



**MATESHIP**  
IT'S GREAT FOR  
YOUR HEALTH!

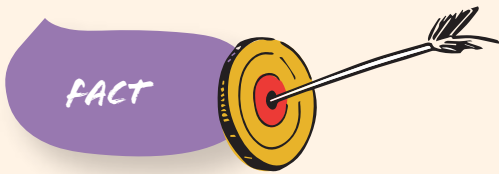


**MEN -  
READ THIS**

**IT COULD CHANGE  
OR EVEN SAVE  
YOUR LIFE!**



TASMANIAN  
**MEN'S SHED**  
ASSOCIATION INC



Australian men are more likely than Australian women to get sick from serious health problems. Their mortality rate is also much higher. Men die in greater numbers than women from almost every non-sex specific health problem. Men visit their GP less frequently, have shorter visits and generally only go to their GP when their illness has really kicked in.



But did you know that the latest information from the Australian Men's Health Forum states that:

- ◆ Having no mates (loneliness) is as unhealthy as 15 smokes a day
- ◆ Having no mates is bad for your heart
- ◆ Having no mates increases your risk of suicide ...and 1 in 4 men have no good mates.

It is not surprising that according to the Australian Bureau of Statistics, men of all ages suicide at a higher rate than women. In Tasmania, 4 out of 5 suicides are men.

## WELL BEING



The Tasmanian Men's Shed Movement understands how important mates are for men's health and well-being. While it is not something immediately recognisable in our communities, Men's Sheds provide one of the best opportunities for men to make mates.

There are many reasons why men lose touch with their mates – retirement, re-location, loss of partner are just a few -and we know that many of the traditional places where men used to catch up with their mates no longer exist.

We know that mateship keeps men healthy.

It's important to make new mates and to stay in contact with old ones.

## DO MEN NEGLECT THEIR HEALTH?

IDEA

Women are healthier than men, but why?

- In Australia, more money is spent on the healthcare needs of women and children than is spent on the healthcare needs of men.
- Australian men are less likely to take an active role in maintaining their health.



# THE TOP 10

Now that we have established that 'making mates could save your life' – here's the other big ones to keep an eye on

- 1 heart disease
- 2 dementia and Alzheimer's disease
- 3 trachea and lung cancer
- 4 cerebrovascular diseases
- 5 chronic lower respiratory diseases
- 6 prostate cancer
- 7 colon and rectum cancer
- 8 diabetes
- 9 blood and lymph cancer, including leukaemia.
- 10 ...and unfortunately, suicide.



4 OUT OF 5 SUICIDES IN  
TASMANIA ARE MEN.

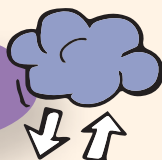
## DO MEN MATTER?



The obvious answer is yes. However, many men continue to feel diminished in an ever-changing society - often questioning their sense of place and purpose. Many feel that it is a sign of weakness to seek help. Many younger men feel like they are 'bullet-proof' which can lead to destructive behaviours like drug or alcohol binges and or reckless driving.

**Men who feel in control of their lives are more likely to look after their health. Men who have no sense of purpose feel helpless.**

## MALE DEPRESSION AND ANXIETY



One out of every 8 Australian men will experience depression at some stage in their life and one in 5 will experience anxiety at some stage. Statistics include:

- ◆ Teenagers and elderly Men are most at risk.
- ◆ Male depression is associated with an increased risk of health disorders such as cardiovascular disease and diabetes.
- ◆ Men are likely to resort to destructive behaviours to deal with depression.
- ◆ Depressed men are likely to abuse alcohol and drugs. Men often try to manage their symptoms of depression by using alcohol and other drugs, which make the symptoms worse.
- ◆ Depression is a known high-risk factor for suicide.



LOOK AFTER  
YOURSELF



## Thriving communities need healthy men – look after your health!

See your GP and have your regular check-ups, make some mates, get some exercise, and eat as healthily as you can! And drop into your local Men's Shed because Sheds CAN save lives

FINDING  
HELP



### ◆ Ref material:

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/mens-health>  
AMHF [amhf.org.au](http://amhf.org.au)

### ◆ Where to get help

- ◆ Your GP (doctor)
- ◆ Lifeline 13 11 14
- ◆ Beyond Blue 1300 224 636
- ◆ Mens Line 1300 78 99 78
- ◆ Tasmanian Men's Shed Association Health Hub  
[www.tasmanianmensshedassociation.org.au](http://www.tasmanianmensshedassociation.org.au)



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