



PRESS RELEASE

For immediate release – 28 October, 2019

3 in 4 Australian men don't always go to a GP when they have a health problem

New Movember research shows that men are still taking 'she'll be right' approach to their health

Australia, Monday 28 October 2019: New research from Movember has found that three in four men (74%) have put their health at risk by avoiding the GP when they had a health concern.

The survey, commissioned by Movember and undertaken by YouGov, looks at Australian men's attitudes towards their health. Over half (51%) the men surveyed felt that they could manage a health concern themselves or thought it would go away by itself.

Commenting on the findings, Movember's Global Director for Testicular Cancer, Sam Gledhill said: "These results show that the traditional stock responses such as 'she'll be right' or 'it's nothing' still reflect the majority of men's attitudes towards their health. The findings are very worrying and a real wake up call to men and anyone who cares about men's health."

Looking at other reasons men avoided the GP in the past; one in five men said they were too busy (20%) while 30% of younger men (aged 18 to 34) said that they couldn't be bothered. One in 14 men (7%) have avoided the GP out of embarrassment.

Mr Gledhill added: "By avoiding GPs and ignoring a problem, you are cutting yourself off from all kinds of early medical interventions or support.

"For example, very often there are no symptoms for a serious physical illness such as prostate cancer - routine check-ups are essential to detect if anything is up. If it's detected early there is a 98% chance of survival beyond 5 years, if detected late, this chance of survival drops significantly."

The survey also asked men why they would go to a GP. Just over one in three (35%) men said that they get a health check at least every 12 months, and one in six (16%) visit their GP to get advice on how to stay healthy.

Movember Country Director Rachel Carr commented: "This Movember we want to start conversations with men and change attitudes about taking care of their health – including getting regular check-ups. On average, men in Australia die four years earlier than women and one of the reasons for this is that men are less likely to seek help.

"Taking part in Movember is about helping all men live healthier, happier and longer lives. As well as raising much-needed funds for men's health, your Mo can inspire conversations and real change. We

CHANGING THE FACE OF MEN'S HEALTH



encourage everyone to sign up to take part and to be there for the guys who matter in their lives, through good times and bad.”

To mark the official start of Movember, 45 tombstones have been erected on the steps of the State Library Victoria. The 45 tombstones represent the average number of men that will die too young from prostate cancer over the next five days - from today until 1 November¹.

Find out how to get involved in Movember and change the face of men’s health by visiting Movember.com.

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Notes to editors

Press contact

Muireann Kirby, Media Relations Consultant / muireann.kirby@movember.com / 0432 118 221
OR
Gill Deed, Publicist / gill.deed@movember.com / 0422 781 879

Research

All research unless otherwise stated was conducted by YouGov Galaxy national online omnibus between 26 – 29 September 2019. The national omnibus surveyed 1,055 Australians aged 18 and over, comprising 525 males. The data was weighted by age, gender and region to reflect the latest ABS population estimates.

About Prostate Cancer and Testicular Cancer

In Australia, prostate cancer is the most common cancer in men - with nearly 20,000 men diagnosed each year. While great advances are being made in the treatments for prostate cancer, the fact remains that in 2018, we lost more than 3,300 men to this disease¹.

Testicular cancer is the most common cancer in young men with 840 Australian men diagnosed with the disease in 2018².

About Movember

Movember is the leading global men’s health charity. The charity raises funds to deliver innovative, breakthrough research and support programs that enable men to live happier, healthier and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects focusing on prostate cancer, testicular cancer and suicide prevention.

In addition to tackling key health issues faced by men, Movember is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open to discussing their health and significant moments in their lives.

The charity’s vision is to have an everlasting impact on the face of men’s health. To donate or learn more, please visit Movember.com.



References

1. On average, 45.2 men will die from prostate cancer in 5 days. Over 3,300 men die from prostate cancer in Australia each year. ([Australian Institute of Health and Welfare](#))
2. [Australian Institute of Health and Welfare](#)