

MEDIA RELEASE

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Regular check-ups can help save men's lives, AMA says

This Men's Health Week, the Australian Medical Association is urging men to visit their general practitioner for a check-up to support their long-term health and wellbeing.

Two in five men living in Australia die prematurely, before the age of 75. These deaths are, for the most part, preventable, yet last year, only 78 per cent of men saw a GP, compared to 87 per cent of women.

AMA President and GP Dr Danielle McMullen said it was important to shine a light on men's health and how men can live happier, healthier lives.

"Prioritising visits to a regular GP is one of the most effective ways for men to safeguard their long-term health and wellbeing," Dr McMullen said.

"A trusted GP can detect potential health concerns before they become serious, provide essential mental health support, and work with you on preventative strategies to help reduce the risk of chronic conditions later in life.

"Regular visits to the same GP can significantly improve long-term health outcomes by assessing risk factors before they escalate."

Despite this, younger men are less likely to seek medical advice, even though they are more likely to engage in high-risk behaviours, such as smoking or alcohol use.

The [2024 Real Face of Men's Health Report](#) shows 60 per cent of men wait more than seven days with symptoms before visiting a doctor, and 53 per cent believe it is normal for men to avoid regular health check-ups.

One in three men living in Australia also admit to feeling confused or overwhelmed by health information, and 63 per cent feel that gender stereotypes, such as the idea of 'toughing it out', have affected their health behaviours and experiences in healthcare settings.

Dr McMullen said it was important for men to develop a meaningful, ongoing relationship with a trusted, regular GP.

"Having a regular GP who knows you and your history is crucial in ensuring your health and wellbeing," Dr McMullen said.

"It is critical that more men take the time to invest in their own preventative healthcare today, which can help lead to a longer, healthier life in the future."

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