



SOUTH AUSTRALIA

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

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**Is it time for a service?  
SA men urged to have a check-up**

AMA(SA) President Dr Andrew Lavender is taking the opportunity of National Men's Health Week to urge South Australian men to see their GPs for a check-up.

He said that men traditionally tend to be reluctant to seek help for health issues, or have medical check-ups as often as they should, and as a result they often have poorer health outcomes than women.

'One of the best things that men can do for themselves and their loved ones is to visit their GP for a preventive health check-up, because prevention is better than cure.

'The sad truth is that too many Australian men are more likely to take their car in for regular check-ups than get one themselves,' he said.

'Men are also often reluctant to seek help for mental health problems, although these are something many men face at some point in their lives. The same goes for problems that can be a bit uncomfortable.

'Check-ups are important for young and old. Teenagers, for example, are more likely to engage in high-risk behaviours and have a higher risk of sexually transmitted infections and substance abuse, so it is important that young men have check-ups too.

'Sometimes we don't want to talk about the bad stuff – the things that could be wrong. But going to the doctor is not about bad news. And it's not a sign of weakness. Going to the doctor is about solutions, not problems.

'Your GP can offer a lot of support, help and advice, on a huge range of areas, as well as specialist referrals, if needed. Sometimes the solutions are quite simple – and sometimes even the simple solutions need a bit of expert input.

'So if you haven't seen your GP recently, stop in for a check-up – and some solutions,' Dr Lavender said.

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