

## Welcome

I hope you had an enjoyable Christmas period and that 2005 is turning out as you hoped.

Well, did you eat more than usual, have a bit more to drink and your exercise goals slipped somewhat? If so, congratulations -- there was fun to be had! Indeed that is the usual situation for me over the Christmas period. Of course you don't want to go overboard and leave yourself with a major restoration job in February. By getting back to generally healthy eating and regular physical activity, weight and fitness should return to pre-Christmas levels by March. If your weight loss is proving a little stubborn, try the 10% Rule: eat 10% less and increase your physical activity by 10%.

Our feature on page 3 (Can You? Can't You?) is a little away from mainstream health topics, but few would disagree with the notion that how we feel and how we view life can have a powerful impact on our health and well being. In fact I read the information on the back of a muesli pack when in New Zealand -- I thought it was worthwhile to share some healthy advice from our Kiwi friends.

Many of you will have attended a seminar in conjunction with a health appraisal. Later in this issue is an opportunity for those who missed out to come along to a seminar. There is no fee for those who have had an appraisal in the past, but of course you should check that it is okay with your workplace to be absent for the half day.

This newsletter (Autumn) is the late version of our "Summer" edition -- we have been awaiting completion of the "Health Planner" (below). We apologise for the delay.

### ***Rob Edwards and the Health Futures Team***

## Prostate Cancer

Recently three people I know well were diagnosed with prostate cancer. They are all young -- not long past age 50 (albeit they all look like they are still in their 30s [yes, they receive this newsletter!]).

Thus I again consider the debate about for whom and when should prostate screening be conducted. There are a number of reasons why the PSA blood test is not included in our health appraisal profile. We are continuing to take advice on the topic and will again review the situation mid year. The position of the Urological Society of Australasia (Feb 05, [www.urosoc.org.au](http://www.urosoc.org.au)) is:

"Individual men aged 50 to 70 years with at least a 10 year life expectancy should be able to be screened by annual DRE and PSA testing, after appropriate counselling regarding the potential risks and benefits of investigations and the controversies of treatment. It should be left to the individual doctor to decide whether to advocate testing in a man not requesting it. Population screening of asymptomatic men is not recommended."

Health Futures' position is accordingly: men over 50 years should give priority to talking with their doctor about the appropriateness or otherwise of prostate screening.

**"Good idea, I'm gunna do that."** Many people are "gunna" get their prostate checked, have the PAP test or mammogram that is overdue, start skin, breast and testicular self checking and so on. Unfortunately many were still "gunna" at the time they found themselves lying still in a brown box. You are your most important asset -- treat yourself as such and don't let less important things get in the way. Don't be a "gunna".

## Health Planner

Those of you who received a CD report in recent years will have noticed a goal setting and tracking facility in the report. We are glad to announce that it has been improved and is now web based, for all previous participants to use. Check out [www.healthfutures.com.au/planner](http://www.healthfutures.com.au/planner) and use HF Code: P1111 to gain access. Health Futures does not load any personal data to any web site.

*"The best advice we ever had was given to us as toddlers; take one step at a time."*

P K Shaw

### **Don't Forget:**

When it comes to resolutions:

Set specific goals

Be realistic

Write down the goals

Consider the benefits

Review your goals

Reward yourself

and remember you're on the road to success when you realise that failure is merely a detour.

*"Sometimes the only sense you can make out of life is a sense of humour."*

Anonymous

## Don't Forget:

Some stress tips:

Have a day plan

Keep a tidy work area

Talk less and listen more

Accept criticism calmly

No means No

Avoid time wasters

Limit caffeine & alcohol

Be an optimist.

"A worry is only a worry if you worry about it."

## Worth a Look

[www.kidney.org.au](http://www.kidney.org.au) The kidney foundation is well worth a look generally and for those with specific kidney conditions. A recent inclusion is "You're In Charge", a 16 page self management book that you can download. We were impressed enough with the booklet to seek permission to include it in our health appraisal report. On the site is a specific needs recipe book that is also worth a look.

[www.gesa.org.au/consumer](http://www.gesa.org.au/consumer) The website of the Gastroenterological Society of Australia has a heap of technical information, but also a valuable "Consumer Info." section. Included is quality information on a wide range of topics from Alcohol to Gallstones to Travellers Health.

[www.meerilinga.org.au](http://www.meerilinga.org.au) Click on "Lunch Box World". This is a neat little section of the site with tips and ideas for preparing healthy lunches for both kids and adults.

A couple of books by nutritionist Catherine Saxelby that we recommend: "Every Day Diet Secrets" (\$12.95) a small book of quality tips and guidance without waffle or gimmicks; "Nutrition for Life" (\$27.95) is an excellent and extensive book that Health Futures staff recommend highly for general nutrition information. To order visit [www.foodwatch.com.au](http://www.foodwatch.com.au).

