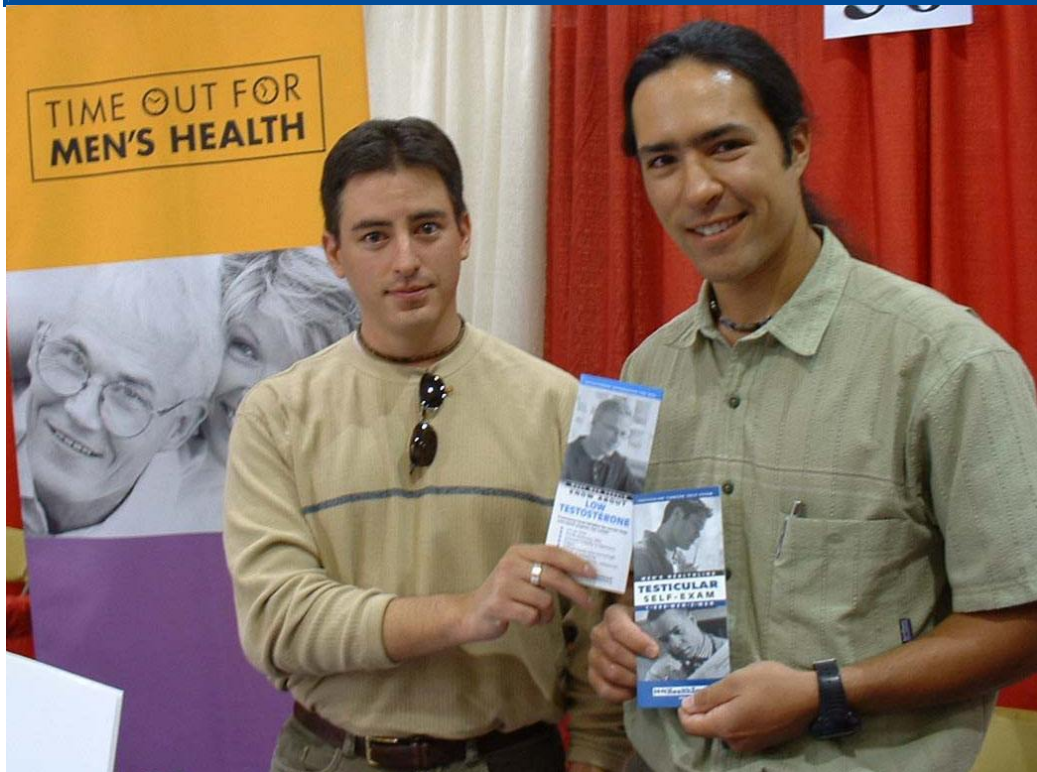
men's health and wellbeing e bulletin

Welcome to Australia's largest free monthly men's health and wellbeing e bulletin

emale is produced by Greg Millan, Men's Health Consultant.

Greg provides both professional training courses in best practice in men's health and programs for men in the community that improve men's health and wellbeing.

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Australian International Men's Health Website 2006:
<http://www.menshealthweekaustralia.org>

why international men's health week is so important....



In many ways, men today are living in a very different world from that of their fathers. Family life is becoming more diverse, with more cohabitation and fewer men marrying than in the past.

Men are now not the sole providers of security and financial support for the family with more women in the labour market.

Men can become stressed by the need to balance work, family and time for themselves and this surely impacts on their health and wellbeing.

The whole culture of masculinity is changing rapidly but old ideas like *"if you've got a problem and you're a guy – don't ask for help"* seem to take time to change.

Often guys think that dealing with an illness or health concern can be tantamount to admitting weakness as a man. But this fear of showing weakness has many serious health implications with men less likely to report minor illnesses or take days off, but more likely to report serious injuries and chronic illness than women.

Another part of being a man is the desire to prove yourself and test yourself against other blokes. This helps explain men's propensity for 'high risk behaviours' such as hard drinking and fast driving, resulting in, for example, a motor vehicle accident rate which is 170% higher than women's.

The combination of high risk-taking behaviours with resistance to seeking out health advice plays a significant role in shorting men's life expectancy. The expectations and pressures that men feel as a consequence of rapidly changing gender roles might also affect men's sense of self-worth and therefore decrease their motivation to look after themselves.

