

**ANDYSMANCLUB
BRISTOL**

BRISTOL NORTH

Seat Unique Stadium,
Nevil Rd, Bishopston,
Bristol BS7 9EJ

MONDAYS @ 7PM EXC BANK HOLS

BRISTOL SOUTH

Knowle West Media Centre,
Leinster Avenue,
Knowle West,
Bristol, BS4 1HL

MONDAYS @ 7PM EXC BANK HOLS

ANDYSMANCLUB LTD is a
Registered Charity in England
and Wales (1179647) Scotland
(SC051485) and a Company
Limited by Guarantee, registered
in England and Wales (1110163)

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.

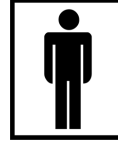


#ITSOKAYTALK

GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?

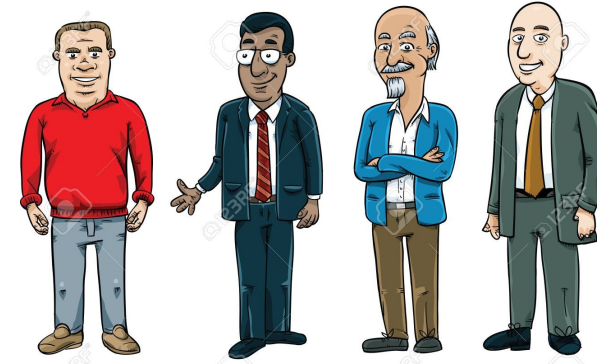
FIND OUT MORE
info@andysmanclub.co.uk
www.andysmanclub.co.uk

Issue 3
June 2023



The Orchard Outpost Patient Newsletter

Mens Health Issue



Men are notoriously bad at seeking help for their health problems, but ignorance isn't bliss. You'll no doubt be aware of testicular cancer and erectile dysfunction, but it's not just the male anatomy you need to worry about. Depression and eating disorders are increasingly being recognised as important issues for men to talk about.

In this issue we highlight ways to look after your physical and mental health.



Your car gets one regularly but what about you? No, not a parking ticket, an MOT.

Giving your body a once-over doesn't require any spanners and needn't cost a penny. If you're worried about the results of any of the following tests, see your GP.

TEST 1: IS YOUR ENGINE TUNED?

First, check your pulse. Place the finger of one hand on the thumb side of the tendons running through the opposite wrist. You should be able to feel the radial artery pumping. Count the beats over four 15 second periods and add them up. This is your resting pulse – a good guide to the heart's efficiency. Joggers and other fitness enthusiasts will get very excited about resting pulse and try to get it as low as possible.

Then, check your recovery rate. Step on and off a step for three minutes (average a step every three seconds) and rest for 30 seconds before taking your pulse again. This is your pulse after exercise.

To check your results scan the QR code.



TEST 2: ARE YOU OVERLOADED?

The simplest guide to whether you're carrying too much weight is your waist measurement. This gives you a fair idea of your risk regardless of height. Measure around your belly at the widest point - usually around your belly button:

Over 37 inches, you're probably overweight and at increased risk of heart disease, diabetes and cancer.

Over 40 inches, you could be obese and at serious risk of the conditions mentioned - talk to a GP or health professional.

CHECK YOURSELF

OddBALLS FOUNDATION

01 USING BOTH HANDS FEEL ONE TESTICLE AT A TIME

02 ROLL EACH TESTICLE BETWEEN THUMB & FINGERS

03 FAMILIARISE YOURSELF WITH THE SPERMATIC CORD & EPIDIDYMIS

04 FEEL FOR LUMPS, BUMPS & CHANGES IN SIZE

IT IS NORMAL FOR ONE TESTICLE TO BE LARGER THAN THE OTHER. IF YOU HAVE ANY CONCERNS, PLEASE SPEAK TO A DOCTOR.

