

A WHOLE NEW BALL GAME

HEALTH ADVICE FOR
AUSTRALIAN MEN
ISSUE 15 // NOVEMBER 2010

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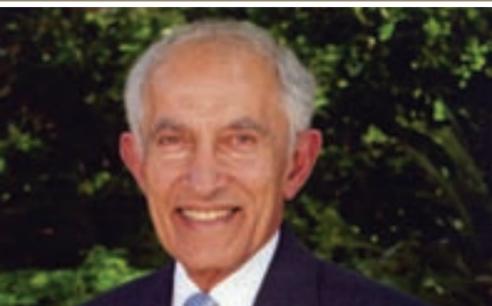
This magazine is generously supported by *beyondblue: the national depression initiative*. For more information call 1300 22 4636 or visit www.beyondblue.org.au

Foundation 49 is an initiative of Cabrini Health. Thanks to Cabrini for its ongoing support.

This magazine contains general health information and does not take the place of regular medical advice and treatment from a GP. We recommend all men consult a doctor or health professional for a thorough personal examination on a regular basis.

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Foundation 49 is grateful for the support of *beyondblue: the national depression initiative* in publishing this magazine.

QUESTIONS FOR THE QUACK

with Associate Professor Gary Richardson



Ryan 37 asks: *I keep hearing about vitamin D and calcium. How much of these do I need and what is the best way to get it? I don't drink much milk.*

Calcium is a mineral needed for teeth and bone formation and the recommended daily intake for men is 800mg. Calcium can be found in many foods, including dairy products, soy products, nuts and seeds, green leafy vegetables, legumes and wholegrain cereals. Vitamin D is also essential for the healthy development of bones, and it assists in the absorption of calcium from food. So you don't just need calcium, you need vitamin D as well. For most Australians the main source of vitamin D is sunlight exposure. Vitamin D2 is also found in the diet, although in small amounts. To get an adequate amount of vitamin D a person needs to expose their hands, face and arms to sunlight for six to eight minutes on most days in the summer months. Not everyone receives adequate vitamin D from casual exposure to the sun, so rather than over-exposure to sunlight, a vitamin D supplement may be appropriate. If you are concerned about your calcium intake or vitamin D levels, speak to your GP about it and he/she can recommend any follow up or changes to your diet.

I don't know about you, but I am constantly amazed at how fast my kids are growing up! Another year is racing to an end, and if you have kids I hope you get to enjoy some time with them over the Christmas break. Why not try doing something different with them that you haven't done before and build some memories you can enjoy for years to come. Remember, live long, live well!

Chris 26 asks: *I think I am losing my hair! I am really worried about how much is falling out. What is normal at my age, and what can I do to stop it?*

There are many reasons why hair falls out at a faster rate than you expect, and it can be distressing, especially if thin patches start to appear. There are a number of causes such as family history, hormone changes, medications, nervous habits of pulling or rough handling of the hair, burns and infections of the scalp like tinea. You are not alone as the majority of men will be affected by hair loss at some stage in their life. For most people, hair loss is mild and occurs later in life. A range of treatments are available to slow or reduce hair loss, replace damaged hair and stimulate partial regrowth. Speak to your GP to find out what the best course of action is for you as every person is different and only an examination will uncover what your particular cause is.


ASSOCIATE PROFESSOR
GARY RICHARDSON

A DECADE MAKES A DIFFERENCE

After 23 years in Australian politics a new passion was ignited in The Hon. Jeff Kennett AC and 10 years ago he became the inaugural Chairman of *beyondblue*.



"Inquiries overseas and in Australia led me to believe that there was not a unified national approach to tackling depressive disorders. That is not to say that good work was not being done but, rather, too few knew it was being undertaken..."

You don't have to dig too deep to see the value in having such an influential, dedicated and many would say, iconic leader, promoting awareness of depression and anxiety.

"Over the past decade, beyondblue has truly become a national initiative and a well respected and well known organisation. We now have an early intervention and prevention reach across every stage of the lifespan, from birth to older years.

"beyondblue has established itself as the focal point for depression, anxiety and related disorders in Australia, a major force in shaping public policy and in introducing new programs in mental health. Community awareness of depression and confidence to seek help has grown enormously Australia-wide."

beyondblue continue to develop diverse programs in response to community needs, including those of men and the message is:

Depression is nothing to be ashamed of and should never be thought of as a weakness. Depression is an illness just like diabetes and heart disease, and effective treatments are available to help people get on the road to recovery. Men generally tend to put off getting help for health problems because they might think they are supposed to be tough, self-reliant, manage pain and take charge of situations. This can make it hard for men to acknowledge they have any health problem, let alone a mental health problem. It is really important if you're feeling anxious or overwhelmed by life that you speak to someone about it.