However new research in Australia and globally is showing that men becoming increasingly concerned about their health and are very willing to talk about their concerns if they can do this in natural places where they feel comfortable, like work or sports clubs.

When men have been asked about their health concerns they have said that relationships with their family, workmates and friends are important to their emotional health, whereas marital difficulties and breakdowns were experienced as highly stressful, and parenting presented many challenges. Men also talk about the impact of work on their mental, physical and social health. When work is going well, it is great for personal well being as well as providing income and opportunities for a good social life. But fear of early retrenchment, long working days, increased work demands and now less secure rights at work can all create stress and detract from spending much-needed time with family, partners and mates.

International Men's Health Week is not a week for men alone. Because of its impact on wives, mothers, daughters, and sisters, men's health is a community-wide issue that we all need to begin to address.

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new programs for men

Beating the Blues

Beating the Blues is a program especially designed for men who are dealing with depression and/or anxiety. This weekend workshop program provides an easy well constructed self help plan that provides information and equips men with a set of skills to manage mood states more effectively.

Newcastle on Saturday June 24th & Sunday June 25th at the Lifeline Training Room, 24A Bryant Street Tighes Hill

\$150 or \$90 Concession which includes coffee breaks, lunches and Info Kit including CD Rom. For more information or to register email gmillan@bigpond.net.au or phone **0417 772 390**



Professor Trim's Weight Loss Program for Men

Club Gut Less Meeting

Tuesday June 13th 7.00 pm – 8.30 pm

Impressions, Phoenix Sports, Industrial Drive, Mayfield, Newcastle

Professor Trim's Weight Loss Program is the successor to the highly successful "GutBusters", Men's Weight Loss" Program. Professor Trim's was developed by

Dr Garry Egger under the patronage of 10 of the world's leading Professors in weight control. This new program provides the latest, state-of-the-art scientific approach to weight loss for men.

To find out more about the Professor Trim's Program you are welcome to attend these free monthly meetings which provide information on the program as well as a brief talk on a different men's health topic each month.

This month we will be looking at the "big picture" of men's health and wellbeing in Australia and at new research on beverages and how what we drink effects weight management.

future events

INTERNATIONAL MEN'S HEALTH WEEK EVENTS IN THE HUNTER



Men's Health Trivia Night, Tighes Hill Social Club

Wednesday June 14 7.00 pm – 10.00 pm

Learn more about men's health, win prizes and have heaps of fun doing it - hosted by ABC Radio's fun lovin' Maynard. \$5 game entry includes men's health info bag and snacks throughout the night.

Men and women welcome. Just turn up on the night or ring Greg if your want to form a team of 8 and book a table – m 0417 772 390

Men's Health - Men's Future Seminar on the Central Coast Wednesday June 14, 9.30am - 4pm Narara Community Centre

Hosted by Central Coast Suicide Safety Network, St Vincent De Paul Society

Northern Sydney Central Coast Health, Central Coast Mental Health Service

Central Coast Health Promotion, Area Drug & Alcohol Services

Guest speakers Greg Millan, Men's Health Consultant & Andrew King, Uniting Care Burnside

Training Manager. Lunch provided. **Contact Helen Astolfi p 4304 7818 m 0414 192 875**

e hastolfi@nscchahs.health.nsw.gov.au

Lifeline Newcastle and Hunter IMHW Businessman's Lunch Friday

June 16 Impressions Room, Phoenix Sports, Mayfield Noon – 2pm \$100 includes 2 course gourmet lunch and drinks

Lifeline Newcastle & Hunter is holding their annual fundraising luncheon for International Men's Health Week. Guest speaker will be Robert Knowles, former state Minister for Health in

Victoria and the current Chairperson of the Mental Health Council of Australia. Matthew Johnstone is also a special guest speaker. Matthew was one of those people who were just a block away from the World Trade Centre in New York on September 11 when the twin towers came crashing down. This experience forced him to re-evaluate his life and lead to the publication of "I Had a Black Dog" – a moving and uplifting insight into what it is like to live with depression.

