

Media statement

6 June 2019

Let's keep our men healthy

Australian men suffer more illness, more accidents and die earlier than their female counterparts, according to the Australian Bureau of Statistics.

Aussie men take their own lives at four times the rate of women (that's five men a day, on average).

Men's Health Week (10 – 16 June) focuses on the understanding that the best people to improve men's health in Australia are those who live, work and play alongside men and boys in communities around the country.

Dr Edwin Kruys, GP Liaison Officer Sunshine Coast Hospital and Health Service, said we all had a part to play in improving the health outcomes of our partners, fathers, sons and friends.

"We know men are less frequent visitors to GP's, and the perception is that they don't care about their health, this is rarely the case," Dr Kruys said.

"Many men feel like they are on their own to navigate their health. They're juggling life, work, family, financial needs and their health takes a back seat until it becomes a real problem. We all have a role to play in supporting them, encourage them to seek help if required and be proactive in connecting them with a professional.

"Men must also remember they are role models in the lives of the children around them, not only as fathers, but also as a sports team-mate, an uncle or a neighbour. Lead by example, show our younger generation of boys that it is important to talk about our physical and mental health," he said.

"Men's Health Week should also trigger health professionals and policy makers to consider how they can deliver more effective health services for all males. As a GP, I take the time to get to know my patients and look out for broader signs of problems that men may not voluntarily disclose. It is also important for me to educate them in the kinds of problems and symptoms that they should be mindful of."

For one week in June, Australia's attention will be on the health and wellness of our men and boys. During Men's Health Week, take the time to reach out to the men and boys in your community.

Sunshine Coast

Hospital and Health Service

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MEDIA OPPORTUNITY

Dr Edwin Kruys is available for interviews/photos on request.

ENDS

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