

# The Man WoF

with Scotty Morrison

**AA Health Insurance**

**men'shealthweek**

**AA Motoring**

**Auto Centre**

AA Health Insurance & AA Auto Centres have teamed up with Men's Health Week and their 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>

**A 4301518**

## 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.



## 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.



## 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.



## Protecting the paint job

**Melanoma**  
New Zealand has one of the highest melanoma incidence rates 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\*



## 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!

## 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.



## 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.



## 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.

## 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!

## Is the car overloaded?

If the body is a bit out of shape (with a couple of spare tyres?) - 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
<del>(P)</del>	<del>(F)</del>	= Not Applicable