At this time of year there is an increased focus on men's health with enthusiastic moustache growing for Movember, an annual campaign raising awareness of depression and prostate cancer during the month of November.

"Movember has helped destigmatise depression and I look forward to the day when men seek help and treatment for depression in the same way they'd get attention for a broken arm! beyondblue's aim is to get the message out that depression is common and most people recover if they get the right treatment. The sooner you get help, the sooner you're on the road to recovery."*

To find out more about depression, anxiety and related disorders, available treatments and where to get help, visit the *beyondblue* website at www.beyondblue.org.au or call the info line on **1300 22 4636**.

* For more information, go to www.movember.com



THINGS YOU SHOULD KNOW

- The youngest pope was 11 years old
- Proportional to their weight, men are stronger than horses
- Peanuts are one of the ingredients in dynamite
- It is possible to lead a cow upstairs, but not downstairs

USING THE INTERNET

THE GOOD, THE BAD AND THE UGLY

Accessing information from the internet is common in health care. Doctors and other health professionals do it all the time, and more and more patients check out their conditions this way. There are many good professional and consumer sites, which have reliable information. We also know that it can be impossible to judge the quality of that information without some basic understanding of medicine. This is why doctors can reliably access information, and why consumers are often led up the "garden path".

This is certainly the case with treatments for "private bedroom business", where men have been targeted and have proven to be vulnerable. Who hasn't been offered cheap erection drugs via their email? If a man has erection problems why not purchase the tablets in this way? After all, it avoids the embarrassment of having to discuss it with a doctor, and there is no consulting fee. Even if the man doesn't have erection problems but just wants a bit of security, he can access medication without questions. Those advertisements that offer stronger erections, more prolonged sex and penis enhancement may be hard to resist.

Is there a down side to this? The answer is a definite yes. There are several down sides. Bypassing your local doctor means important underlying medical problems are missed. For example, men who have erection problems are often found to have important medical conditions. Diabetes, high blood pressure and high cholesterol are frequently diagnosed this way, as is significant depression. Erectile dysfunction is a significant predictor of heart attacks and is a vital warning sign. This doesn't just relate to older men, recent Australian research has shown that this applies to men in their 30's and upwards.

There is a more sinister side to buying medications on the internet. Many are counterfeit and some contain toxic contaminants. In the first half of 2008, seven Asian men died from low blood sugars caused by the inclusion of diabetic drugs in the counterfeit tablets. What does this say about the motives of the unscrupulous counterfeiters? Apart from this, many other contaminants have been found, and many tablets are totally inactive. Is the lower cost worth the risk? Get a prescription from your local doctor and fill it at an Australian pharmacy.

Finally, some entrepreneurial clinics advertise widely and appear to offer specialist services, but are really selling compounded medications at inflated prices. Sometimes men are asked to sign contracts for long term medication supply. This is never necessary and is a sure sign that the man is being exploited.

Sexual problems are often a pointer to significant physical and mental health issues, such as diabetes, high blood pressure, high cholesterol, relationship problems or depression. If you have a problem of any kind, see your doctor. You are probably overdue for a check-up anyway!

