



# HEALTHY MALE

ANDROLOGY AUSTRALIA

## MEDIA RELEASE

### Check up and check in!

### Australian men need to take charge of their health with physical and mental maintenance

Men's Health Week 15 – 20 June 2020

Australian men are being urged to take a holistic approach to their health and visit their GP for a regular physical check-up AS WELL as a mental check in.

Many physical issues experienced by males such as infertility, and testicular cancer can have an impact on mental wellbeing. The reverse can also be true, poor mental health is often linked to physical problems including reproduction and fertility.

Healthy Male, CEO Simon von Saldern says 'It's a myth that men don't go to the doctor, they do, but not until they have a problem. We want boys and men to know that physical and mental health go together and regular maintenance of both will ensure not only earlier detection but diagnosis of many issues that go undetected.'

Reproductive and sexual health remains an awkward topic for males to talk about or seek help for. As part of Men's Health Week a series of free live webinars on Facebook Live and Zoom and will include experts discussing a range of topics and answering questions. Male fertility specialist Professor Rob McLachlan believes that men will be more likely to engage from the comfort and privacy of home. "This is going to be real talk about real issues that affect thousands of men, you can ask us anything you want to know about sexual health. We are hoping it will make men feel less alone and realise the importance of looking after all of their health needs' said Professor McLachlan.

Subscribe for a daily event reminder at <https://www.healthymale.org.au/mens-health-week>

#### Key facts:

- At least 10,000 Australian men have undiagnosed [Klinefelter syndrome](#) (a chromosomal disorder that leads to health and fertility issues)
- Male infertility is attributed to 1 in every 5 infertile couples
- Testicular cancer is the most common form of cancer in young men
- 1 in 10 men experience [postnatal depression](#)
- 6 males between the ages of 15 and 44 commit suicide in Australia everyday

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#MHW2020 #menshealthweek #yourhealthmatters