

***How to get the most out of the Mens' Health partnership***

- ❑ Find out about **yourself and your relatives**.
- ❑ Make sure you **understand** what your GP has said. **Ask**, if you're unsure!
- ❑ **Be specific** about what you want.
- ❑ **Ask** for brochures or information cards.
- ❑ **Tell your doctor** about any medication or alternative therapy you are using as they may not mix well with the treatment advised.

***What may happen after the first appointment?***

- ❑ Your doctor may ask you to return for follow up testing after 3 -6 months.
- ❑ If there is more time needed for further tests, or to discuss in more detail specific health concerns, longer appointments can be arranged for you.
- ❑ Your doctor can work with you to develop ways to manage stress and any lifestyle changes.

Please contact the **Medical Clinic** for an appointment on:

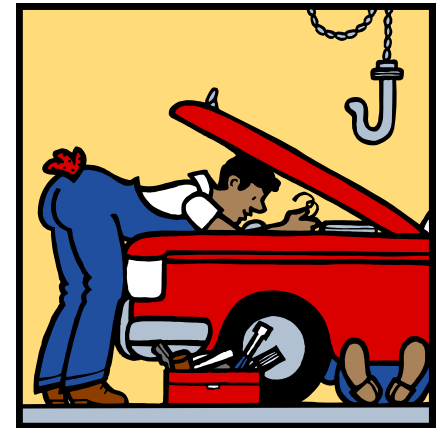
Tell our receptionist that you require a longer appointment for a Men's Health Check.

Our normal fee structure will apply.

**MEDICAL CLINIC**

**MEN'S  
HEALTH  
CHECK**

Find out what's going on under your bonnet



### ***What is a Men's Health Check?***

Many diseases that may lead to premature death are nowadays preventable through regular health checks and adopting a healthy lifestyle. What is more, the early detection of diseases, often before symptoms are obvious, usually prevents more serious problems arising. A "Men's Health Check" is an overall health assessment that will enable you and your doctor to identify current and potential health problems.

### ***What will happen?***

You and your doctor will discuss your medical history and your family's medical history. You will also discuss your lifestyle and the ways it affects your health. This will include diet, exercise and ways of dealing with stress.

Your doctor may include a heart, prostate and diabetes risk assessment. You may be required to come back a couple of times over a 6-week period to cover all this information. Your doctor will explain this to you.

### ***Which tests?***

During your Men's Health Check your doctor will take a thorough medical history of you and your family. The check will also involve a medical examination that might include:

- Blood tests** to check your cholesterol and blood sugar levels
- A **height, weight, eye and ear check.**
- A **prostate check.**
- Skin lesion and **mole check.**
- Bone density testing, depending on your age (for **osteoporosis**).



There will also be an opportunity for you and your doctor to develop plans for:

- **exercise,**
- **weight reduction,**
- **healthy eating and**
- **managing stress.**

Or even address other health concerns:

- **hair loss,**
- **impotence,**
- **depression,**
- **arthritis and**
- **relationship issues.**

### ***The men's health partnership***

It has been identified that the way doctors and men best work together is as a **partnership**. Your doctor is available to work with you to develop a long-term health plan. You may not need a complete Men's Health Check but a little maintenance may be helpful in the long run.