

12 June 2025

'No time' is NO excuse! **Book a GP check-up this Men's Health Week**

Men's Health Week 2025

9-15 June 2025

#MHW25

When it comes to looking after your health, the often heard remark "I've got no time" is no excuse!

Be proactive and catch-up regularly with your GP to get your health checked – and if you suspect something is not quite right, book in to see your GP as soon as possible, the Rural Doctors Association of Australia (RDAA) has urged rural and remote men during Men's Health Week 2025.

"Far too many times, men come to our practices or hospitals after sitting on a significant health issue for way too long, with many never having come in for a preventive health check either" **RDAA President, Dr RT Lewandowski said.**

"Rather than coming to see us, they've pretended their health issue doesn't exist, or they've asked their mates or family members about it, or they've consulted Dr Google...but in many cases we could have provided the care they needed much earlier.



"Sadly, delaying their visit to the GP sometimes does mean the difference between life and death for some men...but in most cases, grasping the bull by the horns and booking in that early appointment has got them much better much sooner!

"We know rural men are busy, and for those living on remote farms or in towns without doctors it can be a day's project to get to an appointment with your GP – but it is so important that you make the time to do that.

"As is often said, your health must come first.

"Please don't use the excuse of 'no time' to put off seeing your doctor for what could be a life-saving consultation – whether that is for something urgent, or importantly a regular check-up that finds a health issue developing before it becomes a bigger problem.

"You can also be proactive about your health at home, by doing things like regularly monitoring your own blood pressure, eating well, laying off the alcohol and exercising regularly.

"But a key part of staying healthy means visiting your GP regularly, so this Men's Health Week we are urging all rural and remote men to take the time to make an appointment for a general check-up, or to talk with their doc about that health issue they know deep down needs to be assessed.

“Even if you can’t get in to see your GP this week, make an appointment for the next available spot. Trust me, you’ll be glad you got things checked out early!”

According to the Healthy Male organisation, two-thirds of men wait to see a GP even when they notice a health problem, with some men trying to handle health issues on their own first. And if a doctor’s visit hasn’t helped them in the past, men may not go back again. But as Healthy Male advises, the right GP can make a real difference – so it’s important to find the doctor that works for you.

Men’s Health Week resources:

[See Your GP - Healthy Male’s Men’s Health Week website](#)

[Australian Men’s Health Forum – Men’s Health Week website](#)

[Western Sydney University Centre for Male Health – Men’s Health Week website](#)

Downloadable photo - [Dr RT Lewandowski](#)

Available for interview:

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