Gender is one of the strongest and most consistent predictors of health and life expectancy. For men, this is not good news. Across the globe, men die on average 6 years earlier than women!

This November, take action to be healthy and safe and encourage the men and boys in your life to make their health a priority.

**THE HARD FACTS ABOUT MEN'S HEALTH**

- Leading cause of death for Australian males is heart disease
- More men die from prostate cancer than women die from breast cancer
- The rate of suicide for men is 3.5 times higher than women
- 95% of men don’t eat enough fruit & veg
- 86% are overweight or obese
- 31% have a chronic health condition
- 60% do not exercise sufficiently to obtain health benefits
- Men make up 68% of the population who use drug & alcohol treatment services

Source: menshealth.org.au

**WHICH HEALTH CHECKS SHOULD YOU BE HAVING?**

**AGED 18-39**
- Blood pressure check
- Cholesterol screening & heart disease prevention
- Screening for Depression
- Dental exam
- Eye exam
- Immunisations: ie; Flu vaccine, tetanus-diphtheria booster vaccination every 10 years
- Skin cancer
- Sexual health

**AGED 40s-50s**
- Blood pressure check
- Cholesterol screening & heart disease prevention
- Screening for Depression
- Dental exam
- Immunisations: ie; Flu vaccine, tetanus-diphtheria booster vaccination every 10 years
- Eye exam
- Osteoporosis
- Skin cancer
- Diabetes
- Cholesterol check
- Cardiovascular risk
- Glaucoma
- Colon Cancer screening
- Prostate cancer

**AGED 60s-70s**
- Blood pressure check
- Cholesterol screening & heart disease prevention
- Hearing test
- Dental exam
- Eye exam
- Skin cancer
- Diabetes
- Cholesterol check
- Cardiovascular risk
- Osteoporosis
- Glaucoma
- Colon Cancer screening
- Prostate cancer