

50 - 64 years

Some of the big picture issues that you need to watch out for...

Heart disease, high blood pressure & stroke

Diabetes

Drug & alcohol issues

Weight

Respiratory illness & lung cancer

Bowel, prostate & skin cancers

Erectile difficulties

Mental health & your well-being

Smoking

Kidney disease

YOUR HEALTH CHECK MIGHT INCLUDE

- ✓ Physical examination by your GP every year including blood pressure and weight checks.
- ✓ Regular cholesterol screening (for cardiovascular disease) at least every 5 years or at your GP's advice.
- ✓ ECG (heart trace) every 3-5 years as recommended by your GP.
- ✓ Test for diabetes (fasting blood sugar) every 3 years.
- ✓ Screening for bowel cancer every 2 years including colonoscopy every three to four years as recommended by your GP.
- ✓ Prostate checks annually (for prostate cancer) as recommended by your GP.
- ✓ Skin examination (for skin cancer) annually as part of the physical examination.
- ✓ Bone density test as recommended by your GP
- ✓ Eye test annually.
- ✓ Dental examination and cleaning every year.
- ✓ Immunisation review *e.g.* Tetanus booster every 10 years.

65 years and over

Some of the big picture issues that you need to watch out for...

Heart disease, high blood pressure & stroke

Diabetes

Drug & alcohol issues

Weight

Respiratory illness & lung cancer

Bowel, prostate & skin cancers

Erectile difficulties

Mental health & your well-being

Smoking

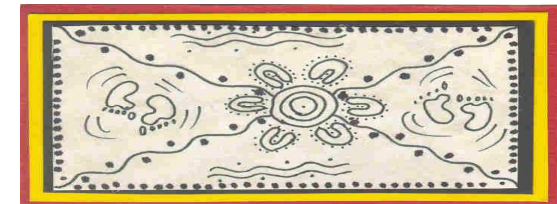
Kidney disease

Medical related problems

YOUR HEALTH CHECK MIGHT INCLUDE

- ✓ Physical examination by your GP every year including blood pressure, height and weight checks.
- ✓ Cholesterol test every year (for cardiovascular disease) at your GP's recommendation.
- ✓ ECG (heart trace) every 3 - 5 years or as recommended by your GP.
- ✓ Test for diabetes (fasting blood sugar) every 3 years.
- ✓ Prostate checks annually (for prostate cancer) as recommended by your GP.
- ✓ Screening for bowel cancer every 2 years including colonoscopy every 3 - 4 years as recommended by your GP.
- ✓ Skin examination annually (for skin cancer) as part of the physical exam.
- ✓ Bone density test as recommended by your GP
- ✓ Eye test annually.
- ✓ Hearing screen every 2 years.
- ✓ Flu vaccination, pneumonia as recommended GP.
- ✓ Dental examination and cleaning every year.
- ✓ Immunisation review, Tetanus booster every 10 years.
- ✓ Falls risk assessment

MEN'S HEALTH CHECK



Men's Health Check

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.

Koori men need to follow all health checks from 15 to 54 years, as the life expectancy is 21 years less than non-koori men

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

Make an appointment to talk to your GP and find out what is needed to maintain your health.

Don't wait until symptoms are present

- Practice preventative health.

Copies of this pamphlet are available from Hawkesbury District Health Service
Ph: (02) 45605714

The contents of this brochure has been sourced from the RACGP Guidelines for 'preventive activities in general practice' (The Red Book) 6th Edition 2005.

18-39 years

Some of the big picture issues that you need to watch out for...

Early stage heart disease, high blood pressure & stroke

Testicular cancer

Injuries

Relationship difficulties

Drug & alcohol issues

Sexually transmitted infections

Skin cancers such as Melanoma

Mental health & your wellbeing

Erectile difficulties

Smoking

Weight

YOUR HEALTH CHECK MIGHT INCLUDE

- ✓ Physical examination by your GP every two years, including blood pressure and weight checks.
- ✓ 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) especially if you are overweight, have high blood pressure or high cholesterol.
- ✓ Skin examination every year (for skin cancer) especially in men 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 e.g. Tetanus booster every 10 years, Hepatitis B.
- ✓ Urine test for chlamydia +/- gonorrhoea

40-49 years

Some of the big picture issues that you need to watch out for ...

Heart disease, high blood pressure & stroke
Diabetes

Drug & alcohol issues

Weight

Respiratory illnesses & lung cancer

Skin cancers such as Melanoma

Mental health & your well-being

Erectile difficulties

Smoking

Sexually transmitted infections

YOUR HEALTH CHECK MIGHT INCLUDE

- ✓ Physical examination by your GP every year, including blood pressure and weight checks.
- ✓ Regular cholesterol screening (for cardiovascular disease) at least every 5 years or at your GP's recommendation.
- ✓ Blood glucose (to test for diabetes) especially if you are overweight, have high blood pressure or high cholesterol.
- ✓ Skin examination every year (for skin cancer) especially in men 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 e.g. Tetanus booster every 10 years.