



OCEAN WAVE MEDICAL

Ph: 5491 9044



MENS HEALTH

Men should have regular health checks. See your doctor for regular medical check-ups to help you stay healthy and to pick up early warning signs of disease or illness. Cardiovascular (heart) disease, diabetes and some cancers can often be picked up in their early stages, when treatment may be more successful.

Here at Ocean Wave Medical we have 9 permanent Doctors, 5 males and 4 female Doctors who are all able to help you with any health concerns you may have. Free Medicare Health Assessments are available for 40-49yrs, 45-49years and 75 years and over.

When you have a health check, your doctor will talk to you about your medical history, your family's history of disease and your lifestyle. Your diet, weight, how much you exercise and whether or not you smoke will also be discussed. If you have high-risk factors, such as a family history of a disease, it may be more likely that you will develop a particular disease. Regular check-ups may help your doctor pick up early warning signs. For example, high blood pressure may be an early warning sign of cardiovascular disease.

18-39 YEARS

Early heart disease
High blood pressure
Stroke
Testicular cancer
Injuries
Relationship difficulty
Drug & Alcohol issues
Overweight
Skin Cancers
Mental Health &
Wellbeing



40-49 YEARS

Early heart disease
High blood pressure
Stroke
Diabetes
Drug & Alcohol issues
Overweight
Respiratory illness &
Lung cancer
Skin cancers
Mental health &
wellbeing
Erectile difficulties

50-64 YEARS

Early heart disease
High blood pressure
Stroke
Diabetes
Drug & Alcohol issues
Overweight
Respiratory illness &
Lung cancer
Bowel, Prostrate &
Skin cancers
Erectile difficulties
Mental Health



65 YEARS & OVER

Early heart disease
High blood pressure
Stroke
Diabetes
Drug & Alcohol issues
Overweight
Respiratory illness &
Lung cancer
Bowel, Prostrate &
Skin cancers
Erectile difficulties
Mental Health