

The Man WoF

with Scotty Morrison

Inspecting Organisations

AA Health Insurance
men'shealthweek

AA Health Insurance has teamed up with Men's Health Week and ambassador **Scotty Morrison**, to construct the 'Man WoF'. Think of it as a 'check-list of tune-ups' to service both body and mind.

Make <u>Scotty</u>	Model <u>Morrison</u>	Reg # <u>WHW101</u>
Year <u>1970</u>	Odometer <u>54,000</u>	Membership # <u>1017062024</u>

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What dashboard warning lights are on?



Diabetes

Visiting a health professional is a great way to assess your risk of diabetes. There are many small ways to reduce risk to keep this light from coming on. You can begin by looking at changing your weight, smoking habits, amount of exercise and diet.

FACT There are on average 40 new diabetes diagnoses in New Zealand every day.



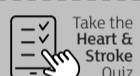
Is your engine tuned up?



Heart and stroke

Cardiovascular diseases are the main cause of death in NZ men, followed by strokes. Now is the time to look at your risk factors, what the signs are and when to get a check.

FACT Heart disease accounts for one third of deaths in NZ each year.



How much air is in your tires?



Blood pressure

High blood pressure can lead to strokes, heart attacks, heart and kidney failure - so it is important to have your blood pressure checked at least once a year by a healthcare provider.

FACT Hypertension occurs when there's too much pressure in your blood vessels. It's like having too much air in your tires!

Regular servicing of your insides



Getting proactive around your health

By getting a regular service, you will be taking preventative action to reduce the danger of major health risks. Remember that small steps can lead to big changes.

FACT If the gut was laid out flat, it's estimated to cover the area of a standard tennis court.



When should I see a mechanic?



Visiting the doctor

Even though you might be worried about how long it has been since you last saw the doctor the time to do it is *now*. You won't get a lecture, but a partner in the business of keeping you healthy.

FUN FACT Going to the doctor costs about the same as getting a WoF on your car!

What's happening under the bonnet?



Mental Health

Men are getting better and better at lifting the lid and talking about and understanding mental health issues. Conversations around depression, anxiety and suicide are happening more.

CHECK OUT Sir John Kirwan's 'AAA battery' for anxiety.



Protecting the paint job



Melanoma

New Zealand has the highest melanoma death rate in the world. Protect your paint by slipping, slopping, slapping and wrapping and being vigilant about changes in your skin.

DID YOU KNOW? Men are twice as likely than women to die from melanoma*



Checking your water



Prostate

Prostate cancer is the most commonly diagnosed cancer among New Zealand men. Peeing more frequently at night and with a stop/start flow can be a sign of prostate enlargement, which although is not cancer, it is still a good idea to get tested.

FACT Every year more than 4000 men are diagnosed and over 700 die from the disease.



Checking your gears



Testicular cancer

It's important to know your own body and if you notice any lumps or changes, see your doctor. The good news is that if diagnosed early, it has the highest rate of cure of all cancers.

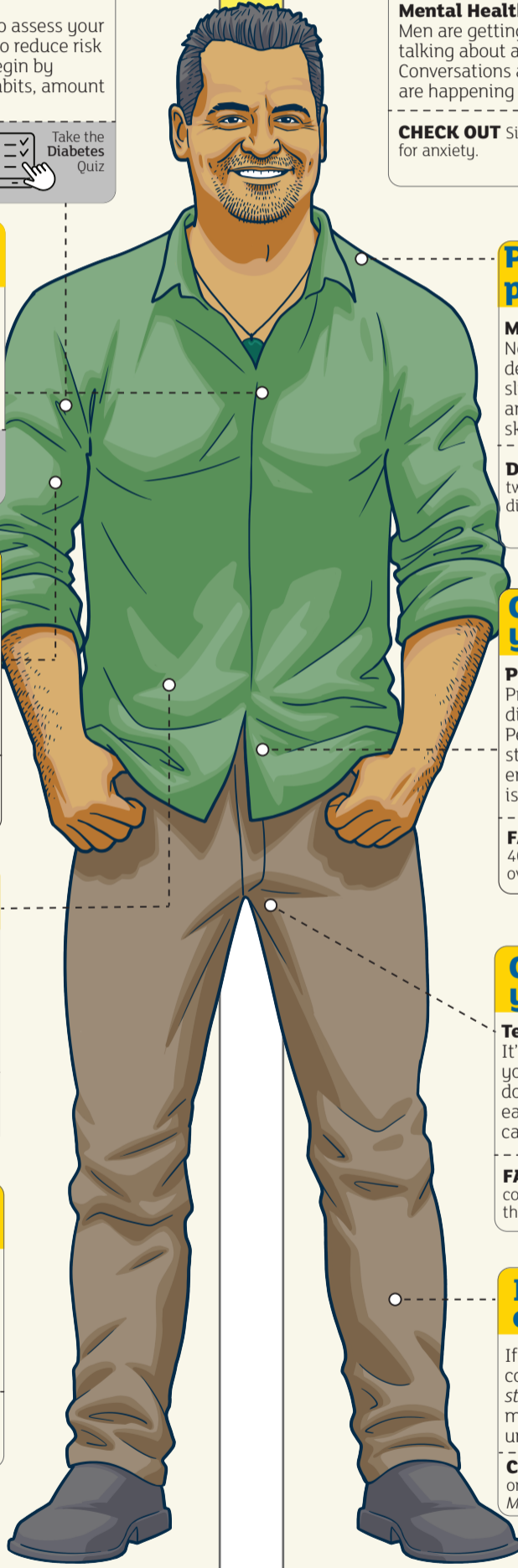
FACT Testicular cancer is the most common cancer affecting men between the ages of 15 to 35.

Is the car overloaded?



If the body is a bit out of shape (with a couple of spare tires?) - the hardest thing is *starting* to exercise. Begin by finding your motivation, the time and resources and understanding how diet can help.

CHECK OUT Heart Foundation's Chief Advisor on Food and Nutrition, Dave Monro, advice for *Men's Health Week*.



* Source <https://melanoma.org.nz/all-about-melanoma/facts-and-risk-factors/>

All facts above are taken from the **Men's Health Week** website.

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(P) | (F) = Pass
(P) | (F) = Fail
~~(P)~~ | ~~(F)~~ = Not Applicable