

## osteoporosis in men...

Although osteoporosis (in which the bone becomes porous and breaks easily) is considered primarily a problem for older women, research has now shown that 1 in 5 men over 50 will experience osteoporotic fractures.

Fractures due to osteoporosis can lead to changes in posture, muscle weakness, loss of height and bone deformity of the spine. Fractures can lead to chronic pain, disability and loss of independence.

Osteoporosis is one of the more preventable diseases associated with ageing. Paying attention to skeletal health throughout life, from childhood onwards, is the most effective way of building and maintaining bone strength, thus decreasing bone loss and brittleness that can lead to the first fracture.

**Offer for September!**  
**50% off chiropractic initial consult and 2nd visit 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:

**Marty Francis**  
**Greg Serong**  
**Piero Muntoni**



## events...

### Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

**Book Now**

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# Men's Health

c4w newsletter  
September 2009



## father's day...

September is the beginning of spring with longer days and the smell of trees blossoming, but not only are we surrounded with the new beginnings of spring, September it also the month in which 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 in all stages of their lives.

This is a great time to encourage your spouse, partner, dad, brother or son to have their spine and nervous system checked!

Take some time out to celebrate Father's day on Sunday 6th September with you dad or any special man in your life!

Have a great month!

the team at chiropractic4wellness.

## thought for September

A man may conquer a million men in battle but on who conquers himself, indeed, the greatest of conquerors.  
-Buddha

## men and health...

Life is full of events that can affect your health -some can occur at any time and some are related to particular stages of life. There have been a number of key health issues identified for males within different age groups which are linked to social, physical and emotional variations in a mans life.

In general boys have a greater incidence of injury related health issues than girls at every stage after infancy. Between the ages of 6 and 14 boys are diagnosed with significantly higher rates of ADHD and other conduct disorders than girls the same age.

Young males in their twenties are often at the fittest time of their lives, however, this is a period in a man's life of physical, emotional and social transitions. These instabilities can increase a mans vulnerability to certain mental illness and harmful alcohol and tobacco use, contributing to a majority of illnesses faced by young men.

Males in their 30s are often at a busy and exciting time in their lives either building a career, developing relationships and/or starting a family. This can mean that their personal health may be overlooked. While still being pretty fit, it is the way that you live your life now that will shape your health in the future. With increasing age the risk of heart disease and high blood pressure increase so it is important not only to get it checked, but also maintain a healthy diet and exercise in your busy life. Diseases of the heart and blood vessels tend to develop gradually between your 30s and 60s, and the impact may not be felt until it has caused too much damage.

Around 5% of 40 year old men have impotency problems, which increases with age, possibly affecting up 25 per cent of 65 year olds. Anything that interferes with the blood flow to the penis may be a cause. Diabetes, kidney disease, chronic alcoholism, multiple sclerosis and cardiovascular disease account for many of these cases.

## continued...

It is during the fifth decade in a mans life that many chronic illnesses become apparent. The appearance of these illnesses is not generally due to a change in lifestyle factors but rather a reflection of the lifestyle choices and factors he has made over the last forty or so years. Some of these illnesses include high blood pressure and cholesterol, heart disease and depression.

It use to be that once a man reached his 50s he would be looking forward to retirement, however, with improvements in health and the way the economy is going, many men feel they want to, or need to continue working. This extra stress can contribute to many of the already developing lifestyle diseases occurring in a man's body. Compared with men in the younger age groups, the biggest change in terms of illness risk relating to men in their 50s is that their risk of a number of cancers, including bowel, prostate, lung start to rise

It is important that men in their 60s try and maintain a level of both physical and mental activity as the risks of developing heart disease stroke and mental illnesses increase throughout this decade of life.

The most prevalent health issues facing men today include following key areas: Heart health, energy enhancement, mental acuity, prostate wellness and sexual support. Eating a diet that is high in organic fruits/vegetables, and low in fried, processed/junk food, is the first and foremost step on the road to health.

Couple this with 30-45 minutes of exercise daily to ensure the best chance at sustaining overall wellness. After addressing diet and exercise, stress reduction practices such as meditation, or simple relaxation is of utmost importance in maintaining a healthy mind and body.

**Of course, the most important thing is to have a healthy spine and nervous system. The nervous system controls and coordinates every cell and system of the body!**