

# Welcome to Foundation 49 Online Men's Health!

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Did you know that each hour, five men die from conditions that are potentially preventable? Or that men live on average five years less than women ?

Men's health concerns include erectile dysfunction, heart disease, prostate problems, diabetes, obesity and more.

Foundation 49 is a direct response to this health crisis affecting 49% of the population - and is dedicated to improving the health status of all men. Our vision is 'to reduce the number of men dying from preventable conditions through raising health awareness and encouraging regular check-ups'.

We are supported by a group of men's health experts, including medical specialists and community health workers. Foundation 49 is an initiative of Cabrini Health, Victoria and is funded solely through donations, fundraising activities and philanthropic grants.

So guys, remember to:

- Find a GP you are happy with
- Have an annual check up with your GP
- Know your body and what is normal for you
- Promptly check out any changes in your body with your GP
- Know the health risks for your age group, and what to do to reduce them

So why not have a go at the online men's health check ? And have a look at our latest newsletter. We know you'll find all sorts of interesting and useful information to help you stay healthy and well.

And Live long.....Live well.....Enjoy your health !

The purpose of this website is to assist men of all ages, plus those who care for them, make more informed decisions about their own health. All information provided on this website is checked by Foundation 49 medical advisors. Foundation 49 does not host or receive funding from advertising.

Also, please note that the information on this website is designed to support and not replace the important relationship between you and your doctor. For medical advice please make an appointment and speak to your GP. If you do not have a GP go to [www.healthengine.com.au](http://www.healthengine.com.au) to find one in your area. Health Information

The information and services on this website assist men, their families and their doctors in four key areas of illness:

- Cancer
- Heart
- Mental Health
- Sexual Health

Inside these four sections you will find information on your risk of contracting a number of illnesses that are common in men. The Heart section has information on cholesterol and high blood pressure, for example, while the Mental health section covers depression and anxiety, among other topics.

The information covers areas such as the incidence and causes of particular illnesses and diseases, plus what you can do to change your lifestyle that will reduce your risk of these illnesses.

It also includes the checks and screens that might be relevant for you if your doctor believes you are at risk of an illness, or if it is time for a routine check-up.

Checks such as the PSA test for prostate cancer and blood tests for measuring your cholesterol level are introduced and summarised to help men better understand their value and whether or not they should see their doctor for more information. Encyclopaedia

The encyclopedia linked to from this website is provided by an independent organization and is, in fact, an online medical dictionary containing over 46,000 definitions for terms and names used in medicine and medical science.

Created by the University of Newcastle in the UK, it is called CancerWeb, although it covers a range of illnesses and treatments, not just those relating to cancer. From aspirin to Zoloft, or arthritis to zinc deficiency, the encyclopaedia represents a valuable reference to support your growing knowledge of your own health. Lifestyle

The Lifestyle section of this website contains articles on smoking and alcohol consumption and their impact on health. It also contains information on food and physical activity; not only how dietary and exercise habits can put your health at risk, but also about healthful eating and activity to help you maintain wellbeing and reduce your risk of illness.

The information is designed to help all men play a more active role in their own health. While your doctor remains the most valuable resource in relation to your ongoing health and wellbeing, Foundation 49 aims to form a partnership with all men and their doctors, with the aim of raising awareness and ensuring a better health outcome for all Australian men.