



SOUTH AUSTRALIA

**AUSTRALIAN MEDICAL ASSOCIATION
(SOUTH AUSTRALIA) INC**

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TIME FOR BASIC MAN MAINTENANCE

The AMA(SA) is today appealing to all men to take greater care of their health and so reduce their chance of developing potentially preventable disease.

AMA(SA) President Dr Andrew Lavender said that this week - International Men's Health Week 09 - is a great opportunity to raise awareness of the importance of men's health.

"Statistics show that around five men die every hour from potentially preventable disease in Australia," Dr Lavender said.

"This rate is alarming, but there are a few things men can do to reverse this trend and improve their quality of life.

"Quitting smoking, maintaining a healthy weight, and understanding the vital role of healthy eating, are a great start. Having your blood pressure checked annually and talking to your GP if you are concerned about your state of mind, or are just feeling stressed out or run-down, are critical preventive measures too," he said.

Dr Lavender said it is also important that men take positive steps to ensure their sexual and reproductive health.

"Around 40 per cent of men over 40 who have casual sex never use a condom, so it's important to get tested for sexually transmitted infections (STIs) to ensure your health, and your partner's. I encourage all men to chat to their GP about reproductive health.

"Testosterone levels can also be a concern to many men, with 1 in 200 Australian men under the age of 60 experiencing testosterone deficiency - this can be tested and treated by your GP," he said.

"International Men's Health Week is a great time to talk about some basic 'man maintenance'," concluded Dr Lavender.

For more information on Men's Health Week 09, log on to the website at www.menshealthweek.com.au.

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