## Roasted Italian Vegetables

Servers 4

4 small (300g) zucchini  
4 (300g) finger eggplant  
4 (200g) egg tomatoes  
1 red and 1 yellow capsicum  
1 onion, sliced into thin wedges  
2 teaspoons olive oil  
Freshly-ground black pepper  
2 tablespoons chopped fresh flat-leaved parsley

Pre-heat oven to moderately-hot 200 C, utilising the top oven grilling element if available. Prepare vegetables - trim ends from zucchini and eggplant and cut in half lengthwise; cut tomatoes into quarters; trim top and bottom from capsicum, remove seeds and inner membranes and cut flesh into 3 cm wide strips; peel and cut onion. Spray or brush two large roasting pans 30 x 25 cm with a little oil. Arrange prepared vegetables in a single layer and drizzle over the olive oil (or you can simply spray them from a can of oil spray). Sprinkle with freshly-ground black pepper. Bake for 20-25 minutes or until just browned and eggplants are starting to soften, shaking the pans once or twice to prevent sticking. Sprinkle over parsley.

Reproduced from  
[www.foodwatch.com.au](http://www.foodwatch.com.au) check it out for more great recipes.

See the web site for variations.

## Search For The Smile Side

Kerry, our office manager, called a client who was unavailable so she asked the secretary to leave a message for the person: "Please, return the call, at their leisure because it is not urgent". The secretary whilst recording the note spoke (or pretended to) the text she was writing: "Kerry from Health Futures called, she said to return her call immediately and if you don't she will hunt you down to any corner of the earth and cause great harm to you." Of course great laughter followed.

What that person did was grab a reasonably benign situation and made it an opportunity to have some fun and put a smile on someone else's face. Most would agree that a strong component of our health and well being is how we feel and how we look at life -- attitude. Even if life has dealt you some crap -- try to find the funny side, have a laugh and try to make others laugh with you.

## Software Error

For those who have received a CD report in recent months: you may have noticed an error in selecting some of the "Further Information" items -- a "Quit" screen is displayed. 95% of the "Further Information" items are: Articles, Contacts, Conditions or Recipes and they work fine. To access the other components go to the Recourses Menu and choose "Mini Books" or "eBook" as needed -- there you will find all the information.

*"A wise man  
will make more  
opportunities  
than he finds."*

Frances Bacon

*"The true  
nature of a heart  
is seen in its  
response to the  
unattractive."*

Anonymous

## Can't You? Can You?

We've never done it before	...	We have the opportunity to be first
It's too complicated	...	Let's look at it from a different angle
We don't have the resources	...	Necessity is the mother of invention
It will never work	...	We'll give it a try
There's not enough time	...	We'll re-evaluate some priorities
There's no way it will work	...	We can make it work
It's a waste of time	...	Think of the possibilities
It's a waste of money	...	The investment will be worth it
We don't have the expertise	...	Let's work with those who do.
We can't compete	...	We'll get a jump on the competition
Our people won't go for it	...	Let's show them the opportunities
It's good enough	...	There is always room for improvement
We don't have enough money	...	We're a lean, mean machine
We don't have enough room	...	Temporary space may be an option
It will never fly	...	We'll never know until we try
It's not going to be any better	...	We'll try it one more time
It can't be done	...	It'll be a challenge
No one communicates	...	Let's open the channels
Isn't it time to go home?	...	Days go so quickly around here
I don't have any idea	...	I'll come up with some alternatives
Let somebody else deal with it	...	I'm ready to learn something new
We're always changing direction	...	We're in touch with our customers
It's too radical a change	...	Let's take a chance
It takes too long for approval	...	We'll walk it through the system
Our customers won't buy it	...	We'll do better at educating them
It's contrary to policy	...	Anything is possible
It's not my job	...	I'll be glad to take responsibility
<b>I can't</b>	...	<b>I can.</b>

## Tsunami and Kids

Such devastation and pain makes our concerns of cholesterol, diabetes and the like rather small. Recently I have been assisting School Aid with a major appeal. School Aid raises money in response to tragedies such as the Beslan Hostage crisis, East Timor and others. Funds are raised to address education needs of the young victims. Notably School Aids' administration costs are less than 10% -- sometimes nearly 0% due to many voluntary hours given by caring people. If you have not yet donated for the Tsunami victims or you would like to do so again please consider sending a cheque to: School Aid, PO Box 5618, Brendale Qld 4500 (please note code C111). You'll be helping get the kid's education back on track.

# Good Health -- Great Future

Issue A5

Print this page, then enter a "Rating" from 1 to 5 as to how well you take care of yourself in that particular area. 5 means that you are very proactive in managing that particular aspect of your lifestyle; 3 means there is room for improvement, 1 means it is in a pretty bad way.

This is not designed as a detailed analysis. Just approximate how you are going for each point, for example: "Dietary Fibre Intake" ask yourself: do I eat wholemeal bread, include plenty of vegetables, have a couple of pieces of fruit each day, choose wholegrain cereals and so on?

Use the low ratings to identify areas that may be improved -- opportunities to invest in your future health and well being.

Enter "Goals and Actions" in the space provided. Make a diary note to revisit the table two monthly.

