



Sheds for Life

An initiative by Irish Men's Sheds Association



MEN'S HEALTH FACT SHEET FOR YOUR 40s & 50s

As we reach our middle years, it becomes even more important to look after our health, to keep at bay some of the ailments and conditions that can arise at this stage of our lives. Fortunately, there are a number of simple steps we can take to make sure we keep control of our health and significantly reduce these risks. With a healthy diet and an active lifestyle, there's no reason these years can't be just as stimulating and enjoyable as any other period of your life.

As we age, we're more likely to develop high blood pressure, high cholesterol, heart disease, diabetes and cancer – but there's plenty we can do to manage and reduce this risk.

POSITIVE STEPS to taking care of your health

1. If there's a family history of bowel or prostate cancer, you need to watch carefully for the signs and symptoms of these conditions. If you're not sure, ask your doctor or pharmacist for advice. Remember to see your doctor two or three times a year even if you feel there's nothing wrong.
2. Staying active keeps the mind and body young! Even moderate activity like a regular brisk walk can make a huge difference to your wellbeing.
3. Everyone needs a social outlet and a space to unwind. Why not visit your local men's shed for company, banter or to learn new skills?
4. While we need marginally less sleep as we grow older, we do still need to recharge our batteries every night! Get enough rest and stay refreshed.
5. Now more than ever, it's important to keep an eye on your diet. Make sure it's varied and low in fatty, sugary and processed food.
6. If you enjoy a drink, try to take two to three alcohol-free days a week. Stay in control of your drinking and your life.
7. Sex remains an important part of a healthy lifestyle and men should continue to have a satisfying sex life even as they get older. Continue to practice safe sex and don't be afraid to speak to your GP or pharmacist about issues such as erectile dysfunction.

40s & 50s Health Checklist

- * Weight and waist measurement
- * Blood pressure
- * Cholesterol and glucose levels
- * Eye Checks every two years
- * Bowel cancer screening
- * Blood tests for kidney and liver function.
- * Mental health – don't suffer in silence. Talk to your doctor.
- * Hearing check
- * Sexual health – conditions such as erectile dysfunction are common and treatable. Your doctor or pharmacist is there to help.
- * Your local pharmacist is always on hand to help with any queries or concerns you might have about your health. They can offer you information about treatments and medications, as well as a range of health services, such as blood pressure, cholesterol testing, smoking cessation service, Body Mass Index (BMI) and seasonal flu vaccination.