

# Men's Health Check

## 18-39 years



## 40-49 years



Early detection of disease may prevent more serious problems from arising. If you have a family history of illness or do not see a GP on a regular basis then it is recommended that you have regular health check ups.

The following health checklist is only meant as a guideline. Tests and screening procedures that you may need will depend upon your individual risks, your age, and your family history.

Talk to your GP and find out what is needed to maintain your health.

Don't wait until symptoms are present - practice preventative health.

More copies of this pamphlet available from:  
Men's Health – No More Secrets  
PO Box 154 East Melbourne 8002

It is also downloadable from [www.menshealth.org.au](http://www.menshealth.org.au)

The contents of this brochure have been sourced from the guidelines for Preventative Activities in General Practice RACGP (2002) and is based on material generously provided by Northern Sydney Central Coast Health.

- Early stage heart disease, blood pressure & stroke
- Testicular cancer
- Injuries
- Relationship difficulties
- Drug & Alcohol issues
- Overweight
- Skin Cancers such as Melanoma
- Mental health & wellbeing

Your health check might include;

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

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

Your health check might include;

- Physical exam by your GP every year, including blood pressure checks, height and weight.
- Regular cholesterol screening (test for cardiovascular disease) at least every five years or at your health care provider's discretion.
- Blood glucose (to test for diabetes) if you have high blood pressure and high cholesterol.
- Skin exam every year (screening for skin cancer) especially for those who have a high exposure to the sun and other risk factors.
- Dental exam and cleaning every year
- Self-examination of testicles for lumps.
- Immunisation review every 10 years.



Freemasonry is one of the world's oldest organisations and uses the symbolism of medieval stone masons' guilds to promote respect for all religions, charity of heart, mind (and wallet) and is Australia's largest men's organisation; hence its interest in men's health.

beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia, with a key goal of raising community awareness about depression and reducing stigma associated with the illness.



Andrology Australia (The Australian Centre of Excellence in Male Reproductive Health) is dedicated to enhancing the reproductive health of males through programs including community and professional education and supporting national research programs. Andrology is the male equivalent of gynaecology.



# 50-64 years



# 65 years +



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

Your health checks might include:

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

- ➔ Heart disease, high blood pressure & stroke
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- ➔ Respiratory illness & lung cancer
- ➔ Bowel, prostate & skin cancers
- ➔ Erectile difficulties
- ➔ Mental health & wellbeing

Your health check might include:

- ➔ Physical exam by your GP every year including blood pressure checks, height and weight.
- ➔ Cholesterol test every year at your health care providers discretion (for cardiovascular disease).
- ➔ ECG (heart trace) every three to five years or as recommended by your GP.
- ➔ Test for diabetes (fasting blood sugar) every 3 years.
- ➔ Prostate checks annually, to test for prostate cancer as recommended by your GP.
- ➔ Screening for bowel cancer every 2 years including colonoscopy every three to four years as recommended by your GP.
- ➔ Skin exam annually as part of the physical exam (screening for skin cancer)
- ➔ Bone density test as recommended by the GP.
- ➔ Flu shot & Eye vision test annually.
- ➔ Hearing screen every two years.
- ➔ Pneumonia vaccination at 65 then as recommended by GP.
- ➔ Dental exam and cleaning every year.

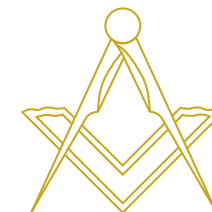
## Men's Health Checklist

A simple guide for men of all ages - providing straightforward pointers on health issues which should be regularly checked.

The Freemasons of Australia, beyondblue: the national depression initiative and Andrology Australia, Australia's centre of research on male reproductive health, have combined to bring vital information to the men of Australia.

This brochure should be used in conjunction with the "check up or check out" card which provides 10 major service checks for every man each year and is downloadable from [www.menshealth.org.au](http://www.menshealth.org.au)

Your car is serviced regularly - do you look after your body that well?



FREEMASONS

