

Face the FACTS

Men live on average approximately 5 years less than women

Each hour, more than 4 men die prematurely from potentially preventable illnesses

The suicide rate is approximately 4 times higher for men than women

Almost twice as many Australian men die of skin cancer than women

Every cigarette you smoke takes 11 minutes off your life

75% of people who have diabetes die from cardiovascular disease

A man's life is affected by genetics 25% and modifiable risk factors 75%

Men account for 74% of alcohol-related deaths

Almost one-quarter of all men (24%) have not seen a doctor in the past year

1 in 10 men have not seen a doctor in 5 years

More than 66% of Australian men are overweight and this is predicted to rise to 83% by 2023

72% of men admit to binge drinking – this can lead to long term brain damage, heart and liver disease, high blood pressure and increased risk of cancer

Men in blue collar work (such as trades) are two-and-a-half times more likely to die from liver disease than white collar workers

WHAT'S ALL THE FUSS ABOUT MEN'S HEALTH?

THE STATISTICS SPEAK FOR THEMSELVES...

Each hour 4 men in Australia die from potentially preventable health conditions.

WHAT IS THE REASON?

While biological factors have some impact, the threats to men's health are illnesses linked to lifestyle choices and behaviour.

RING A BELL?

Every year, too many men die prematurely from heart disease, cancer, accidents, suicide and illness caused by obesity and smoking.

THE REALITY

Men who eat nutritious food, exercise, undertake regular activity, keep track of their health and get prompt treatment for health problems have a better chance of a healthy and long life.

GOT A GP?

If not, find one by visiting www.nhsd.com.au

YOUR TOOLKIT

This men's health 'Tool Kit' booklet is designed to help you make great decisions and take control of your health.

Why gamble with your life?

Give yourself the best chance by investing in your health – it's your most important asset.