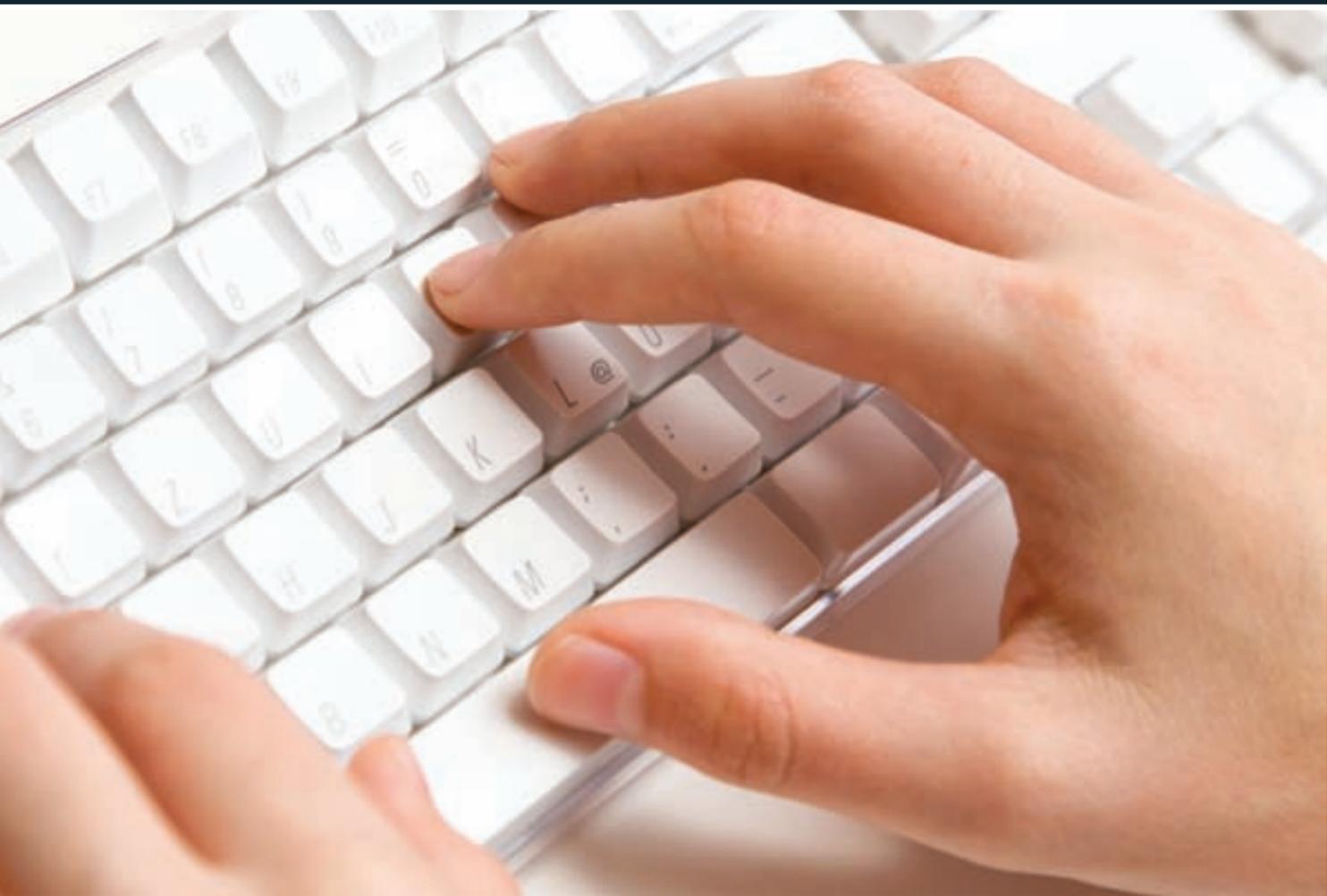
This article has been contributed by Associate Professor Doug Lording, an Andrologist and Endocrinologist in private practice at Cabrini Hospital, Melbourne. He has worked in the area of sexual health for 30 years.

AUSTRALIAN MEN ALSO VULNERABLE!

- A Queensland man was recently hospitalised after taking a fake erection medication that contained a potentially lethal dose of diabetic medication. He obtained it from a friend who purchased it in Vietnam.
- A batch of fake, inactive but non harmful, Viagra copies have been identified in the wholesale supply chains.
- Men need to take care. Your GP will know what to prescribe, and your pharmacist will know what to supply.

ONLINE COUNSELLING: Another way to get help for depression and anxiety

"...online therapies are showing great promise and are proving to be an effective alternative to face-to-face treatments for anxiety disorders and depression"



There are many self-help, internet-based programs aimed at helping people to prevent, treat and manage depression, anxiety and related disorders. Deputy CEO of *beyondblue: the national depression initiative*, Dr Nicole Highet, says online e-therapy is proving to be an effective alternative treatment for people with depression and anxiety who can't or won't access help from mental health professionals.

"We know that more than half of all Australians with depression and anxiety don't get the help they need for a range of reasons," she says. "There may be a lack of services in their area, they may not be able to afford the consultation fees or perhaps they're too embarrassed or ashamed to ask for help.

"To access online counselling, people can log onto a computer, in the privacy of their homes, and work through various programs which will teach them how to identify and take control of negative and unhelpful thought patterns which underpin conditions such as depression and anxiety.

