

MHW Post report



MEN'S HEALTH WEEK 09

RIVERLAND ABORIGINAL MEN'S GROUP EVENT- ADELAIDE

Tuesday 16th June 2009

SA Health and the M5 Project helped create awareness to men's health issues by hosting an event for the Riverland Aboriginal Men's Group in Adelaide at AAMI stadium on Monday June 15th. The Riverland group is a unique group run by, and for, aboriginal men in the riverland area of South Australia. They meet regularly to discuss health issues in their communities and come up with strategies to raise awareness of mental health issues.

Professor Nigel Stocks, from the Royal Australian College of General Practitioners, and Ivan Copley, South Australian of the Year 2009, spoke to the Riverland Aboriginal Men's Group about men's health. Ivan addressed the group at 10:30am after a welcome from Daniel Panic of SA Health who helped bring the group down to Adelaide.

Ivan has just come out of hospital after one of his regular checkups found a small blockage near his pancreas. "If they hadn't found this early, I could have been in real trouble," Ivan told the men. But instead he had a quick procedure and was out of hospital in a couple of days. Unfortunately, things weren't so good for his brother. Ivan told the group that when he finally convinced his brother to have a proper check up, they found a tumour in his bowel 43 cm long that had been there for 3 years. Ivan's brother now faces a very difficult fight with chemo and surgery. If he had the regular yearly checkups he would have found the cancer earlier, and bowel cancer has one of the best success rates when treated early.

The members of Riverland Aboriginal Men's Group were joined at the event by former Adelaide Crowes player Kris Massie to help celebrate Men's Health Week 09. They spent Sunday at the Adelaide Crows match before the Men's Health Week event on Monday.

Men's Health Week 09 is providing an opportunity to increase awareness of important male-specific health issues. It celebrates the contribution men make to their family, work and the community, whilst urging men to get out of their comfort zone, start thinking about their health (even when feeling healthy) and to become mates with their GP.

The week is raising awareness of the fact that 5 men die every hour of a potentially preventable illness.

Men's Health Week 09 is recognised by the Department of Health and Ageing and reflects the themes of their forthcoming national Men's Health policy. The week is focused on preventative health and healthy behaviours that men can adopt in relation to physical, mental health and sexual health and function.

For more details on Men's Health Week 09 visit www.menshealthweek.com.au. Or contact Cassie O'Brien from MWC Media on 0450 783 162 or cassie@mwcmmedia.com.au