

Decades of Life

THE ROAD MAP FOR GOOD HEALTH!



YOUR 20s:

You have your whole life ahead of you – new found independence, fun and risk taking opportunities as you take control of your life.

Just be aware of the health issues affecting your age group.

Too much grog, smoking and drugs, plus sexually transmitted diseases and accidents are largely self-inflicted.

Be aware of your mental health as young men are vulnerable to emotional issues leading to self harm and suicide.

Find a doctor (GP) you feel comfortable with and have a yearly health check and a chat about any other health concern you may have.

20'S HEALTH CHECK

- ✓ *Weight and waist measurement*
- ✓ *Blood pressure*
- ✓ *Examine your testicles for lumps or bumps - feel anything unusual? Get it checked out immediately*
- ✓ *Skin cancer screening - get those moles checked out*
- ✓ *Blood cholesterol and glucose*
- ✓ *Anxiety and depression - talk to your GP about any concerns*
- ✓ *Sexually transmitted diseases*

- Drink moderately – don't binge and if you drink or take drugs and drive you are a b----y Idiot!
- Keep active – maintain a healthy weight and continue to meet with your mates for sport and exercise – try cycling
- Look after your skin – slip slop slap – avoid future skin cancer
- Practise safe sex – use a condom
- Eat nutritious food and plenty of fruit and vegetables
- Talk about any emotional problems or concerns, seek help – your GP or a counsellor will assist you
- Enjoy life – value your relationships and yourself!
- Laugh lots and loud
- Quit the smokes