"The great thing about these programs is that not only are many of them free, but people can choose to remain anonymous." Dr Highet says online therapy, for example, can help a person who has an anxiety disorder.

"It's common for someone with anxiety to view situations as being more dangerous than they are in reality," she says. "For example, a person afraid of flying may be obsessed with the possibility of the plane crashing, even though in reality they know this is highly unlikely.

"This would cause the person to feel extremely anxious and overwhelmed throughout the trip or the person may avoid plane travel altogether, which could impact negatively on work commitments or family life."

Dr Highet says, similarly, people with depression view themselves and their situations negatively. "People should consult a health professional to learn how to manage these thoughts and bring these feelings under control through talking therapies such as Cognitive Behaviour Therapy," she says.

"But if you can't or don't want to talk about these problems with a health professional face to face, you may feel more comfortable accessing an e-mental health program and working your way through the process in private."

To help people find these programs and services, *beyondblue* has developed an online directory of e-mental health services and therapies available in Australia. E-mental health services are emerging as a cost-effective and useful way of meeting the large unmet need for treatment – yet many people are unaware they exist. The directory aims to benefit the large number of people who need help for depression and anxiety, but who are not currently receiving it.

beyondblue's directory lists 37 services. Each has a description of the program, the conditions covered, how to access it, who developed it and whether it has been evaluated.

"These online therapies are showing great promise and are proving to be an effective alternative to face-to-face treatments for anxiety disorders and/or depression" says Dr Highet.

On the couch

One such program is e-couch, a free, interactive online program that includes information about how to manage emotional problems, as well as exercises, feedback and strategies to help you understand yourself better and tackle challenges that you may be facing.

e-couch includes a range of evidence-based, self-help "toolkits" for depression and anxiety disorders. These include Cognitive Behaviour Therapy (CBT), InterPersonal Therapy (IPT), relaxation therapy, physical activity therapy, social skills training and problem-solving techniques.

For more information about e-couch, visit www.ecouch.anu.edu.au and for more information about types of treatments like CBT and IPT visit www.beyondblue.org.au or call the *beyondblue* info line on 1300 22 4636.

beyondblue is a member of the National E-Mental Health expert advisory group and assisted in the development of the National 2020 Vision and Strategy for e-mental health services in Australia.

Where to get help

beyondblue has an online Directory of Medical and Allied Health Practitioners in Mental Health. This directory is designed to help you find a medical or mental health professional in your local area who can help to diagnose, treat and manage your depression, anxiety and/or related disorders.

To access the *beyondblue* Directory of Medical and Allied Health Practitioners in Mental Health, or to find out more about depression, anxiety and related disorders, and available treatments, visit www.beyondblue.org.au or call the *beyondblue* info line on 1300 22 4636 or email infoline@beyondblue.org.au

Some Facts

50% of people who sought information about depression said they had done so via the internet.

80% of people think that those with depression would feel embarrassed to consult their GP about it.

More than 60% of people with an anxiety disorder don't seek help at all.

Generic medicines explained

“...If your current medicine has a brand premium, using a generic version will save you money. There will always be at least one generic version of the medicine available at the standard price.”



Finding the name of the active ingredient on the pharmacy label

Original brand name Same active ingredient Generic brand name

30 ZOCOR TABLETS 10mg [Simvastatin]	\$5.58
Take ONE tablet with a glass of water ONCE a day	
Mr A Confos	
Dr D Thorpe	Full Cost
20/02/2007	\$35.57
KEEP OUT OF REACH OF CHILDREN	
QUM PHARMACY, 84 Blane St, Sydney 2000 Tel 02 9515 633	

30 ZIMSTAT TABLETS 10mg [Simvastatin]	\$4.90
Take ONE tablet with a glass of water ONCE a day	
Mr A Confos	
Dr D Thorpe	Full Cost
20/02/2007	\$34.89
KEEP OUT OF REACH OF CHILDREN	
QUM PHARMACY, 84 Blane St, Sydney 2000 Tel 02 9515 633	

This diagram shows the pharmacy labels of two brands of the cholesterol-lowering medicine Simvastatin. The left-hand one is the original brand Zocor, and the right-hand one is one of the generic versions with the brand name Zimstat. In this example, the patient Mr Confos is a concession card holder. He pays \$5.58 for the original brand Zocor, including a brand premium of \$0.68, or \$4.90 for the generic brand Zimstat.

