

# Press Release



Central Coast  
Division of  
General Practice



17<sup>th</sup> June 2010

## Press Release

International Men's Health Week (IMHW) has been celebrated in Australia since 2003. This year NSW celebrates and promotes Men's Health Week from the 14<sup>th</sup>- 20<sup>th</sup> June and is themed at kicking a goal for men's health!

Many of the issues that can seriously affect a man's lifestyle and life can be avoided by proactive and early medical assistance.

Your local GP will be able to check for all age appropriate health risks, answer any questions you may have about your health and outline what steps to take to make sure you stay healthy for the future.

Dr Phil Godden, Chair of the Central Coast Division of General Practice (CCDGP) advises that "The best thing that Australian men can do in 2010 about their health is to get proactive. By having a yearly check up with your GP, you can safeguard your lifestyle and wellbeing for years to come. The missing men in my waiting room are middle aged men; they just don't visit the doctor."

He said "By monitoring your health regularly and being aware of any illnesses or risks in your family history, you will be more likely of identifying any health issues early and be giving yourself the best chance of surviving potentially life threatening illness, many of which don't always have obvious symptoms in their early stages."

Dr Godden believes that "positive changes to exercise, healthy eating, maintaining a healthy mind and body and conducting healthy relationships with family; friends and mates can be steps towards better and longer lasting health and happiness."

**For Media Interviews contact Dr Phil Godden on 0425215840**

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