

## wellness lifestyle...

Chiropractic care can also assist with managing stress levels. Many clients report that they are better able to manage their stress with regular chiropractic care.

You can also help your stress levels with exercise and by "sharing the load", whether that's with your partner, a friend or a counsellor.

Your health is vitally important, not only to yourself, but to ensure you're family and friends get to enjoy you for a long time to come. It's easy to do one small thing everyday to look after your health, from diet to exercise to having your spine checked.

Finally, make sure you have regular health checks. The absence of symptoms is not an indicator of how healthy you are. There are many things going on internally that you can't feel!

### This month!

**50% off the initial consult and 2nd visit with Dr Helen Alevaki for Men**

## above - down - inside - out

### above

Above is about life force. The power that made the body heals and coordinates function and life potential.

### down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

### inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

### out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

## clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

### Thank you to:

**Scott Arnold  
Marcel Makdessi  
Warwick Dew**



## events...

### Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Tuesday 16th September, 2008

356 Rathdowne Street  
North Carlton Victoria 3054  
Ph: (03) 9347 4444 Fx: (03) 9347 4466  
E: [reception@c4w.com.au](mailto:reception@c4w.com.au)  
[www.c4w.com.au](http://www.c4w.com.au)



# Men's Health

c4w newsletter  
September 2008



## father's day...

September is the month we celebrate our Dads and all things manly! Generally men are notorious for waiting until their symptoms are virtually unmanageable until they deal with them. When you consider that only 10% of your nervous system registers pain it's not until problems are serious before the body gives you signals that something is wrong!

Our newsletter for September is a general overview of men's health and the more common issues that face men today.

To celebrate Father's Day on Sunday September 7th, Dr Helen Alevaki is offering 50% off an initial consultation and second visit to all men. This is a great time to encourage your spouse, partner, dad, brother or son to have their spine and nervous system checked.

Dr Daniela is now on maternity leave, busily preparing for the arrival of her baby. Dr Con Constantinou has joined us as her locum chiropractor for the next 6 months - welcome to our team! Having Con here is great, especially if you or the man in your life would prefer a male chiropractor.

Have a great month!

the team at chiropractic4wellness.

## thought for September

A truly rich man is one whose children run into his arms when his hands are empty. ~Author Unknown

## men and health...

According to research the most common health concerns facing men in Australia today are cardiovascular disease, stroke, cancer, diabetes and mental health. Fortunately most of the above issues can be largely prevented by maintaining a healthy lifestyle.

**Cardiovascular disease**, which includes all pathological conditions involving the heart and blood vessels and Coronary heart disease (CHD), including heart attacks and angina has been identified as the most common cause of sudden death in Australia. In a recent survey by the Australian Institute of Health and Welfare, CHD accounted for approximately 21% of deaths in Australia's male population. However, while this remains a worrying figure, death rates due to CHD have been observed to decline in recent years.

**Stroke** is a condition that is experienced when adequate blood supply to the brain becomes interrupted as a result of a blocked or ruptured artery. The outcome of such an event can often manifest as paralysis of different parts of the body or speech problems. In the male Australian population stroke is second only to CHD as a major contributor to death rates, accounting for 7.3% of male deaths in the year 2000.

**Cancer** is the name given to a condition in which abnormal changes within body cells can cause them to multiply out of control. Various forms of cancer are amongst the leading causes of death for males in Australia. Within the 45 to 64 year age group, cancer has overtaken CHD and stroke as the leading cause of death for men. In 2000, cancer deaths represented 45% of deaths among 55 to 64 year old males in Australia. Recent figures identify lung cancer as the leading cause of cancer related deaths in men in Australia. The most common types of cancer that affect men are lung, colorectal and prostate cancer.

## a wellness lifestyle...

Type 2 **diabetes mellitus** (non-insulin-dependent diabetes) is a form of diabetes that usually makes its first appearance in adulthood, typically has milder symptoms than type 1 diabetes mellitus (insulin-dependent diabetes) and can be aggravated by obesity and a sedentary lifestyle.

**Lifestyle factors** are an important contributor to diabetes among the male population.

**Mental health** is an important consideration for Australian men. Male suicide rates, although fluctuating are between three to five times higher than the rest of the population. Since health initiatives have started focusing on combating youth suicide, a shift in suicide rates from high numbers amongst male youths (15-24 year olds) to a decline in youth suicide but increasing trend for suicide amongst older males (within the 25-39 year age group) has been observed. Thus strong incentives remain to direct more research towards clarifying underlying mental health issues in the male population, in order to develop appropriate and effective preventative strategies for different age group.

### Prevention is better than a cure!

How do you know if you're at risk of any of the above? Firstly look at your body shape. Are you carrying weight around the middle (ie. a "beer gut"?). Men with this shape are more prone to diseases such as CHD and diabetes. Look at your diet. How much alcohol and sugar do you consume? Do you eat enough vegies?

Enough cannot be said about the benefits of exercise. Not only does it help you to lose weight, it gets the heart rate going and the blood moving. You will feel more energised and alert and look better too. If you're not exercising, start with a brisk walk for 20 minutes a day.

Have your spine and nervous system checked by a chiropractor. Chiropractic has a positive affect on your overall health, not just back pain!

**more over...**