When a pharmaceutical company first develops a new medicine, it takes out a patent to ensure that no other company may make and sell the medicine. It is only after the patent has expired that other companies may make copies of it. These copies are known as generic medicines.

Generic medicines are now more widely available than previously, because the patents of many medicines have expired recently.

Same active ingredient, different brand names

Prescription medicines have two names. The first is the name of the active ingredient. The second is the brand name. The active ingredient is the chemical that makes the medicine work as intended.

When a company produces a new medicine, it gives the active ingredient a name. It also gives the medicine a brand name, which is the name the company uses when promoting and selling the medicine.

When a company produces a generic version of a medicine, it gives the generic version a different brand name. However, the medicine always contains the same active ingredient as the original medicine.

Different inactive ingredients

Medicines also contain inactive ingredients. For example, these ingredients hold tablets together, and give capsules a smooth coating so they are easier to swallow. In many cases, generic versions have different inactive ingredients from the original brand.

The different inactive ingredients have no effect on how the medicine works, so most people do not need to worry about them. They are only significant for people with extreme sensitivities or allergies to particular substances, such as gluten, lactose or preservatives, and people who avoid certain substances, such as pork, for personal, cultural or religious reasons. These people should check the inactive ingredients as they would any other medicine.

Different inactive ingredients mean that the different brands often look different. For example, they may be a different colour, size and shape.

Same health benefits, safety and effectiveness

Before being approved, the manufacturer of a generic medicine must show that the medicine has the same amount of active ingredient as the original medicine. The company must also show that the medicine is manufactured using the same stringent quality and safety standards that apply to all medicines made in Australia. These requirements ensure that generic medicines always have the same health benefits, effectiveness and safety as the original medicine.

Generics may be cheaper

In Australia, most prescription medicines are subsidised and made available to consumers through the Pharmaceutical Benefits Scheme (PBS). The Government sets a standard price for each medicine on the PBS.

For most medicines, the original brand and the generic versions are the same price. However, sometimes, a company will charge a higher price than the standard price for its brand. If so, the consumer pays the difference between the standard price and the company price, and the difference is known as the brand premium. The average brand premium is about \$3, but it may range from less than \$1 to almost \$80.

If your current medicine has a brand premium, using a generic version will save you money. There will always be at least one generic version of the medicine available at the standard price.

Changing brands

If you want to take advantage of cheaper generics, talk to your doctor or pharmacist about using a cheaper brand. It is best to avoid changing brands too often because it can be confusing and can cause medicine mishaps. A typical mishap is taking two brands of the same medicine at the same time and hence taking a double dose. Once you have decided which brand you want to use, ask your pharmacist to give you that brand each time.

Getting to know your medicines will help avoid medicine mishaps. Learn to identify each of your medicines by its active ingredient. If your medicines are changed, look for the name of the active ingredient on each label to make sure that you are not taking two medicines with the same active ingredient.

Also, make sure you understand what each of your medicines is for, and which medicine the generic version replaces. If you have any questions, don't hesitate to ask your doctor or pharmacist.

Finding the name of the active ingredient

On the container

The most obvious name on the medicine's container and packaging will usually be the brand name. It will usually be in a larger and bolder print than any other writing on the packaging. The active ingredient will usually appear below the brand name in a smaller and lighter print.

On the pharmacy label

On the pharmacy label, the brand name usually appears first with the active ingredient below, as in the examples in the image. However, it is becoming increasingly common for the active ingredient to appear first and the brand name below. The order depends on your pharmacy.

This article has been contributed by MedicinesTalk, published by NPS – Better Choices, Better Health

For information about medication for depression and anxiety, visit www.beyondblue.org.au or call the beyondblue info line on 1300 22 4636.

A pill for the prostate?

BPH or Benign Prostatic Hyperplasia (non-cancerous prostate enlargement) is a common condition, affecting most men over 50 years of age. It is a progressive disease, and leads to trouble passing urine. Most of the symptoms are caused by the prostate getting larger and pressing on the urethra, which is the tube that runs from the bladder through the penis carrying urine to the outside of the body. The symptoms include trouble starting, a weak stop/start stream, dribbling and feeling like the bladder is not completely empty. Other symptoms are caused by the bladder having to work harder to force the urine through a smaller opening; these symptoms include frequent and urgent urination, and passing urine more often at night.

In the past surgery was considered the only way to effectively deal with these problems; however over the last 10-15 years medications have become more popular and many men have been spared unnecessary operations.

