



## Men's Health Matters

Let's be clear, men's health matters - it matters to men, it matters to women, their families, their children, their mates. It matters because men are our brothers, fathers, friends, sons, uncles, husbands, boyfriends and partners.

Despite significant increased awareness of men's health and men's mental health concerns, Australian men are more likely than women to experience serious health problems. Men die in greater numbers than women from nearly every non-gender specific health problem.

Compared to women, men visit the doctor less frequently, have shorter visits and only attend when their illness is in its later stages. Similarly with mental health concerns we know that men often only speak up when they're overwhelmed, resulting in significantly depleted resilience and coping mechanisms.

What we know for sure though, is that prevention is better than cure. Addressing men's health issues early is the key, ongoing awareness and support goes a long way in preventing future issues. A well maintained sense of wellness, health and wellbeing is far easier to manage than one that has become overgrown through avoidance.

Some tips for keeping your health in check:

- **Don't do it alone.** Men are often reluctant to share about their problems, fearing embarrassment or looking weak. If you don't feel that you can talk to a friend or family member, at the very least speak with a GP or counsellor.
- **Prioritise.** There will always be demands on your time and resources, be sure to make time for the things that really matter to you.
- **Lose the beer gut.** Heart disease is a leading cause of death among men. Cutting back on alcohol can make a huge difference to your waistline... and your life!
- **Take some personal responsibility.** It's not your mum's (or partner's) job to tell you when you need to see the doctor. You know yourself better than anyone else, so take action when something's wrong.

If you're a man who's finding things tough, or a male in your life looks like they're struggling, get in touch with Converge International on 1300 687 327. Our experienced consultants help thousands of men each year to cope with life challenges, the big ones and the little ones.