

Older men 60+

Routine maintenance checks should continue every year or two, looking for bowel, prostate and skin cancer and assessing risk of heart attack, diabetes and stroke. We are interested in prevention, early detection and self management in all age groups. Men who look after their bodies well can expect fewer breakdowns, the same as caring for your car. We will give you the information you need to keep your body tuned: it is up to you how you use that information but remember spare parts may not be available and you can't trade in your body!

Our practice is particularly dedicated to the management of chronic illness which many of us will get as we age. We aim to manage chronic conditions to best practice standards in collaboration with our patients and other health care professionals. This often involves the preparation of written care plans outlining management tasks and outcome goals. Medicare supports us with care planning allowing us to keep your costs down when you have chronic health problems. See our Health Care Planning Brochure for further information.

Am I just getting older or am I sick?

We all know we won't be the same at 70 as we were at 20 and differentiating illness from normal aging can be very difficult. It never does any harm to discuss your worries with your doctor—maybe something can be done! As doctors we frequently see patients who misclassify their problems as being due to age when they have a treatable illness and vice versa. We look on everyone as an unique individual and approach every problem with an open mind- that way we minimise errors and ensure our patients get the best treatment possible, whatever their age.

**WE LOOK FORWARD
TO SEEING YOU AT YOUR
MEN'S HEALTH
APPOINTMENT.**

**SHOAL BAY & ANNA BAY
MEDICAL CENTRES**

**Men's
Health**

**SHOAL BAY & ANNA BAY
MEDICAL CENTRES**

5 Government Road
Shoal Bay NSW 2315
Phone: 4981 2600
Fax: 4984 2806



125 Gan Gan Road
Anna Bay NSW 2316
Phone: 4981 2600
Fax: 4982 2592



Men's Health

Men have specific health needs and we devote both training and time to understanding and meeting those needs. This brochure deals specifically with health problems we commonly see in men visiting our practice. Men die younger than women in most countries and Australia is no exception. Premature illness and death in men may be partially genetic but is also related to risk taking behaviour, occupational and lifestyle issues.

We offer a full range of preventive health care and health management to men of all ages.

Younger men

Age 18-40

The commonest serious health problems in this age group are accidents, drug and alcohol addiction and mental health problems. We can help with all of these. Men of all ages are often reluctant to seek help for psychological problems but depression and addiction are serious issues that wreck lives and need to be dealt with. Our experience is that young men with these problems **can** be helped once they seek treatment.



Cancers in this age group are rare but we recommend that all men examine their scrotum regularly and report suspicious testicular lumps. Most Australian men are at risk of skin cancer, they should examine their skin regularly and get any suspicious lesion looked at by a competent doctor. Most skin spots people are concerned about are benign and often no action needs to be taken other than examination and reassurance by a doctor with skin expertise. However, we do see melanomas in young people; they are very serious and need to be diagnosed early if they are going to be cured. So get in early for new/ changing pigmented lesions (moles). If you are concerned

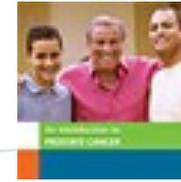
about your skin please make an appointment for skin check only or a **long** appointment if you have other problems that need to be dealt with. A complete skin check may take some time and is essential if you have sun damaged skin.

Vascular and heart problems are also rare in younger men but the risk factors which lead to vascular problems may be present from a young age and the sooner they are addressed the less chance there is of trouble later on. Arteries need to be quite diseased (more than 60 % blocked) before they cause symptoms and we know that blockages develop slowly from a young age. We also know with certainty that risk factor control delays and/or prevents arterial and coronary disease. The main risk factors for vascular disease are family history, diabetes, smoking, high blood pressure and high cholesterol. In particular we encourage those with a bad family history of vascular and coronary disease to have a risk assessment when still young.

Middle age

40-60

We do suggest regular check-ups for men in middle age. Exactly how often you need a check will depend on your personal and family history. Experts suggest that at around the age of 50 we start to screen for bowel cancer and prostate cancer and your doctor will be happy to discuss the pros and cons of the tests required. We also need to watch your skin and vascular risk as outlined above. We offer men age 45 to 49 at risk of chronic disease a free comprehensive check. This is supported by Medicare and our nurses do the bulk of the work. Please discuss this with your doctor.



Specific problems for the young and middle aged:

- Sexual Health. If you are concerned about sexually transmitted diseases we can perform a simple confidential check up. We regularly deal with specific sexual problems such as erectile dysfunction and premature ejaculation. Many men are embarrassed to talk about these problems and are surprised by the simple and effective treatments available from their GP. You should be cautious about clinics advertising in the media; these are commercial operations who may prescribe unproven treatments at high cost.
- Hair loss. We are happy to investigate this and offer pharmacological treatment where indicated if that is required. Unfortunately the medications which work are fairly expensive and only work as long as you keep using them.
- Contraception. We are available for general advice along with your partner and are happy to arrange vasectomy for men who request it. Dr Daniel Priest is very experienced at vasectomy performed under local anaesthetic.