The common types of medications are:

- 1. Alpha receptor blockers** – alpha receptors are nerves that are found in the bladder and prostate. These drugs block the receptors causing the muscles to relax in these areas, making it easier to pass urine. These tablets work quickly, within days and are usually very safe, although some side effects can occur. These include dizziness (due to a drop in blood pressure), retrograde ejaculation (ejaculate fluid passing into bladder rather than out end of penis during ejaculation), and nasal stuffiness. Extra care must be taken if patients require cataract surgery while on this medication. Examples of these drugs include Prazosin (Minipress, Pressin), Alfuzosin (Xatral), and Tamsulosin (Flomaxtra).
- 2. 5 alpha reductase inhibitors (5ARI)** – these drugs block the male hormone testosterone. This leads to the prostate becoming smaller. These drugs work slowly over a matter of months and once again are generally safe. Side effects may include loss of libido, erectile dysfunction (impotence) and breast enlargement.

Examples of these drugs include Finasteride (Proscar, Finasta) or Dutasteride (Avodart).

- 3. Combination therapy** – Recent studies have looked at whether the combination of these drugs together work better than either drug alone. There was clearly a greater improvement of both the severity of symptoms and urine flow rates with combination therapy rather than either drug alone. With the combination the risk of requiring prostate surgery or developing urinary retention was also reduced.
- 4. Anticholinergic drugs** – Cholinergic nerves cause the bladder to contract, so the drugs that block these nerves will reduce the bladder's ability to contract. This will then reduce the frequency and urgency in many men. These drugs may be given alongside other medications for the prostate in order to reduce bladder symptoms. Side effects of these drugs include a dry mouth and constipation. Commonly used drugs would include Oxybutinin (Ditropan, Oxytrol), Solifenacin (Vesicare), and Darifenacin (Enablex).
- 5. Phytotherapy** – many men utilise natural products to assist with their prostate enlargement. The most commonly used natural product is a herb called Saw Palmetto. While individual patients and some studies have demonstrated some benefit from these products, an analysis of the use of this herb did not show any benefit. As such it should only be used cautiously in men for a short time, as the risk of side effects is very low, but if there is no benefit noted the products should be stopped.

The landscape has changed in the management of urinary symptoms caused by prostate enlargement. Research and the introduction of medical therapies have proceeded at a rapid rate and in 2010 the vast majority of men can now be spared surgery and can be effectively managed with medication alone.

Associate Professor Mark Frydenberg, Chairman of the Department of Urology, Southern Health, Urologist within Australian Urology Associates and consultant at Cabrini Health.

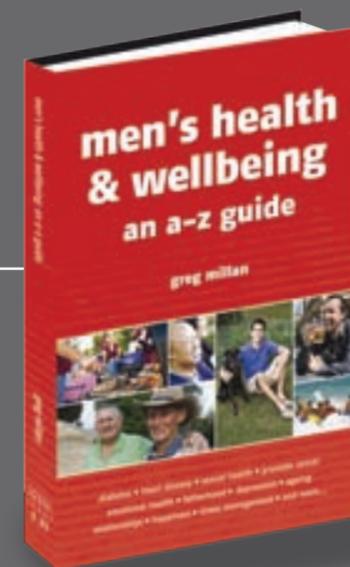
“...over the last 10-15 years medications have become more popular and many men have been spared unnecessary operations.”



Where to get help and information

Andrology Australia
1300 303 878
www.andrologyaustralia.org

A new resource



There is a new men's health book on the market called **Men's Health and Wellbeing – an A-Z guide**. It has been written by Greg Millan, a passionate men's health promotion worker and advocate for many years. The book provides information, topic by topic, on men's health and wellbeing issues.

How to talk to your doctor

It's important to develop and maintain a good working relationship with your GP. Sometimes men wonder what they need to tell their doctor that might be more indicative of a larger problem. A lot of men don't naturally know how best to relate to their physician.

If you have a car you've probably established a good relationship with your mechanic. You know a good mechanic from a bad one. It's easy to apply the same to doctors. Find a good one and invest time in getting what you need from a consultation. If you are not happy with your doctor, find another one.

You should locate a GP who provides care that is scientific, considerate and compassionate. You need to stay in control of your health by fully understanding the nature of any problem you have and the mechanisms and potential hazards of treatments.

