Media Release

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GPQ helps you stay ‘Healthy beyond your 50s’

As we age, it becomes even more important to keep a close eye on our health and well being. Some health issues become more likely as we age, but careful monitoring can prevent or minimise their effects.

With this in mind, General Practice Queensland (GPQ) has launched web pages specifically for seniors. Called Absolutely Ageless, these pages provide seniors with easy access to a range of health information, tips for maintaining their health, and a host of easy tests they can perform at home.

Self-Check for better health

These tests allow seniors to Self-Check their current state of health and assess any symptoms they may have for a variety of physical and mental issues, as GPQ Chairman, Dr Dilip Dhupelia, explained. “The Healthy Aging Quiz helps anyone over 50 years old decide if their current lifestyle choices are helping them to age well,” he said. “The ‘Be Active’ test, as the name suggests, determines if seniors are getting enough exercise. There are also tests to assess body weight, eating and drinking habits, and anxiety levels, as well as more specific ones for such things as diabetes, cardiovascular disease and osteoporosis.”

Working with the warning signs

If a check highlights possible symptoms or signs of a problem, the site then links to specific information on that issue. In this section called ‘Learn,’ seniors can gain valuable knowledge and understanding of any potential condition they may be suffering from, as well as helpful advice on how to deal with it. Lastly, if necessary, the site will link them to the ‘Find’ section where they can locate the best GP in their area and seek treatment.

The Absolutely Ageless web pages are sure to be a useful tool for anyone over 50 wishing to maintain and even improve their health and Dr Dhupelia is naturally excited about the possibilities.

“Whether people are busy, have mobility issues or are just reluctant to undertake checks at their local medical centre, these pages are a convenient, easy way for them to keep on top of a variety of issues. That has to be good for their peace of mind and, obviously, if something seems to be amiss, they can then take it up with their GP. We certainly hope seniors make use of the pages and visit them regularly.”

For more information, visit www.gpqld.com.au/absolutelyageless[e2]
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General Practice Queensland (GPQ) is a peak representative body for 17 divisions of general practice that link approximately 3500 GPs, 1300 General Practices, 1755 Practice Nurses as well as other practice staff and allied health providers in Queensland.