# MHPE Magazine Volume 16. No. 1, 2017

## Tear-out: Foundation 49 - - 50s and 60s

### Your 50s

This can still be an extremely busy time as you continue to work and support family as they become more independent and move into further education and away from home.

Health risks increase in your 50s especially if you have neglected to take care of your health in the past.

This is a great time to take action – eat healthy nutritious food, lose weight and start to undertake more activity.

Ageing may start to affect your physical strength, energy and libido and sense of masculinity.

There may be added risks with family history of prostate or bowel cancer discuss this with your GP while having your annual health check.

#### DIY TIPS

Keep fit by exercising at least three times each week for 30 minutes – try a brisk walk or try cycling.

Time Out – enjoy your family and friends.

Drink moderately; are you having at least three alcohol free days each week?

Laugh lots and loud

Talk about any problems or concerns you may have with your family or friends or talk to a GP or counsellor.

#### 50’s health check

Weight and waist measurement

Blood pressure

Cholesterol and glucose levels

Eye checks

Bowel cancer screening

Tetanus booster each 10 years

Blood tests for kidney and liver function

Mental health – talk about any issues or concerns, your GP or a counsellor or will assist.

Hearing check

Sexually transmitted diseases

#### Your 60s

This is a decade of major change – most men have plans for life outside the workforce into the future.

The importance of good health is realised and there can be room for improvement. Good health can provide an opportunity to enjoy your retirement, travel and spend time with family.

Have an annual health check and discuss any health issues that may be bothersome with your GP – for example waterwork issues.

#### DIY TIPS

Keep physically and mentally active – play golf, tennis, undertake brisk walking or try cycling.

Do Sudoku puzzles, crossword puzzles, play cards with your friends or sign up to learn something new, like learning a language, yoga or woodwork.

Challenge yourself often and keep on learning new things.

Drink moderately: are you having at least three alcohol-free days each week?

Socialise as much as possible – Laugh lots and loud

Have a problem? Talk about it – your GP or counsellor will be able to assist you.

#### 60’s health check

Weight and waist measurement

Blood pressure

Cholesterol and glucose levels

Eye checks – especially for glaucoma and cataracts

Bowel cancer screening

Flu and pneumonia shots

Blood tests for kidney and liver function

Check bone density

Mental health – talk about any issues or concerns, your GP or a counsellor or will assist.

<http://www.49.com.au/>