



Andrology Australia raises the awareness of male reproductive health disorders and their associations with chronic disease, including; erectile dysfunction, testosterone deficiency, male infertility, testicular cancer and prostate disease (including prostate cancer). Our mission is to raise awareness of men's health issues.

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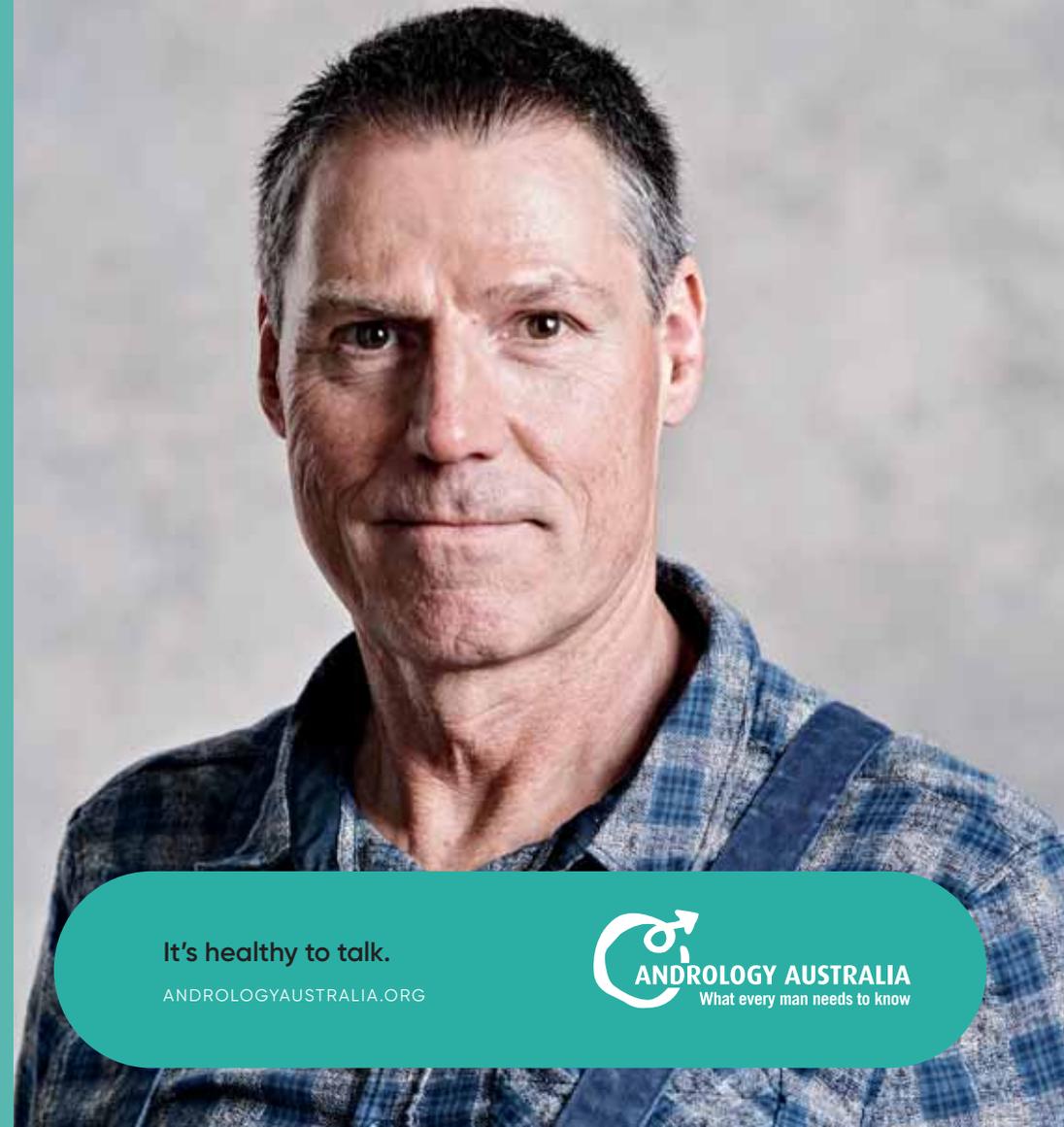
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“
**One of the guys at work
made me realise
I need to get a check-up**

STEVE, 47, FITTER & TURNER

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It's healthy to talk.

ANDROLOGYAUSTRALIA.ORG





Your mates will listen.

www.andrologyaustralia.org

- For various reasons, you may feel you can't talk about your own physical or emotional health. Men tend to battle through, ignoring warning signs and just hoping they will go away.
- **It is healthy to talk.** Having a chat to someone in your family, or a mate at work, in the men's shed, at band practice or your local footy club, can stop a minor problem turning into something bigger.
- Don't be afraid to have a conversation about your health and well-being with someone you trust. The simple act of sharing a concern can turn your life around.
- **You are not alone.** Many men experience problems below the belt, and these are commonly linked to more serious problems, like heart disease, diabetes, anxiety and depression.
- **It's healthy to talk.** Have a conversation with someone you trust.
- **Be informed.** Having knowledge about potential problems is a good way to help avoid them. We have a range of fact sheets and information booklets that you can view online or order free of charge.
- **Don't ignore change.** Go and see your doctor for any concerns.