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Angry's Story

Angry Anderson - humanitarian, father and Australian music icon wants to help put the impact of hearing loss on the national radar.



"Music has always been a major part of my life," Angry says. "It has been my profession, my passion and my place in the world. It's a bitter moment for me, as the singer in the loudest rock band on the admit to the world that I have significant hearing loss."

"Contrary to what you might think, music is not how I lost my hearing. Working as an apprentice fitter and turner in my early teens, before occupational health and safety, is how I started to lose hearing. Without realising it, I've added to that hearing loss through unprotected live and loud music for decades."

"While I thought I could get by without hearing devices, I didn't realise that I was doing more damage. Wish I'd known then, what I know now."

"I've tried cheap hearing aids before and they have really annoyed me because of the exaggerated rustling of paper or squelching of the floor. Again, I wish I'd known that getting the 'tuning' right through regular visits, or upgrading to a better quality instrument, could have made such a difference. When I first tried hearing instruments, I felt like I'd been thrown from the world that I never wore them. Thanks to new hearing technology, now I feel connected."

"The worst part is the tinnitus – my constant companion – driving me absolutely nuts. It is a ringing in my ears, day and night, day after day and it sure ain't musical! Finally, I am doing something about it. Forewarned is forearmed; so I'm here to tell you, young or old, to get your hearing checked. Investigate hearing protection options as early as you can and make looking after your hearing a priority because once it's gone – it's gone!"

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The good news is a Connect Hearing professional can assess hearing in a simple 30 minute check up. Making an appointment easy, **Phone 9394 8855 to speak to Connect Hearing**, local shop 127b on the upper level. For more information or centre go to **www.connecthearing.com.au**

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Healthy? See your GP

Seeing your local GP when healthy can help prevent illness. The leading causes of illness and death in men include coronary heart disease, stroke, bowel, prostate and lung cancer and diabetes: these are preventable yet men are notoriously reluctant to visit a doctor!

At St Ives Medical Centre we invite you to meet our friendly doctors who believe in approaching men's health holistically. They can offer you a variety of screening and preventative measures to improve your long term health including: blood pressure monitoring, cholesterol testing, diabetes risk screening, cardio risk factors, weight management issues, skin cancer checks and removal of lesions, prostate cancer screening, depression screening, 45 yr + annual review and 75 yr + annual review.

Encourage your fathers, sons, brothers, friends and partners to visit a GP and talk to a GP. Your GP is a valuable partner in ensuring your healthy future.

St Ives Medical Centre is open 7 days. On weekdays the centre is open until 8pm, which makes it easier to see a GP after work. Please Phone 9440 5050 for an appointment.

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Blackmore's Performance Multi

Perform at your peak, both mentally and physically, everyday with Blackmores Men's Performance Multi.

The comprehensive formula helps to provide an optimum intake of vitamins, minerals and herbs including increased doses of ingredients beneficial for men's health. It supports energy production, supports exercise performance, relieves stress, supports a healthy reproductive system, assists circulation to the extremities, supports liver detoxification and helps protect against free radical damage.

Blackmore's Performance Multi is available at O'Loughlin Medical Pharmacy, Shop 126 on the Upper Level, Phone 9440 0030.

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Physiotherapy for Men

All cars need a tune up or a part replaced to either keep running smoothly, or to improve performance. In people, new parts are

harder to come by. A physiotherapist can help keep your engine running smoothly.

Your local physiotherapist can advise you about an appropriate exercise program or sport that would dovetail into your lifestyle. If you're taking your body for a spin around the park, you might occasionally run into some engine difficulty. Physiotherapists are experts in assessing and treating those injuries that may occur during exercise or sport, and in turn play a key role in helping you to return to your sport/activity more quickly. Additionally, they give sound advice on how to prevent re-injury.

Care should be taken when participating in sport, especially if you have been inactive for some time. When choosing an activity, your medical history and any problematic areas should be taken into account. Physiotherapists advise which sports might be appropriate for you and tailor exercise programs to help prevent injuries. It is usually best to start with low impact activities such as walking, swimming or using an exercise bike before progressing to your favourite sport.

A warm up routine before sporting activity should be sport specific. General conditioning, aerobic fitness, flexibility and muscular strengthening are prerequisites for injury prevention.

Remember the benefits of incidental exercise will keep your fitness levels up – take the stairs, walk to the train station or local shops.

St Ives Physiotherapy and Sports Therapy Centre is located in the Village Loft on Level 3 in the Village, Phone 9144 1118 or 9449 4511. Opening Hours, Mon to Fri: 7:30am – 7pm, Sat: 8:30am – 5pm.

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