

19 June 2026

Oi, rural blokes! Need something checked? Don't put it off... book it in!

Men's Health Week
15 to 21 June 2026
#MensHealthWeek

Rural and remote doctors are urging Aussie men to book a check-up with their GP as soon as something doesn't feel right and not put it off 'till later'. Getting onto physical and mental health concerns early can make a real difference in your health outcomes.

Speaking during Men's Health Week, **President of the Rural Doctors Association of Australia (RDAA), Dr Sarah Chalmers**, said two in three Australian men wait too long before seeking help when something doesn't feel right... and that can lead to delayed treatment and, in some cases, more serious outcomes.

"According to [Healthy Male](#) and the [Centre for Male Health at Western Sydney University](#), there are [101 Reasons to See Your GP](#). You probably already know what your reasons are... but it's taking action on them that counts!" **she said.**

"The most important step you can take is delaying that GP visit off, but booking an appointment NOW.

"We get it – it seems much easier to stick your head in the sand and pretend everything's rosy, or tell yourself that you're too busy at the moment to see the doc.

"But the reality is, that isn't going to fix things – and seeing the doctor sooner rather than later may make the difference between a serious condition being diagnosed while something can be done about it, and being left with limited or even no treatment options.

"Importantly too, your GP can absolutely help you with your mental health. It is crucial that if you are feeling down or depressed, or just don't have your usual levels of energy, that you book in early to see your GP for help with that.

"As with your physical health, getting help early for any emotional wellbeing and mental health concerns can make a big difference.

"Often men in rural and remote communities surprise themselves that – after putting off an appointment for so long – they feel a huge sense of relief when they finally do something about it.

"The trick is not to overthink it, and to book that appointment in early.

"You don't need to wait until you feel something is not quite right, either. You can also see your GP for regular proactive health check-ups, preventive screenings (for bowel cancer, blood pressure, cholesterol and other conditions) and any potential early interventions that will help keep you in optimum health."



Men are at higher risk for a variety of serious health conditions including heart disease, Type 2 diabetes and some cancers, with depression, anxiety and suicide disproportionately impacting them too.

“That is why staying on top of your physical and mental health – ideally through having regular health checks with your GP – is so important in getting on top of any issues before they become bigger problems” **Dr Chalmers said.**

“Your GP is there to help not only when you are really unwell, but there to keep you healthy and enjoying life’

During Men’s Health Week, men are also being encouraged to:

- exercise regularly to support their health and reduce stress
- ensure they are eating a good mix of healthy foods (‘sometimes’ treats are OK... sometimes!)
- cut back (and even quit) their alcohol consumption
- quit smoking
- keep an eye out for family members or mates who they believe may be struggling with either physical or mental health concerns, and encourage them to see a GP.

Resources and links:

- [Men’s Health Week / 101 Reasons to See Your GP](#) (produced by [Healthy Male](#) and the [Centre for Male Health at Western Sydney University](#))
- [Australian Men’s Health Forum](#)

Downloadable photo of Dr Chalmers – [click here](#)

Available for interview:

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