



## BLACKBURN CLINIC

Web: [www.blackburnclinic.com.au](http://www.blackburnclinic.com.au)

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# Men's Health Check

## Information Sheet

Please take a few minutes to read this information – it may improve your health!

Did you know that males carry a greater burden of ill-health through every decade of their lives, yet they use health services and preventative health strategies less than females? Your car probably gets more frequent and superior attention than your body!

Blackburn Clinic has developed

a health program specifically designed for busy men who wish to do something about improving their health.

Our preventative philosophy aims to identify risks and put strategies in place to prevent ill health.

If a health problem exists, then by detecting the problem early, we can aim for better management of the problem, thus minimising complications.

## We are offering a whole body checkup comprising:

- a detailed heart risk evaluation
- an ECG
- respiratory assessment
- diabetes check
- a fitness test (wear loose clothing)
- skin cancer check
- eye check
- hearing screening test
- prostate check when appropriate
- risk evaluation.
- Takes approximately 1¼ hours.
- Appointments available in designated times (usually evenings or Saturdays).
- We guarantee no long waits



## Cost:

Please contact the clinic to find out the current price for this service. Patients need to pay on the day, and can expect to get approximately half the fee rebated by Medicare.

## How to book:

Phone our reception on **9875 1123**, mention the "Men's Health Check" - an appointment will be booked for you and we will post a detailed health questionnaire.

Complete and return the questionnaire prior to your appointment (so that your doctor can analyse this before your health check).