WWW.THEODDBALLSFUNDATION.COM



LinkedIn



TEST 3: LOOK OUT FOR DASHBOARD 'WARNING LIGHTS'

Check yourself all over for:

- moles changing shape
- unexplained lumps
- unexplained shortness of breath/breathing difficulties
- unexplained pain (especially in the chest)
- swelling or itching
- a cough that won't go away
- blood where it shouldn't be (in saliva when you spit or stools when you poo)
- changes in bowel habits (such as blood in stools, diarrhoea or constipation for no reason, a feeling of bloating or of not having fully emptied your bowels or pain in your stomach or back passage)

Just over half of all global social media users identify as male (54%).

Meanwhile, **Facebook, LinkedIn, and Twitter** all have more male users than females (57% on average). Instagram is the only platform with an almost even split (49.3% female vs. 50.7% male)
12 Jan 2023

We're in deep. On average, we check our phones every 12 minutes and the latest stats suggest we spend two hours and 29 minutes a day on social media. Two in five adults grab their phone within five minutes of waking up, rising to 65% for the under 35s. But addiction is as much about feelings as figures. Unsure where you stand? Google the Bergen Social Media Addiction Scale and take the online test.

Reeling You In The more time you spend with your eyes down, scrolling, the more profit apps make. Like sweets, they're designed to deliver pleasure without ever satisfying. 'Their primary tool is to short-circuit the stopping cues that normally shuffle us on to a new activity,' says Adam Alter, author of *Irresistible: The Rise Of Addictive Technology And The Business Of Keeping Us Hooked*. 'Tech companies offer us endless newsfeeds, effortless scrolling and a bottomless well of entertainment content.'

Treats and Tricks Social media platforms deliver rewards 'that mimic those you might find in a casino', says Alter. The 'pull-to-refresh' function is like a slot machine: part of the thrill is not knowing what you'll get. Those red notification alerts also rely on our attraction to the unknown. Psychologists call them 'intermittent reinforcements and our brains love such feedback loops. Even 'Dave is typing...' WhatsApp messages are there to keep us transfixed.

Soothe Operators We often reach for our phones in response to negative emotions – when we're anxious or bored. Social media platforms act as painkillers: 'They function to soothe us the way a dummy might soothe a baby,' says Alter. 'They deliver low-level rewards, demand very little from us and lull us into a trance.' Next time you feel compelled to reach for your phone, ask yourself what difficult feelings you're trying to avoid.

Take Back Control Alter suggests spending at least an hour a day separated from your phone. 'Put it in a different room, lock it in a drawer, then try not to use it during that time.' Resist the urge to check social media first thing in the morning or last thing at night. 'Turn off as many notifications as possible and move apps you struggle to resist away from the main screen,' he says. Timed app-blocking apps can also help curb your impulses.

TEST 4: WOBBLY GEAR STICK?

Erection problems are common. We can't always get an erection when we want one. What we're talking about here are regular problems getting an erection or keeping one.

It's not only your sex life that may be threatened. Erection problems can be an early warning sign of a number of serious health problems including heart disease, diabetes, high blood pressure and depression. They could also be sign of high cholesterol or low testosterone. Again, talk to your GP.

TEST 5: CHECK THE WATER

Is there any change in how often you pee or how easy it is? Do you get up more often at night?

Peeing more often, especially at night, and less easily with a weaker flow can be signs of prostate enlargement (more detail on prostate symptoms here). Prostate enlargement is not necessarily a sign of cancer but it needs to be checked (Prostate Cancer UK have a simple cancer risk checker tool.)

Peeing more often, especially at night, along with being overweight, tiredness and sores healing more slowly may all be signs of diabetes. Get your blood sugar tested.

TEST 7: CHECK YOUR PRESSURE

You can take your blood pressure at the GP - there's probably a machine in the surgery waiting room - or you can buy a home-tester.

BP - as they say in the hospital dramas - is given as two figures. The first is when the heart is contracting (systolic), the second when it is resting (diastolic). 120/70 would be fine for a young man. Once the systolic starts getting up towards 140 and/or the diastolic to 90, you need to monitor your BP more often. Of course, any stress can raise your BP temporarily but if you're getting regular readings of 140/90 or more, see your GP.