Don't do this in a hurry (it's far too important), take some time to ponder where you are at and how you can make positive change in the context of the other demands on your energy and time.

*Have a great day*

## How Do You Rate Yourself?

Consider [www.healthfutures.com.au/planner](http://www.healthfutures.com.au/planner) (use HF Code: P1111) to manage your goals

	Rating	Goals and Actions
<b>Physical Activity</b>		
<b>Body Weight</b>		
<b>Alcohol</b>		
<b>Cigarettes</b>		
<b>Dietary Fibre Intake</b>		
<b>Dietary Fat Intake</b>		
<b>Sugar Intake</b>		
<b>Fluid Intake</b>		
<b>Stress Management</b>		
<b>Time to Relax</b>		
<b>Back Care Exercises</b>		
<b>Cholesterol/Triglyceride</b>		
<b>Skin Self Checking</b>		
<b>Check Stools for Blood</b>		
<b>Breast/Testicular Self Check</b>		
<b>PAP Test</b>		
<b>Mammogram</b>		
<b>Prostate</b>		
<b>Dental Check Up</b>		

## Replies, Replacement Reports and Back Issues

If you would like back issues of this newsletter you can "reply" but the subject must be: "Back Issues". The newsletter goes to many thousands of people so it is not possible to respond to specific health related inquiries.

A new appraisal report is available, but due to the number of people who have taken part in the program, we are unable to provide new reports without charging a small fee. The fee is \$45 for production and postage of a CD report (approx. 2000 pages of resources). Reports are sent after payment (by cheque) to: Health Futures Pty Ltd, Level 1, 44-52 Townshend Street, Phillip ACT 2606. Please indicate date of birth and if your name has changed.

# Good Health -- Great Future

## Seminar Offer

There is no fee, but the offer is limited to those who have previously taken part in a health appraisal (you are welcome to bring a partner). Anyone who attended a seminar more than two years ago is also welcome (please indicate approximately when you attended).

Registrations are only accepted by email to:  
**seminar@healthfutures.com.au**

If the listed seminars are oversubscribed you will be offered an alternative.

Next available public seminars 2005:

<b>Sydney :</b>	<b>16 March</b>
<b>Hobart</b>	<b>17 March</b>
<b>Wollongong:</b>	<b>5 April</b>
<b>Canberra:</b>	<b>6 April</b>
<b>Melbourne:</b>	<b>7 April</b>
<b>Brisbane:</b>	<b>20 July</b>
<b>Adelaide:</b>	<b>21 July</b>
<b>Perth:</b>	<b>22 July</b>

Most seminars are in the morning for approx. three hours. Details are provided after registration.

If the locations or dates do not suit, you may reply and be back listed for a seminar in your region when (and if) one is scheduled.

*(Please note: You may not have been originally offered a seminar at the time of your appraisal due to either unavailability in your area or workplace structures not compatible with a half day seminar).*

**The Seminar:** You will acquire valuable ideas and practical skills to achieve good health and well being -- even when the pressure is on. A key to the program's success is understanding that most people know what they need to do. So the focus is on "How To" establish sustained personal change to achieve good health -- that is genuinely enjoyable. The long term benefits follow. It's a fun session that audiences rate above the 90th percentile.

Topics include: You Can't Pick Your Parents; Eat Well & Enjoy a Drink; Fitting in Fitness; A Healthy Back; The SELF Test; Relax; Heart Disease - You are the Driver!; Cancer - You Just Could Save Your Life!

**The Presenter:** Rob Edwards has a Bachelor of Science with majors in Anatomy & Physiology. He has presented this seminar, across Australia, for the past 12 years as well as being a guest speaker at many national conferences. Since establishing Health Futures in 1992 he has been designing health management programs for people ranging from business to cardiac patients to elite athletes. Rob is the author of the book "Better Blood Pressure". His six years working in cardiac rehabilitation and two years with disadvantaged youth has added to his ability to create and deliver programs that really connect with people to make a lasting positive difference in the quality of their lives.

*"Excellent, it was the most useful training/information sessions I've been to in 12 years."* **Department of Defence**

*"The key note address you presented at the conference was an excellent balance of fun and information ... is sure to remain a highlight of the conference."* **Boehringer Ingelheim**

*".....the seminars you presented were both eminently professional and a fun experience. You seem to have the gift of blending important health information with the right kind of motivation."* **Australian Pharmaceutical Industries**

*"... enlightening, balanced, entertaining & witty. We were delighted you presented at our National Sales Conference."* **MicrOpay**

*"...we appreciated your professional presentation while being able to participate in a way that was both fun and relevant to each of us. The feedback from our team has been excellent."* **3M Healthcare**

*"The Executive Committee complements you on an excellent presentation at our International Convention."* **Aust. Pipeline Industry Assoc.**

*"Knowledgeable, humorous, witty, entertaining, made a memorable session."* **Capital Parkroyal**

*"Presented in a clear and entertaining way resulting in a series of simple messages which you retain."* **Dept of the Prime Minister & Cabinet**

*"... of enormous benefit."* **WIN TV**