

MENS HEALTH QUIZ

There are a number of health issues that can affect New Zealand men. These issues can be dealt with through various lifestyle changes such as diet and physical activity. Together these changes can help to improve the health outcomes of the New Zealand male population.

Are you at risk? Find out how relevant these national health issues are to you.

Cardiovascular Disease (CVD)

Overall 44% of all deaths are due to CVD. The major modifiable risk factors for CVD include high blood pressure, high blood cholesterol, obesity, diabetes, smoking, exercise and diet.

- Are you at risk?
- High Blood Pressure
 - High Blood Cholesterol
 - Over-weight
 - Family History of Heart Attack/Stroke
 - Smoker
 - Inactive

Hypertension (High Blood Pressure)

One in five adult New Zealanders is estimated to have high blood pressure. However, it can be controlled through various lifestyle changes such as following improved diet, decreased salt intake, weight-loss, physical activity and decreased alcohol intake.

What is your Blood Pressure? _____

Hyperlipidemia (High Blood Cholesterol)

High blood cholesterol is an important risk factor for CVD. Modifiable determinants of blood cholesterol include diet, body weight and physical activity.

What are your blood cholesterol levels? (If you don't know then call your GP for a checkup)

- Total Cholesterol: _____ (<4mmol/litre)
 LDL Cholesterol: _____ (<2.5mmol/litre)
 HDL Cholesterol: _____ (>1.0mmol/litre)
 Total:HDL Ratio: _____ (<4.5)
 Triglycerides: _____ (<1.7mmol/litre)

Obesity

Recently, it was estimated that 42.1% and 19.9% of the New Zealand male population were either overweight or obese respectively. Even small amounts of weight loss can have

significant health benefits. This includes improving blood pressure, cholesterol levels, and blood glucose (sugar) control, as well as lowering the risk of having a heart attack or stroke.

Do you consider yourself to be overweight/obese? Y / N

Diabetes

Diabetes mellitus is a major and increasing health problem in New Zealand and is characterised by raised blood glucose. There are two main types of diabetes that affect males, Type 1 and Type 2 Diabetes.

Do you have a family history of Diabetes? Y / N

Cancer

Male-specific cancers, such as those found in the prostate and testes, total 1,226 per 100,000 New Zealand men. Prostate cancer accounts for 3.8% of all male deaths in New Zealand.

Do you have a family history of Cancer? Y / N

Hazardous Alcohol Use

27% of male drinkers are estimated to show hazardous drinking patterns. Excessive intake is known to increase the risk of the development of a number of other diseases.

Do you drink more than the recommended 10-12 drinks per week? Y / N

(1 drink equals: 300ml beer, 104ml wine, or single measure of spirits)

Osteoporosis

Osteoporosis is a condition where the bones become excessively thin and weak, such that there is a greater risk of fractures and impaired mobility. The lifetime risk of fracture due to osteoporosis for males is as high as 1 in 4.

Do you have a family history of Osteoporosis? Y / N

Erectile Dysfunction

Erectile dysfunction means a man is unable to maintain an erect penis sufficient for satisfactory sexual intercourse. Factors that can reduce blood flow to the penis include: excess alcohol, smoking and the narrowing of blood vessels caused by a high blood cholesterol levels.

Well?

Arthritis (Gout)

Gout is associated with the body's level of uric acid, which is a normal by-product of digesting certain foods. Normally, excess uric acid in the blood is transferred by the kidneys into the urine, and removed from the body. When uric acid accumulates it can form tiny needle-shaped crystals in the joints which may cause inflammation, pain and immobility.

Do you suffer from joint pain? Y / N

If you are keen to improve any of these health issues and would love to discover how to have more energy to put into every aspect of your life then call us now for an appointment on (03) 355 7770 or visit our website www.leastening.com for more information.