

## **Your Questions Answered...**

We invite you to attend our Men's Health Assessment designed to promote and care for the ongoing health and wellbeing of the male patients in our General Practice.

As our clinic is a new service provided by the practice you probably have lots of questions.

We hope you find this short leaflet helpful



Dr Martin White    Dr Catherine Wann  
Dr Sandra Dodson  
The Nobber Medical Practice  
Nobber, Co. Meath  
Phone 046 9052109  
[www.nobbergp.ie](http://www.nobbergp.ie)

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**Have you had your Health  
Check?**

**MEN'S HEALTH ASSESSMENT**

*Patient Information Leaflet*



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## Why are you providing this service?

The aim of the assessment is to provide a health screening and promotion opportunity to our male patients at a local level and convenient time.

It is widely known that men's life expectancy remains lower than their female counterparts. Men are slower to attend for routine check-ups or to seek help when they are concerned about a new symptom. Busy and stressful lifestyles can lead to men neglecting exercise and healthy eating.

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## Who is the assessment for?

We are providing this service for **all male patients** attending the practice. However we particularly encourage those between the **ages of 40 – 70** as they may **benefit most** from a health check.

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## When is the service available?

The assessment will take place over two planned appointments and

can be arranged daily.

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## How do I know if I should attend?

The clinic is open to all men who feel they should have a general health check-up.

You may also benefit if...

you are concerned about your diet, exercise, smoking or alcohol intake.

you are under pressure or stress in your work or home life or are feeling fatigued.

you have a family history of any significant medical conditions.

For specific acute symptoms it may be more relevant to arrange a general appointment for one of the GP's first.

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## What should I expect?

Assessments will involve an initial consultation with our practice nurse. You should attend fasting for

14 hours (overnight). The nurse will review with you your health check questionnaire and undertake your blood tests, a urine test and physical measurements (Blood Pressure, weight e.t.c.)

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## What happens next?

A follow up appointment, at least one week later, with the doctor will then complete your health assessment. The doctor will complete a physical examination and review the results of your investigations undertaken by the nurse. This will allow you to discuss and plan together for any appropriate treatment or lifestyle changes that may be required.

We are also running a lifestyle clinic for those requiring more intensive one to one intervention on these issues

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## What do I need to do next?

If you would like to make an appointment simply speak to our receptionist or see our website [www.nobbergp.ie](http://www.nobbergp.ie).

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