



Media Release

28 April 2014

Flying Doctor to Focus on Men's Health at Ag Fair

With a health team comprising of: an alcohol and drugs clinician, chronic care nurse, male GP and mental health professionals, the Royal Flying Doctor Service (RFDS), in association with Far West Medicare Local and the University Department of Rural Health, is planning a significant presence at the forthcoming Broken Hill Ag Fair with men's health as the key focus.

"Although female health information and RFDS health professionals (breast care nurse and Women's & Child, Family Health Nurse, Midwife) will also be available at a dedicated women's area, the focus is on men because they are less proactive on the issue of health," said Greg Sam, Chief Executive Officer of RFDS South Eastern Section.

"They will book their car in for a regular service, but are reluctant to see their doctor, so the RFDS is inviting male visitors at the Fair to make a "pit stop" for a full health "rego" check."

"We have developed this streamlined, car-themed health check model over the past few years, which is very effective for community health screenings at social or fun days."

"The entire process takes less than 30 minutes and may turn out to be the best half-hour you ever spent."

The whole "rego" process has six or seven stages:

After registration at the first "pit stop," oil, duco (blood pressure, skin) are checked at the second, followed by chassis/ exhaust (weight, heart smoking/ lung), fuel additives (AusD-diabetes screen, diet and alcohol check) and shock absorbers (mental health screen).

The final two "pit stops" are with a General Practitioner who tests spark plugs (testes) and assesses whether a participant is "roadworthy" enough to get their "rego" papers at stage six, or needs to go on to stage seven for further tuning and maintenance.

"Broken Hill is where our main Base is situated and Ag Fair offers a great opportunity to engage with people from far and wide while delivering important health information and education," said Mr Sam

"We are grateful to Far West Medicare Local and hope the men attending Ag Fair will take the time to come and see us. Regular health checks increase the chances of health problems being detected early and a positive outcome through changes to lifestyle, diet or medical treatment."

Who: The RFDS Health Team

What: RFDS health check "Pit Stop"

When: Friday/ Saturday May 2/ 3 2014

Where: Far West Medicare Local Exhibit, Broken Hill Racecourse, Racecourse Rd.

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For more information or photographs, contact Brendon Smyth, RFDS (South Eastern Section) General Manager, Fundraising, Marketing & Communications, 02 9941 8852/ 0438 687 933 or brendon.smyth@rfdsse.org.au

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ABOUT THE ROYAL FLYING DOCTOR SERVICE

The not-for-profit Royal Flying Doctor Service has been taking the finest care to the furthest corners of Australia since 1928. The service provides 24 hour emergency cover to 90% of the Australian continent, via a modern fleet of specially equipped aircraft. No patient is more than two hours away from the Flying Doctor's help. In the past year, the South Eastern Section flew the equivalent of 6.5 round trips to the moon as it conducted over 4,700 clinics, took over 5,000 telehealth calls, had over 54,000 patient contacts and transported almost 8,600 patients.