

# HERALD SUN health & fitness

■ DIET ■ WORKOUTS ■ ADVICE

Blokes are dying and a lack of understanding could be at fault, writes **Daniel Hoy**

**A**USTRALIAN men are dying. Unfortunately, they may be dying needlessly.

Men's health expert Dr John Lang, from health provider Good Health Solutions, believes a lack of knowledge and an inability to take control of the way they live is killing them.

"A lot of people are still unaware of the changes in diagnostic tests that are available," Lang says.

"One of the biggest killers of men is colorectal cancer. Until the past year or two, to test for it you had to take a poo specimen in a jar to the doctor and go through that process.

"No one likes to do that. These days you just get a home kit that includes a brush you dip into the toilet water, then dab on to a bit of blotting paper, seal it and send it off to the lab. Within 48 hours you have a diagnosis," he says.

"If people were aware it was that easy to test for some things more people would."

In a world of dual-income families, you can fit only so much into your day and, sadly, physical health is one of the first things to fall by the wayside.

"Physical health does not hold a lot of urgency to it, unless you have chest pain, or are facing a diagnosis of being a diabetic," Lang says. "It is something people just let go. More urgent things in their lives take over."

Neglecting it is life-threatening.

"The latest data shows that more cancers are caused by being overweight than smoking."

For more information on men's health, visit [www.49.com.au](http://www.49.com.au)