To book for Lunch contact Steve Wilson at Lifeline on 4961 5355 m 0401 153 261 e or email at lifeline.pr@hunterlink.net.au

Pit Stop event at the Maitland City Bowls, Sports and Recreation Club - Friday June 16 4pm to 8pm

Contact Marian Seaton, Pit Stop Coordinator Ph 4939 2170 Free event
Marian.Seaton@hnehealth.nsw.gov.au



news briefs



Men's health officer appointed in Whyalla

Whyalla Hospital and Health Services has taken the bold step of instigating a men's health project officer for Whyalla until the end of June 2006.

"I see my current short-term role as reviewing the health services available to men in Whyalla, finding out the barriers that stop men accessing services, and suggesting ways to address the gaps," men's health project officer Graham Parish said.

"There is a keen interest from the health service to invest in partnerships with non-government agencies, and to involve as many members of the community as possible.

"To date I have met with more than 20 organisations in Whyalla, and some initial feedback indicates that there are needs for emergency accommodation for men, greater mental health support in the community, and male counsellors."

Men pushed into eating disorders

Teenage boys are coming under increasing peer and media pressure to achieve the "perfect" body. Research reveals that such pressure is as much a risk factor in the development of body dissatisfaction and eating dysfunction for adolescent boys as it is for young girls.

The growth of men's magazines and the widespread use of toned male models sporting "six-packs" is thought to be one of the reasons for growing body consciousness among young boys. But a study by Dr Emma Halliwell, of the Centre for Appearance Research, at the University of West England, also found that perceived pressure from parents, siblings and friends to be thin may be driving many boys to lose weight.

Dr Halliwell's research, which is published in the British Journal of Health Psychology, found that boys who believe they are overweight are liable to compare themselves to the "perfect" images of masculinity and make other social comparisons. This, in turn, is associated with body dissatisfaction, which can lead to eating disorders or an obsession with exercising.

One of the most common symptoms of eating disorders in boys is an excessive concern about fitness, which can lead to over-exercising. This can put excessive pressure upon joints and lead to muscular complaints as well as straining the heart and lungs.

Numerous studies have revealed that men are becoming more body conscious. A recent survey by Norwich Union Healthcare suggested men have become as body conscious as women, and feel pressure to measure up physically to their sporting heroes.

According to the survey, the body men most aspire to is that of England football captain David Beckham, with actor Brad Pitt and Welsh rugby star Gavin Henson close behind.

"There is a strong competitive element in most men that leaves them feeling inadequate

around any man who has a tighter, more muscular body.

"Men who have smaller bodies are often considered 'weedy' and used in advertising campaigns as figures of fun - for example the 'Mr Muscle' cleaning products campaign.

"This can lead men to feel that unless they have a strong muscular body, they are a failure."



new sites

CounsellingOnline at <https://www.counsellingonline.org.au/> is a new website launched last week by Turning Point Alcohol and Drug Centre. The site will support existing alcohol and drug counselling and treatment services by offering free text based confidential support and referral. Completely secure, immediate and anonymous if preferred, this new service is particularly suited to people who are not yet ready for face-to-face counseling sessions, or who find it difficult to access services due to location or hours of work. People using the service will be supported to discuss their concerns and then referred to on ground services as appropriate. CounsellingOnline is staffed by trained counsellors and operates 24 hours per day, seven days per week. It can be used by anyone throughout Australia with a concern about their drug or alcohol use by people with concerns about people close to them.

For more information phone 1300 85 85 84 or e druginfo@adf.org.au

The **Andrology Australia website** www.andrologyaustralia.org has been totally revamped and updated so that quality information is more easily accessible and men can make better decisions about their sexual and reproductive health. A health professional section has also been incorporated into the site, and includes new features such as online training and education, and clinical guidelines.

greg millan

men's health consultant



I am a qualified Social Worker, Health Educator and Trainer who has worked in the area of men's health promotion for over fifteen years developing a wide variety of workshops, programs and resources for men.

I provide professional training courses in best practice in men's health work, and groupwork and counselling for men skills training programs. Also on offer are a range of programs for men that improve their health and wellbeing.

All training courses and programs are provided in an holistic, positive and life-enhancing framework addressing psychological, social, physical and spiritual factors that influence the health of men and boys. Programs are tailored to suit individual needs, so contact me to discuss your requirements.

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