



Women's Health

Women born in Australia today can expect to live to 84.5 years old, making them 9th in the world for longevity. Compared to men, women are more likely to visit the doctor on a regular basis and more inclined to talk about their health concerns. Some health differences between the sexes can be put down to social, emotional and genetic factors, however, research suggests much of the discrepancy is due to the effect of women's hormones.

Top Health Issues for Women

- Heart Disease
- Bowel Cancer
- Breast Cancer
- Ovarian Cancer
- Menopause
- Osteoporosis
- Dementia
- Melanoma

Tips to Stay Healthy

- Keep up to date with health checks, including mamograms and pap smears
- Eat a nutritious diet
- Increase calcium intake
- Stay positive
- Exercise regularly, and include weight bearing exercise
- Get good quality sleep
- Schedule regular 'me' time
- Get some sunshine for vitamin D production

Men's Health

Australian-born men can expect to live to 80.4 years old, placing them 7th in the world for longevity. Men are less inclined to take an active role in maintaining their health and visit the doctor less frequently, usually only attending when their illness is in its later stages. The mortality rate for men is also much higher for almost every non-sex-specific health problem.

Top Health Issues for Men

- Prostate Cancer
- Bowel Cancer
- Melanoma
- Heart Disease
- Lung Cancer
- Respiratory Diseases
- Erectile Dysfunction
- Mental Health Issues

Tips to Stay Healthy

- Have a general check up and keep on top of any tests, such as prostate and skin checks
- Eat to thrive
- Exercise regularly
- Stay at a healthy weight
- Avoid heavy drinking and smoking
- Stay socially connected
- Have a chat with a mate if something is on your mind
- Manage stress
- Wear sunscreen.

