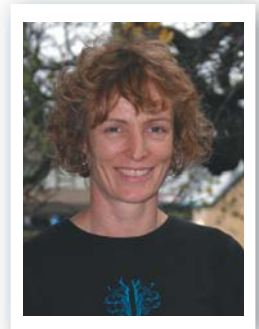


MEN! Who do you love? Your car, your own health, or both?



Contact for comments/information
Dr Karen Parkes
Pukekohe Family Health Care
10 West Street Pukekohe
09 237 0280

Book in for a general health check (WOF) with a Pro-Care registered practice and GET \$5 OFF warranting the other love of your life...your car.

Vouchers issued until July 31st, 2008

JUST REMEMBER BLOKES!
your beloved car is replaceable! You're not!
Get your health WOF today!

In the workplace, men are more accident/illness prone than women.

Your relationship with your doctor may save you, whereas your relationship with your car won't!

TAKE OUR MEN'S HEALTH QUIZ TODAY!

Most men have a better relationship with their mechanic than they do with their GP **TRUE**

Most men are more likely to get a warrant of fitness for their car or take it to the garage when it's not working than to visit their GP if they need to. On average men consult their doctor four times less than women do. Problems like diabetes, high blood pressure and high cholesterol go undiagnosed because of this. Just like a car's WOF, seeing your GP for a check up can be a great way to check out the little things you've been worried about and find and fix things that might cause problems in the future. Take the heart quiz at the New Zealand Heart Foundation website www.nhf.org.nz to see if you need a risk assessment.

A beer-belly or love handles may be more dangerous for you than your overall weight **TRUE**

Poisonous fat is stored inside men's abdomens and is a significant factor for heart disease and diabetes. Aim for a waist (and weight) that is "undee the hundee"! Eating well with less alcohol and more exercise will help you lose weight, check out www.alac.org.nz for a quick quiz on your drinking habits or see www.sparc.org.nz/getting-active for information that may help you Push Play.

Men are more likely than women to attempt suicide.

FALSE

Women are three times more likely to report attempting suicide than men. However, men are four times more likely to actually die from suicide.

Men aged 25-45 have been identified as one of the groups most at risk of experiencing depression as they are less likely to seek help because of the stigma of not coping. Youth are also at risk with youth suicide rates doubling over the last two decades. Help is readily available to boys/men of all ages and increasing awareness of issues such as depression has made it easier to access resources.

See your family GP or websites such as www.outoftheblue.org.nz for more information and help.

More men die from prostate cancer than any other type of cancer.

FALSE

More men and women die from lung cancer than any other type of cancer! It's a fact. Not smoking lowers your risk of lung cancer. See your local health professionals or go to www.quit.org.nz for help to give up smoking and advice on where to obtain new medication to assist. Prostate cancer is the next most common cancer men die of. Discuss options for screening with your GP; a simple blood test may be all that's needed.

