

Get a Men's Check-up once a year. It's no big deal.

FIND A DOCTOR

If you don't have a doctor, go to healthpoint.co.nz and select "GPs (General Practitioners)" to find one in your area. Or, ask your friends who they go to. Some clinics are open after work and on weekends, and prices vary.

BOOK YOUR APPOINTMENT

Remember to ask for a double length appointment for a Men's Health Check-up, because there's a lot to get through. You can ask for either a man or woman doctor, whichever you feel more comfortable with.

NEXT STEPS:

Your doctor can help you develop an action plan for your health. Write down any notes from your Check-up here. Keep it in a safe place so you can refer to it and see how you're going.

Think of your doctor as your health coach, someone to guide you towards a healthier life, physically and mentally. A good Check-up result is one that leaves you inspired to keep making small improvements for a better life.



#MenStartTalking

About Us

Men's Health Trust NZ was established in 2007 as a national charity. Our purpose is to inspire men to make positive and rewarding lifestyle choices. We do this by providing information and education programmes that encourage and promote good health.

Contact Us

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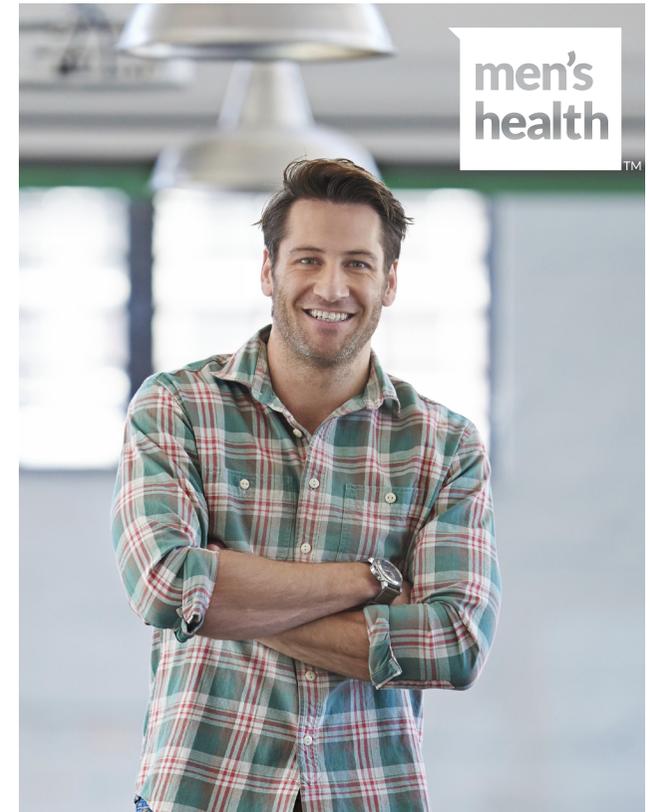


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Men's Health Check-ups

www.menshealthnz.org.nz

The Conversation

Men's Check-ups are a great way to keep tabs on your health. Your doctor can spot signs of illness early when they're easily treatable. Here's a basic guide.



Your doctor will start things off with some questions:

- Do you have anything troubling you at the moment?
- Are you currently on medication?
- What health conditions run in your family?

It's important to offer as much information as you can. A Check-up is a good time to mention any problems you might be having peeing or pooing or getting and keeping an erection. Mention any lumps or moles you might be worried about, or aches and pains. If you've been feeling stressed or anxious, tell your doctor, they're trained in mental health too.

Men's Check-up

There are all sorts of general things your doctor will check out first: your blood pressure, nerves and joints, skin, body mass, lungs, stomach, ears, nose and throat. Then there are these more specific men's checks:

HERNIA

The "turn your head and cough" test checks for weakness in the abdomen wall between the intestine and balls.

TESTICLES

Your doctor might feel for lumps and ask if you've noticed any change in size. Testicular cancer is the most common cancer in men under 40, but it is rare so that's good news.

PENIS

You might be examined for warts, ulcers, or other evidence of sexually transmitted infections, all of which can be treated. Not all STIs present physical symptoms so you will need blood, urine, oral and anal swabs taken to be tested fully.

PROSTATE

Yes, it's the finger up your bum test. Your doctor is checking for prostate size and lumps. This only needs to be done if you're over 50, or earlier if you have a family history of prostate cancer or current waterworks difficulties.

PSA TEST from age 40

High levels of Prostate Specific Antigen in your blood might be caused by an enlarged prostate, infection, or prostate cancer. The finger test will help determine the cause.

CHOLESTEROL & BLOOD SUGAR

You may be sent for blood tests. If your cholesterol is high or you have a family history of heart disease, you might need further tests. If your glucose (sugar) levels are too high you could develop diabetes.

Men's Check List

Tear this section off and take it with you. Take a moment to fill out what you can before you go. This will help your doctor determine the most important checks for you.

MY CURRENT HEALTH CONCERNS:

MY MEDICATIONS:

MY FAMILY HEALTH HISTORY:

WHAT'S MY BLOOD PRESSURE?



HOW ARE MY...?

- Energy levels
- Skin & moles
- Ears, nose & throat
- Nerves & joints
- Breathing & stomach
- Penis & testicles
- Poos & wees
- Eating, drinking, & exercise habits