

HEALTH TIP

NOVEMBER

MEN'S HEALTH

2015



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
40'S-50'S**

- 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 test

**AGED
60'S-70'S**

- Blood pressure check
- Screening for Depression
- Hearing Test
- Dental Exam
- Eye Exam
- Skin cancer
- Diabetes
- Cholesterol Check
- Cardiovascular risk
- Osteoporosis
- Glaucoma
- Colon Cancer Screening
- Prostate cancer

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