

Men's Health through the decades

While the basics for good health never change, every 10 years men will encounter new health recommendations:

▶ Men's health in your 20s

- Find a GP you feel comfortable with. Many males at this age no longer want to see their family GP or they have moved away from home
- Yearly sexual health check up
- Regular testicular self examination
- Monitor your Mental Health and reach out if you are struggling

▶ Men's health in your 30s

- See your GP for a full physical health check to identify any issues of concern
- Monitor alcohol intake
- Regular Skin checks for any new changes

▶ Men's health in your 40s

- Prioritise Stress Management through Sleep, Nutrition, Exercise and relaxation
- Have a Heart check to find out your CVD risk (the risk of having a heart attack or stroke in the next 5 years)
- Calculate your risk of Diabetes using the [AUSDRISK tool](#)
- Learn if your family history puts you at increased risk of illness

▶ Men's health in your 50s

- Complete the Bowel cancer screening test that you receive in the mail
- Annual checks-ups (as a minimum)
- Ensure you are doing strength training to compensate for loss of muscle tissue (and to reduce your risk of injury)

▶ Men's health in your 60s

- Have your bone strength measured
- Keep up with recommended vaccinations
- Regular hearing and vision tests

▶ Men's health in your 70s

- Eat well and stay active
- 6 monthly check-ups with your GP (as a minimum)
- Enjoy your retirement



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