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

<table>
<thead>
<tr>
<th>2007 ABS National Health Survey</th>
<th>ACT region</th>
<th>Australia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deaths from CVD</td>
<td>31%</td>
<td>34%</td>
</tr>
<tr>
<td>Heart Disease-leading single cause of death</td>
<td>14%</td>
<td>16%</td>
</tr>
<tr>
<td>People with long term CVD</td>
<td>15.2%</td>
<td>16.4%</td>
</tr>
</tbody>
</table>
“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

Risk Factors- Non preventable

- Family history
- Age
- Male
Risk Factors- Preventable

- Smoking
- High blood pressure
- 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

<table>
<thead>
<tr>
<th>High risk</th>
<th>Moderate risk</th>
<th>Low risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>≥ 30%</td>
<td>10–15%</td>
<td>5–9%</td>
</tr>
<tr>
<td>25–29%</td>
<td></td>
<td>&lt; 5%</td>
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<tr>
<td>20–24%</td>
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<tr>
<td>16–19%</td>
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</tbody>
</table>
Calculating the Risk - 2
Calculating the Risk - 3

<table>
<thead>
<tr>
<th>Systolic blood pressure (mm Hg)</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>179*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>160</td>
<td></td>
<td></td>
</tr>
<tr>
<td>140</td>
<td></td>
<td></td>
</tr>
<tr>
<td>120</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Age 65–74                       |       |     |
| 179*                           |       |     |
| 160                             |       |     |
| 140                             |       |     |
| 120                             |       |     |

| Age 55–64                       |       |     |
| 179*                           |       |     |
| 160                             |       |     |
| 140                             |       |     |
| 120                             |       |     |

| Age 45–54                       |       |     |
| 179*                           |       |     |
| 160                             |       |     |
| 140                             |       |     |
| 120                             |       |     |

| Age 35–44                       |       |     |
| 179*                           |       |     |
| 160                             |       |     |
| 140                             |       |     |
| 120                             |       |     |

*In accordance with Australian guidelines, patients with systolic blood pressure ≥ 180 mm Hg, or a total cholesterol of > 7.5 mmol/L, should be considered at increased absolute risk of CVD. 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.
Resources Available

Guidelines for the assessment of
Absolute cardiovascular disease risk

Approved by

An initiative of the National Vascular Disease Prevention Alliance

©2008 National Heart Foundation of Australia
Joe Caddey - my father
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 rebores 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
'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
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?

1. STOP and rest now
2. TALK
   Tell someone how you feel!
   - Are your symptoms getting worse?
   - Or have they stopped?
   - If your symptoms lasted 10 minutes?

3. CALL 000
   Triple Zero
   - Ask for an ambulance.
   - Don’t hang up.
   - Follow the operator’s instructions.
   - If unsure, don’t dial anything on your mobile phone. Call 112.

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