



Bite

Word of  
mouth

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## Featured

# Show us your Mo

During November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces in Australia and around the world. The aim of which is to raise vital funds and awareness for men's health, specifically prostate cancer and male mental health.

The truth is, men are often known to be more indifferent towards their health when compared to women. As a result, the levels of awareness, understanding and funding for men's health issues, like prostate cancer and men's mental health, lag significantly behind other causes.

Simple measures such as maintaining a healthy lifestyle, a good diet and getting regular medical check-ups can dramatically influence your health. Keep your (or your man's) health in check by following the following:

### HAVE AN ANNUAL PHYSICAL

Getting annual check-ups, preventative screening, skin tests and immunisations are among the most important things you can do to stay healthy. Yes an annual check-up does include a dental visit!

### KNOW YOUR FAMILY HEALTH HISTORY

Family history affects your level of risk for cancer, diabetes, heart disease and stroke, among other illnesses. It all starts with a

conversation—talk to your family and take note of illnesses that have occurred. Be sure to learn about relatives that are deceased as well

### DON'T SMOKE!

If you do smoke, stop! It is estimated that active smoking is responsible for 88% of all lung cancer deaths in Australian men aged over 35.

### BE PHYSICALLY ACTIVE

If you need to start small and work up to a minimum of 30 minutes of moderate physical activity most days of the week. Stay on the move; long periods of sitting increases your risk for disease. Every little bit counts—take the stairs instead of the elevator or take a walk during your lunch break.



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Donate generously

## This month...

...what better way to draw attention to our mouths than by growing a lush Mo?!

Whether you call it mo, stache, mop, fluff or bristles—we're focussing on it because the concept of Movember helps to bring awareness to the very important, yet underrated topic of Men's Health—dental and otherwise.

Read the top tips for all men to ensure they stay in peak health.

We're having fun in the studio too, as I'll be growing a furry top lip in support of Movember. I hope you'll support me and donate at the link on the next page.

Dr Simon Franks





> continued

**SLEEP WELL**

The quality of your sleep can dictate how much you eat, how fast your metabolism runs, how fat or thin you are, how well you can fight off infections, and how well you can cope with stress. Keep a regular pattern of sleep, going to bed and waking up at roughly the same time.

**EAT A HEALTHY DIET**

Fill up with fruits, vegetables, whole grains and choose healthy proteins like lean meats, poultry, fish, beans and nuts. Eat foods low in saturated fats, cholesterol, salt and sugars. Moderation is key, as is eating a wide range of foods to ensure you get a variety of nutrients.

**STAY AT A HEALTHY WEIGHT**

More than half of the Australian population are either overweight or obese. Obesity and being overweight pose a major risk for chronic diseases, including diabetes, cardiovascular disease, hypertension, stroke and cancers. Balance calories from foods and beverages with calories you burn off by physical activities.

**MANAGE YOUR STRESS**

Stress, particularly long-term stress, can be the factor in the onset or worsening of ill health. Managing your stress is essential to your health & well-being. Take 'time out' each day and go for a walk or do something you find relaxing.

**DRINK ALCOHOL ONLY IN MODERATION**

Alcohol can be part of a healthy balanced diet, but only if consumed in moderation. This means no more than two drinks a day.

**KNOW WHAT TO LOOK OUT FOR**

Find out what tests should be done regularly by your GP. Visit the Movember site for a check list for each decade of your life.

<http://au.movember.com/mens-health/health-checklist/>

This man is a dentist so we can't show you his face *but...*  
we can show you his mo!



Support Simon's furry top lip for Men's Health Movember. Donate now at

<http://mobro.co/dentalmug>

*New website now live - check it out*

*Healthy Hygiene Hints*

**What really is the best toothpaste?**

In the big world of popular tooth cleaning products how do you pick the right one?

So here we go, the best toothpaste is...

...there are none. That's right! While most people think that toothpaste is the key to better oral hygiene, this is wishful thinking. It's all about technique and making sure your toothbrush comes into contact with each surface of your tooth.

Even though it feels like all the foaming & tingling is eradicating the bacteria from our mouths, the fact is—if the toothbrush is not physically touching every surface, then that plaque is not going anywhere!

*Jenna*



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