Media Release

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GPQ helps men keep healthy

Men tend to ignore their health but during Men’s Health Week (13-19 June 2011), GPQ launches its next series of Healthy Queenslanders webpages, specifically for men.

Called “Healthy Men”, these pages provide men 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, the Board Director of General Practice Queensland (GPQ) Dr John Kastrissios said today.

“These tests allow men to self ‘Check’ their current state of health and assess any symptoms they may have for a variety of physical and mental issues, “Dr Kastrissios said.

He said “the Assess your bowel cancer risk tool helps men to gauge how their lifestyle choices affect their bowel cancer risk while the Assess your sexual health test, as the name suggests, determines how a person’s current lifestyle affects their sexual health.”

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 and cardiovascular disease.

If a ‘Check’ highlights possible symptoms or signs of a health concern the webpage then links to specific information on that concern. In this section called ‘Learn’, men 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 page will link men to the ‘Find’ section where they can locate a general practitioner (GP) in their area and seek treatment.

“Whether men are busy or are just reluctant to undertake checks at their local general practice these pages are a convenient, easy way for men 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; men can then take it up with their general practitioner (GP),”Dr Kastrissios said.

Dr Kastrissios said, “We certainly hope men make use of the pages and visit them regularly.”

For more information, visit www.gpqld.com.au/healthyqueenslanders

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For further information: Dr John Kastrissios, General Practice Queensland Board Director on 07 3105 8300
General Practice Queensland (GPQ) is a peak representative body for divisions of general practice that link approximately 4200 GPs, 1300 General Practices, 1755 Practice Nurses as well as other practice staff and allied health providers in Queensland.