

Men's Health

Think about cars. People consider cars to be valuable possessions. Most people book their car in for a service every year. For those that don't, when things go wrong, how often do you hear them say, "really should have booked it in for a service!".

Why do we book cars in for a service?

To make sure everything is running smoothly and to have small problems fixed before they become big problems.

Now think about your body and health. Let us challenge you to consider your body and health to be the most valuable possession in life.

Our bodies and our health need "services" too. Just as ignoring the service light on the dash board can lead to inconvenient breakdowns or big repair bills, ignoring aches and pains and not having screening health checks can lead to being very unwell or struggling to do what you want to do.

If you are someone who doesn't see their GP or therapy team or reach out for mental wellbeing support regularly, you are not alone.

The biggest health concerns men experience are those that are often not talked about. These are discussed below.

Cancer

Regular screening for common cancers is highly recommended.

- Prostate cancer screening – a blood test and physical examination by a GP
- Testicular cancer check – a physical examination
- Bowel screening – assessment of a stool sample
- Skin cancer – screening check of the entire body by a GP or skin clinic specialist

More information about cancer screening is available from:

- **Healthdirect Australia**
 - Online: healthdirect.gov.au
- **Australian Government cancer screening support**
 - Online: cancerscreening.gov.au



Pain

Men often ignore aches and pains and try to tough it out. It isn't until their pain is physically stopping them from doing something that men will tend to ask for help. Even then, the idea of getting help is a big challenge.

Don't ignore pain.

Find out what is causing your pain and get it treated. Popping pills and pushing through is not going to help you in the long term.

Men's Health cont.

Mental Health Issues

Don't go it alone.

If you feel sad, angry, agitated or fearful, don't ignore it. This is your mind and body telling you that you are stressed, they are a response to how you are feeling.

It is OK to talk to someone about anything troubling you. Don't ignore it. Don't hide it.

Suicide is a major cause of death. It has a profound effect on everyone around the person.

If you or someone you are caring for has these feelings, contact your GP or call these support lines or in case of crisis, attend your closest hospital emergency department.



- **Beyond Blue** – information and support for depression and anxiety
 - Phone: 1300 224 636
 - Online: beyondblue.org.au
- **Think Mental Health** – online mental health check-up tool and free resources
 - Online: thinkmentalhealthwa.com.au
- **Lifeline Australia** – crisis support and suicide prevention
 - Phone: 13 11 14
 - Online: lifeline.org.au
- **The Samaritans** – 24/7 anonymous crisis support
 - Phone: 135 247
 - Online: thesamaritans.org.au
- **Suicide Call Back Service** – free mental health counselling for people affected by suicide
 - Phone: 1300 659 467
 - Online: suicidecallbackservice.org.au
- **MensLine Australia**
 - Phone: 1300 789 978
 - Online: mensline.org.au

In summary...

Get yourself a yearly service, otherwise known as an annual medical review and preventative health screening.

Your GP will complete a 100 point check and let you know what extra “repairs” and “services” you need. Just like your trusted mechanic, your GP will let you know when the best time is to have your next “service”.

Seek support for any worries you have.

Get your pain assessed and treated.

Visit futurethinking.abilitycentre.com.au for more information.