Don't hesitate to ask lots of questions or request more consultations for complicated problems. Try to develop an overall health plan with your doctor. Most men have a maintenance schedule for their cars or their computers so develop one with your doctor to maintain a long and healthy life.

To establish a good relationship with your doctor, it helps to be as open as you can, presenting all information in a way that your doctor can use effectively. It's a two-way street — your doctor isn't a 'mind reader' so keep him or her informed of what's happening with you. Don't minimise your symptoms as this makes it much harder for a doctor to effectively assess and treat you.

Before you arrive at a consultation you might want to...

There is a lot more important information in this chapter, if you want to know what it is, you will need to get the book! It is available from Longueville Books www.longmedia.com.au for \$34.95. Check out Greg's website at www.menshealthservices.com.au

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Want to support F49?

Each hour, five men die from potentially preventable conditions. Foundation 49 is working to tackle this crisis.

Yes, I'd like to help Foundation 49 protect men from potentially preventable diseases.

Here is my gift of: \$ _____

Payment can be made by credit card or cheque made payable to: Cabrini Health / Foundation 49.

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Mail to: Foundation 49, 183 Wattletree Rd, Malvern, Vic, 3144.

Fax to: (03) 9508 5360

You can also donate by calling (03) 9508 5363.

All donations over \$2 are tax deductible. Your support is gratefully acknowledged. Foundation 49 is an initiative of Cabrini Health.



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Men at work

Call Foundation 49 to find out about a straightforward and practical health assessment program catering for all men in the workplace. We provide individuals and employers with valuable feedback on health risks, recommendations on well-being initiatives and useful health information. Each participant receives an individual health report.

The *beyondblue* National Workplace Program trains staff and managers to tackle common mental health problems at work. To find out more, call 03 9810 6100 or email workplace@beyondblue.org.au

Foundation 49.
Promoting Health
Awareness in Men

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*beyondblue: the national
depression initiative* is proud
to acknowledge the support
of the Movember campaign
in raising awareness of
depression and anxiety in
men across Australia.

Five minutes with...

John Bowe, *beyondblue* ambassador



John Bowe is a former V8 racing car champion who now competes in the Touring Car Masters series for pre-1974 vehicles. He also mentors young drivers and appears regularly on the motor sports corporate scene.

How long have you been racing cars?

Since I was 15 – as a kid, I was a slightly outrageous rebel who bought a car (a Volkswagen beetle) without my dad knowing. I used to sneak it out at night and drive it until my father found out and he went absolutely mad at me. He then consented to going halves with me in a racing car and I competed in a low-cost formula category that still exists. I grew up around cars; my dad was a mechanic and he raced as well.

What has been your greatest achievement?

I won Bathurst a couple of times and drivers' championships, but the thing that gives me the most satisfaction is the fact that I am treated and regarded with respect by people in my field. That means more to me than anything.

What is your favourite car?

I've driven hundreds, maybe thousands of cars, but the most impressive was a McLaren F1 road car. They made about 70 of them and they're worth millions – there is only one in Australia. It was a pure, pleasurable car to drive.

What's the biggest health challenge you have faced?

Depression, during the last year of my V8 career in 2007 – it was debilitating. It was my swansong year, but I didn't enjoy it.

Instead, I sank lower and lower, and I had to pretend that I was okay because people were relying on me. It was dreadful. I looked at the *beyondblue* website and went to my GP. I found that once you take the first step, you are encouraged to keep going. It's like kicking a goal in a footy game, you make a bit of progress and that gives you a bit more impetus to keep going.

What do you do to stay healthy?

I don't exercise as much as I should, but I do go to the gym when I can – weights, spin class. I look at today's younger drivers, they are all supreme athletes. I was fit for driving, but not for running around the block or bicycle riding. Exercise really is the best thing for you.

What is your favourite food and drink?

I'm a foodie! I cook all the time. I'm not a complex cook, but I can put something together that would make you swoon. I also love French wine, especially a Burgundy or Bordeaux.

What's a typical Sunday for you – when you're not racing?

I like to chill out and have a nice lunch. I usually cook a traditional Sunday lunch and have my son and daughter-in-law or friends over. I've also got a Jaguar E-type soft top convertible, so this summer I am determined to go on some weekend outings. I always wanted one of these cars as a little kid and I bought a beautifully restored one a couple of years ago. I am living a boy's dream.

For more information about depression and anxiety, and where to get help, visit www.beyondblue.org.au or call the *beyondblue* info line on 1300 22 4636