**PROSTATE
CANCER UK**

1 in 8 men will get prostate cancer.

If you're over 50, or you're black, or your dad or brother had it, you're at even higher risk.

Prostate cancer is not always life-threatening. But when it is, the earlier you catch it the more likely it is to be cured.

If you do notice changes in the way you urinate, this is more likely to be a sign of a very common non-cancerous problem called an enlarged prostate, or another health problem. But it's still a good idea to get it checked out. Possible symptoms include:

- difficulty starting to urinate or emptying your bladder
- a weak flow when you urinate
- a feeling that your bladder hasn't emptied properly
- dribbling urine after you finish urinating
- needing to urinate more often than usual, especially at night
- a sudden need to urinate - you may sometimes leak urine before you get to the toilet



Men with early prostate cancer will often have no symptoms because of the way the cancer grows. You'll usually only get early symptoms if the cancer grows near the tube you urinate through (the urethra) and presses against it, changing the way you urinate (wee). But because prostate cancer usually starts to grow in a different part (usually the outer part) of the prostate, early prostate cancer doesn't often press on the urethra and cause symptoms.

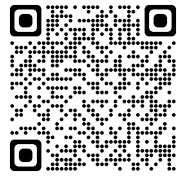
Why Exercise Is So Important for Men's Mental Health?

- Exercise helps our body pump out endorphins. Endorphins are basically the body's 'feel great' drug so we get a natural high when we get moving.
- It gives you some YOU time. Let's face it, life is busy with work, families and friends so by getting out and about you are allowing yourself a bit of time to do no thinking and more focusing on you.
- If you enjoy team sports then it's a great way to work on those social connections that help us create a more fulfilled life.
- Exercise helps the body combat and prevent chronic disease. Why is this good? Well, not only will it mean you will live a longer, healthier life – many chronic conditions can be linked with an increase in mental health conditions so you will be putting in the hard yards to keep your mind healthy too.
- It may seem simple, but when you exercise you are helping create a leaner, healthier body. This in turn will help you feel more confident about yourself and your appearance.



www.gamcare.org.uk

Call us free on **0808 8020**



Would you know how to spot if your own or someone else's gambling is causing harm?

Gambling is also known as the "hidden addiction", and quite often the signs are not clear. However, from experience, we understand that there are the most common ways to identify if your own or

Five signs to consider about your own gambling:

1. **Preoccupation** – Do you spend much of your day thinking about betting? Are you finding it distracting you whilst at work, or taking you out of the moment when you spend time with friends and family? Often thinking about or planning to gamble can be one of the early warning signs that gambling could be harmful.
2. **Withdrawal** – Removing yourself from social and professional situations so that you can place a bet is another warning signal that your gambling might be going too far, and that the urges to gamble are potentially harming other areas of your life.
3. **Escape** – Life can be overwhelming at times, and you might feel like you want to escape it for a while. Using gambling as a coping mechanism is a sign of harmful gambling and can lead to losing significant amounts of money.
4. **Chasing losses** – The main motive of gambling is to win money but during a gambling session, that motive can change. Chasing losses is where your motive from winning money changes to winning back the money you have already lost. This can be dangerous and lead to significant losses.
5. **Lying** – If you find yourself hiding how much you are spending or lying about the amount of time you are gambling, or perhaps asking for money to cover bills that you are spending. These are just some signs that gambling is harming your life, and possibly risking your relationships with family and friends.



Sheds are about meeting like-minded people and having someone to share your worries with. They are about having fun, sharing skills and knowledge with like-minded people and gaining a renewed sense of purpose and belonging. As a by-product of all of that they reduce isolation and feelings of loneliness, they allow men to deal with mental health challenges more easily and remain independent, they rebuild communities and in many cases, they save men's lives.

Warmley Men's Shed Open each Thursday from 9.30am to 4pm
Kingswood Heritage Museum, Tower Lane, Warmley, Bristol BS30 8XT
If you can help support the Shed, or want to join,
Please contact:
Alan Chillcott T: 07836 622913 Email: ajchillcott@hotmail.com