

June 2008: **MEN'S HEALTH WEEK** 9-15 JUNE 2008

Held 9 - 15 June 2008, the purpose of Men's Health Week is to **heighten the awareness of preventable health problems** and **encourage early detection and treatment** of disease among men and boys.

It is no surprise in suggesting that many **men spend more time ensuring their car is tuned up than they do talking to their GP about their own health and wellbeing.**

So, health promotion should be easy...

If we look to examine your health in terms of how you look after your vehicles!

So, how often does your car get a service?
10,000kms or every 3 months.

And, what kind of service does the car have? Lube, automatic transmission, air conditioning, shock absorber or fuel service?

Now what about your health - how often does it get a service?

To increase your awareness of preventative health care and utilisation of health services, **let's relate your car services to those similar to your health services** by check the table below:



did you know...

One third of men have not seen a doctor in the past five years and more than five men die prematurely each hour in Australia from potentially preventable diseases.

Death during 25-64 age bracket for males is more common than in females.

Prostate cancer, testicular cancer, colo-rectal cancer, cardio vascular diseases and depression are the most serious health issue for males.

Statistically, men live 7 years less than women and face major health risks that can be prevented and treated if they are diagnosed early.

Therefore, **women** can play a key role in preserving the health of their men. It is Men's Health Week, but all you females play a key role as well!!

Chassis Check	Body Mass Index (Height/Weight) and Girth
Spark Plugs	Prostate (for 40+) and Testicular (under 40)
Duco	Skin
Shock Absorbers	Mental Health
Oil Pressure	Blood Pressure, Blood Glucose and Cholesterol
Fuel Additives	Alcohol and Drugs
Exhaust	Smoking
Air Conditioning	Lung Function

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