

## 65 years +

**These are some areas that will need to be checked.**

- ♣ Heart disease, high blood pressure and stroke
- ♣ Diabetes
- ♣ Drug and alcohol issues
- ♣ Overweight
- ♣ Respiratory illness and lung cancer
- ♣ Bowel, prostate and skin cancers
- ♣ Erectile difficulties
- ♣ Mental health and wellbeing

**Your health check might include:**

- ♣ Physical examination by your Doctor every year including blood pressure checks, height and weight
- ♣ Cholesterol test every year at your Doctors discretion (for cardiovascular disease)
- ♣ ECG (heart trace) every three to five years or as recommended by your Doctor
- ♣ Test for diabetes (fasting blood glucose) every three years.
- ♣ Prostate checks annually, to test for prostate cancer as recommended by your Doctor
- ♣ Screening for bowel cancer every two years including colonoscopy every three to four years as recommended by your Doctor
- ♣ Skin examination annually as part of the physical examination (screening for skin cancer).
- ♣ Bone density test as recommended by the Doctor.
- ♣ Flu shot and Eye vision test annually.
- ♣ Hearing screen every two years
- ♣ Pneumonia vaccination at 65 then as recommended by your Doctor
- ♣ Dental examination and cleaning every year.

### Practice details:

Detecting diseases early may prevent more serious conditions happening to you.. If you have a family history of illnesses or chronic diseases or don't see a Doctor regularly it's recommended that you do have regular health checks.

Health checks are only meant to be a guide, tests and screenings will depend on an individual's risks, age and family history.

It's important that you don't wait until you notice symptoms, so that might mean going to the Doctor even when you feel well.

#### References:

Department of Health and Ageing Website [www.health.gov.au](http://www.health.gov.au)

National Physical Activity Guidelines for Adults, Doha

NHMRC Australian Guidelines 2009:  
"To Reduce Health Risks from Drinking Alcohol"

Nutrition Australia

Medicare Benefits Schedule



# Men's Health

## Where

## Are

## You

## Guys?

Patient Information Sheet

## 18-39 years

**These are some areas that will need to be checked.**

- ♣ Early stage heart disease, blood pressure and stroke
- ♣ Testicular cancer
- ♣ Injuries
- ♣ Relationship difficulties
- ♣ Drug and alcohol issues
- ♣ Overweight
- ♣ Skin cancers such as melanoma
- ♣ Mental health & well being

**Your health check might include:**

- ♣ Physical examination by your Doctor every two years, including blood pressure checks, height and weight
- ♣ Cholesterol (a test for cardiovascular disease) A baseline reading in your 20s with follow-up tests as recommended by your Doctor.
- ♣ Test for diabetes (fasting blood glucose) if you have high blood pressure and high cholesterol
- ♣ Skin examination every year (to screen for skin cancer) especially for those who have a high exposure to the sun and other risk factors.
- ♣ Dental examination and cleaning every year
- ♣ Self-examination of testicles for lumps
- ♣ Immunisation review every 10 years.

### Dietary recommendations for all ages

Eat most:

- ♣ Plant foods: vegetables, fruits, nuts, dried peas, beans and lentils, breads and cereals (preferably wholegrain).

Eat moderately:

- ♣ Fish, lean meat, eggs, chicken (no skin), milk, cheese and yoghurt (preferably low fat where possible).

Eat in small amounts:

- ♣ Sugars and fats

When you serve a meal the 'Eat most' foods should take up most of the plate, the 'Eat moderately' foods should take up a third or less of the plate, and there should be very little of the 'Eat in small amounts' foods.

- ♣ 6-8 glasses each day of water is the recommendation.

## 40-49 years

**These are some areas that will need to be checked.**

- ♣ Heart disease, high blood pressure and stroke
- ♣ Diabetes
- ♣ Drug and alcohol issues
- ♣ Overweight
- ♣ Respiratory illnesses and lung cancer
- ♣ Skin cancers such as Melanoma
- ♣ Mental health and wellbeing
- ♣ Erectile difficulties

**Your health check might include:**

- ♣ Physical examination by your Doctor every year, including blood pressure checks, height and weight
- ♣ Regular cholesterol screening (a test for cardiovascular disease) at least every five years or at your Doctors discretion.
- ♣ Test for diabetes (fasting blood glucose) if you have high blood pressure and high cholesterol.
- ♣ Skin examination every year (screening for skin cancer) especially for those who have a high exposure to the sun and other risk factors.
- ♣ Dental examination and cleaning every year.
- ♣ Self-examination of testicles for lumps
- ♣ Immunisation review every ten years.

### Exercise recommendations for all ages

**See your Doctor before starting an exercise campaign**

- ♣ At least 30 minutes of moderate intensity physical activity on most, preferably all days.
- ♣ Moderate-intensity activity should, be carried out for at least 10 minutes at a time without stopping. You should notice a slight, increase in your breathing and heart rate. A good example is brisk walking
- ♣ Also, some regular vigorous activity for extra health and fitness. Vigorous activity will make you huff and puff e.g. jogging, squash, basketball and football
- ♣ For best results, this type of activity should be carried out for a minimum of around 30 minutes, three to four days a week.

## 50-64 years

**These are some areas that will need to be checked:**

- ♣ Heart disease, high blood pressure and stroke
- ♣ Diabetes
- ♣ Drug and alcohol issues
- ♣ Overweight
- ♣ Respiratory illness and lung cancer
- ♣ Bowel, prostate and skin cancers
- ♣ Erectile difficulties
- ♣ Mental health and wellbeing

**Your health check might include:**

- ♣ Physical examination by your Doctor every year including blood pressure checks, height and weight
- ♣ Regular cholesterol test (for cardiovascular disease) at least every five years or at your Doctors advice
- ♣ ECG (heart trace) every three to five years as recommended by your Doctor
- ♣ Test for diabetes (fasting blood glucose) every three years.
- ♣ Screening for bowel cancer every two years including colonoscopy every three to four years as recommended by your Doctor
- ♣ Prostate checks annually to test for prostate cancer as recommended by your Doctor
- ♣ Skin examination annually as part of the physical examination (screening for skin cancer)
- ♣ Bone density test as recommended by your Doctor
- ♣ Eye vision test annually
- ♣ Dental examination and cleaning every year.
- ♣ Immunisation review every ten years

### Alcohol recommendations for all ages

- ♣ Two standard alcohol drinks a day.

How much is a standard drink?	
Can/Stubbie low-strength beer	= 0.8 standard drink
Can/Stubbie mid-strength beer	= 1 standard drink
Can/Stubbie full-strength beer	= 1.4 standard drinks
100ml wine (13.5% alcohol)	= 1 standard drink
30ml nip spirits	= 1 standard drink
Can spirits (approx 5% alcohol)	= 1.2 to 1.7 standard drinks
Can spirits (approx 7% alcohol)	= 1.6 to 2.4 standard drinks