Sunshine Coast Hospital and Health Service gets mo-tivated

31 October 2018

Sunshine Coast Hospital and Health Service (SCHHS) is hoping to help build on this success.

This year, the SCHHS Movember Team will be raising funds, as well as awareness, for all the dads, brothers, sons and mates in our lives.

Mo Bro, Anthony Wollaston, Emergency Department Nurse Practitioner at Nambour General Hospital, is joining the team in 2017.

“This is such an important month in the calendar, dedicated to raising awareness around men’s health. Working in a busy Emergency Department I experience first-hand the enormity of mental health issues. 1 in 2 Australian men will have a mental health problem at some point in their life.

“On a more light-hearted note, besides raising awareness, it is a great opportunity to have some fun with colleagues, create a conversation with patients and out-do my two sons who are into growing facial fur,” Anthony said.

It isn’t all about the Mo Bros. Corinna Schimak, Clinical Support Officer SCHHS, is making her move by getting physically active during Movember. Being part of the BreastScreen team she sees firsthand the impact cancer can have on families.

“Prostate cancer is one of the most commonly diagnosed cancers, second to breast cancer. I have a father and a brother, who are in good health now, but as I know cancer can touch anyone.

“This Movember I'll be raising money by tackling the multi-story carpark each lunch with a work buddy. We will aim for 10,000 steps per day,” she said.

The facts are staggering:

- Each year, more than 17,000 Australian men are diagnosed with prostate cancer
- Each year, more than 3,400 Australian men die from prostate cancer
- More than 2,000 Australian men die by suicide each year
- 3 out of 4 suicides in Australia are men

Events, such as fundraising morning teas and mo progress get togethers, will be held across SCHHS during the month of November.
“We hope the SCHHS community puts their money where their mo is and donates to this worthy cause,” Corinna said.

The Movember Foundation is the only global charity focused solely on men’s health.

ENDS

Media contact: Alicia Temple | Alexia Kelly | 5202 0083 | 0408 713 747

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