

Health checks for men - quiz

Men should have regular medical check-ups. These are particularly important if there is a family history of disease. Do you have regular check-ups? Are you putting your health at risk by not looking after yourself? Test your risk with this quick quiz.

1. How old are you?

- A. Aged 18 or less
- B. Between 19 and 44
- C. Over 45 years

2. Are you overweight?

- A. No, I'm the correct weight for my height.
- B. I'm carrying a little bit of extra but nothing to worry about.
- C. Yes, I've got a problem with my weight.

3. Do you smoke?

- A. No, I'm a lifelong non-smoker.
- B. I used to smoke but I quit.
- C. Yes I smoke, either occasionally or regularly.

4. How often do you exercise?

- A. On most days of the week.
- B. Up to three times a week.
- C. Hardly at all or never.

5. Does a serious health condition, like heart disease, run in your family?

- A. No, we're all very fit.
- B. Yes, a distant relative has had a serious health problem.
- C. Yes, a close relative such as a parent or a sibling has had a serious health problem.

6. Do you know your current blood cholesterol level?

- A. Yes, I had it checked within the last 12 months.
- B. Not currently, but I had it checked within the past few years.
- C. No, I've never had it checked.

7. Do you visit your doctor when you are unwell?

- A. Always, apart from minor illnesses that tend to go away by themselves such as the common cold.

- B. Yes, but only if I have to: for example, if I've been sick for a while or if I'm not sure what's wrong with me.
- C. No, I dislike going to the doctor and prefer to tough it out.

8. When was the last time you visited your doctor for a medical check-up?

- A. Within the past 12 months.
- B. Within the past few years.
- C. Many years ago or never.

Calculate score

Your score is:

Score 8 to 12:

Congratulations, it appears that you take responsibility for your health. Keep up the good work and continue to have regular medical check-ups.

Score 13 to 18:

Some of your choices may be putting you at increased risk of health problems. An annual medical check-up is important. Consult with your doctor for information and advice.

Score 19 to 24:

Many of your choices are putting your health at risk. It is important that you make an appointment with your doctor to have a check-up and discuss the many different ways you can improve your lifestyle and wellbeing.

> Check the best answers.

This page has been produced in consultation with, and approved by:

Centre for Advancement of Men's Health

This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

For the latest updates and more information, visit www.betterhealth.vic.gov.au

Copyright © 1999/2010 State of Victoria. Reproduced from the Better Health Channel (www.betterhealth.vic.gov.au) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.