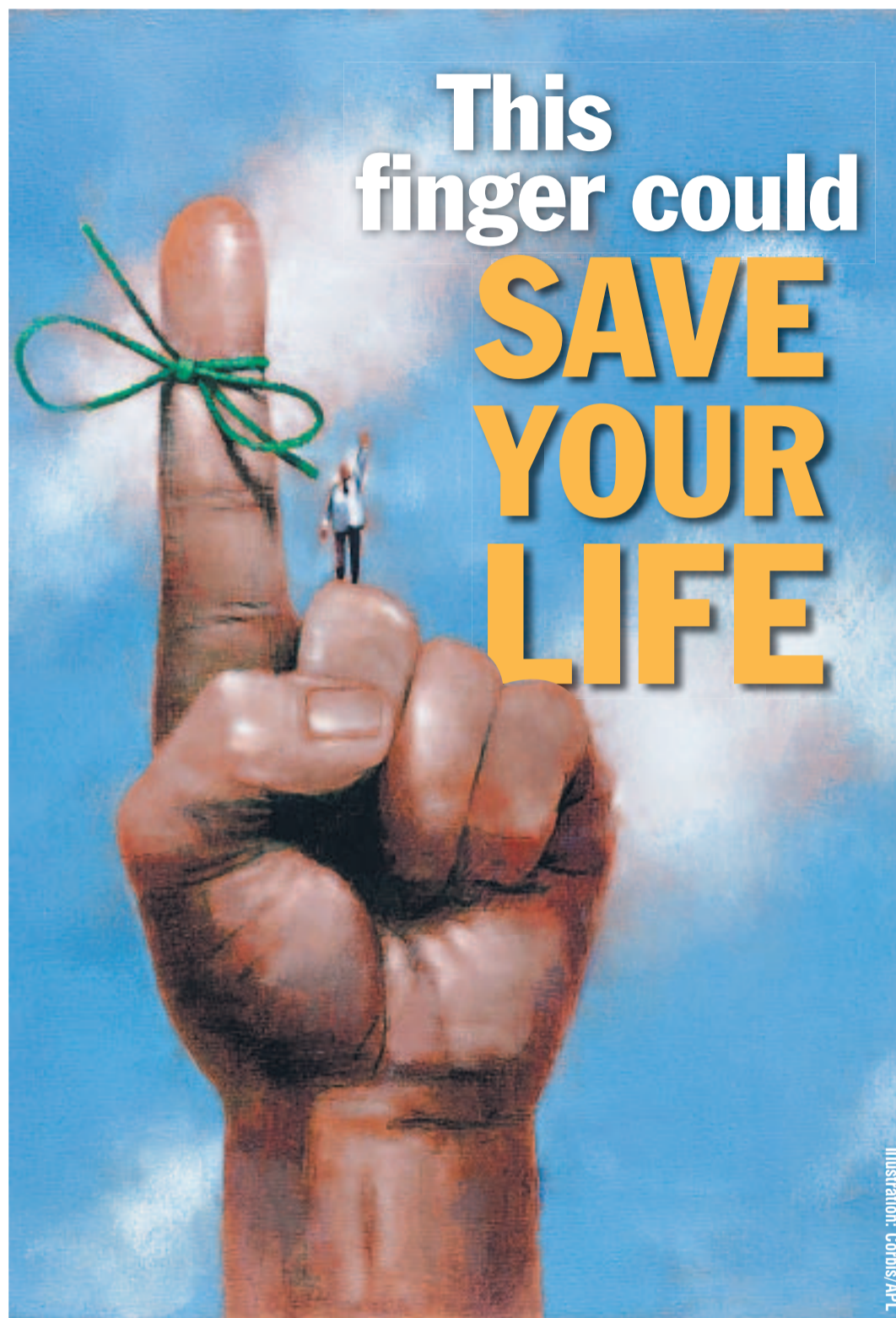


Illustration: Corbis/APL

## House call STRESS FRACTURE OF THE LOWER LEG

A stress fracture can be caused by continually overloading the leg. Symptoms include pain in the lower third of the tibia, tenderness and swelling at the site of the fracture and pain when pressure is applied to the tender part of the leg. Often a stress fracture will not show up on the first X-ray. A second X-ray is usually required four weeks later, when a healing fracture is revealed. Rest is the best treatment, usually for about eight weeks. A doctor will also be able to advise you on when you can resume training.

## # Number cruncher 1

1 per cent a year is the level of growth of childhood-obesity numbers in Australia. If this trend continues, by 2025 half of all young Australians will be obese.

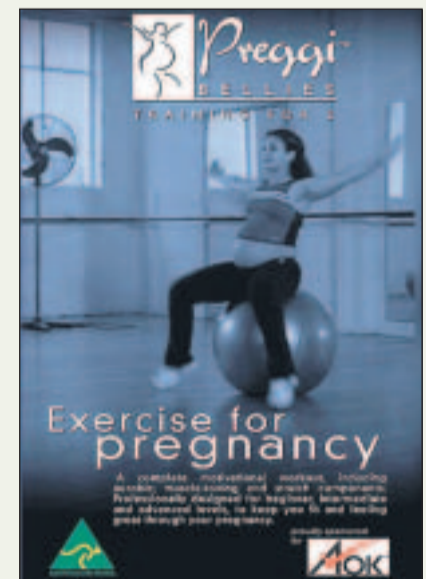


## The BIG EVENT

If you want a taste of the Tour de France, **Bike Victoria's tour breakfast at Zinc**, in Federation Square, will satisfy you. This year's breakfast, on June 30, will also mark the launch of this year's Jayco *Herald Sun* Tour. Tickets are \$55 each or \$500 for a table of 10.

Details: [www.bv.com.au](http://www.bv.com.au)

\$ RRP  
\$45



**Exercise for Pregnancy** is a new DVD created by physiotherapists for pregnant women. Using a fit ball, it allows pregnant women to exercise throughout their pregnancy.

To order the \$15 DVD or video ph: 1300 727 171 or go to [www.preggibellies.com.au](http://www.preggibellies.com.au)

## HEALTH&FITNESS

Editor > Daniel Hoy  
Phone > 9292 1801 Fax > 9292 1177  
Email > [hoyd@heraldsun.com.au](mailto:hoyd@heraldsun.com.au)  
Advertising >  
Gayle Williams Phone > 9292 1409

## WHAT KILLS MEN?

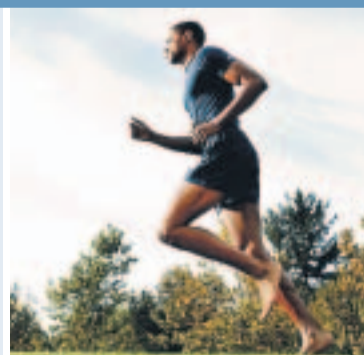
### The Top 10 killers in Australia

1. Heart disease. Many potential fatal heart attacks could be avoided by increased exercise and reduced consumption of junk food — especially most takeaways.
2. Cerebrovascular disease — strokes
3. Lung cancer
4. Chronic obstructive pulmonary disease
5. Prostate cancer or bowel cancer
6. Colorectal cancer
7. Suicide
8. Diabetes
9. Land transport accidents
10. Pneumonia and influenza

Testicular cancer is also a significant risk for males aged 15 to 35.

## TIPS FOR MEN

- FIND a doctor you like and stick with them. Someone will then have all your medical records on hand.
- HAVE an annual check-up.
- UNDERSTAND the difference between good and bad cholesterol, and how much of each you have.
- SEX at least twice a week is good for your prostate.
- DON'T smoke.
- EAT a variety of food, exercise and know your blood pressure and triglyceride levels.
- NATURAL ways to treat andropause (male menopause) include taking Korean ginseng, saw palmetto, zinc, pumpkin seeds and seafood.
- DO SOME resistance training. Ageing decreases muscle mass and resistance training increases muscle mass.



## QUIZ

SO HOW much do you know about your health?

If you are an Australian male, knowledge is power; knowing more could save your life.

To take our quiz and find out what you need to know, go to [www.heraldsun.com.au](http://www.heraldsun.com.au) and follow the links.

