



Sheds for Life

An initiative by Irish Men's Sheds Association

MEN'S HEALTH FACT SHEET FOR YOUR 60s & 70s

Your 60s and 70s – the “golden years”, and a golden opportunity to take stock of your health and wellbeing and start living life at your own pace again. With the stresses of work and family life hopefully starting to ease, now is a great time to shake off any bad lifestyle habits you may have picked up along the way and to ensure that you can continue living healthily and independently for many years to come.

By taking control of our health as we age, we can keep at bay some of the illnesses and conditions that become more common in our 60s and 70s. It's important to stay active, eat a healthy and balanced diet, keep our drinking under control and stay in regular contact with your GP. Taking these positive steps will reduce your risk of heart disease, type 2 diabetes, cancer, arthritis and osteoporosis.

POSITIVE STEPS to taking care of your health

1. Just thirty minutes of moderate physical activity per day, five days a week, can help keep your body trim, fit and healthy. Its never too late to start and it's fine to work at your own pace.
2. Stay sharp and alert by challenging your brain. Learn new things, read new books, take up new hobbies, and stay in touch with the people whose company you enjoy.
3. Stay connected with friends and family members. Don't allow yourself to become isolated. Many older men find men's sheds the ideal place to make new friends, pass on skills and fill their days with laughter and good company.
4. Schedule regular appointments with your GP. This will allow you to have certainty regarding your health, as well as to review any conditions you may have developed and any medications and vaccinations you may require.
5. If you drink, do so moderately and allow three alcohol-free days a week.
6. Get enough sleep. Sleeping patterns often change as we get older, but good sleep is important for good health—at any age.
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.

60s & 70s Health Checklist

- * *Weight and waist measurement*
- * *Blood pressure*
- * *Cholesterol and glucose levels*
- * *Eye check — especially for glaucoma and cataracts*
- * *Bowel cancer screening*
- * *Flu and Pneumonia shots — flu can carry serious complications as we age, and you need to protect yourself against it.*
- * *Blood tests for kidney and liver function*
- * *Check bone density*
- * *Mental health — if you feel sad, anxious or isolated, your doctor or pharmacist is there to help.*
- * *Your local pharmacist is a healthcare professional who can assist you with your health concerns quickly. They can offer you information about treatments, explanations on medications as well as a range of health services, such as blood pressure, cholesterol testing, smoking cessation service, pneumonia and seasonal flu vaccination.*