



Associate Professor Samar Aoun will show men like RCR Tomlinson's Gabi Ghasseb, left, Bob Goodlad, Steve Coady and Andrew MacNaughton how to aim for the healthy weight range as part of a lecture she will give at Edith Cowan University tomorrow.

## Reality check for men's health

AN entertaining and thought provoking lecture will look at how men can be motivated to take an active role in their own well-being tomorrow.

Following extensive research into men's health issues, former South West Woman of the Year and Edith Cowan University Associate Professor Samar Aoun will hold a free public lecture at the university's South West Campus which aims to encourage men, who are at a higher risk of having a stroke, developing heart disease or diabetes than women, to be proactive about their health.

"The 'she'll be right mate' attitude is killing them and of course they will soon be labelled

an endangered species," Prof. Aoun said.

"I'm trying to provide a wake-up call."

Prof. Aoun conducted a Diabetes Education and Screening program in industries in the South West in 2000, which 500 men participated in, and found that 64 per cent of those men were at risk of developing diabetes over the next few years.

Prof. Aoun said 1.4 million Australians had diabetes and a further 242 people were diagnosed with the disease every year.

"The scary thing is, half of them don't know they have it," she said.

Diabetes educator Jenny McDonnell would also provide

lifestyle advice in relation to exercise, diet and alcohol consumption.

RCR Tomlinson engineering manager and South Bunbury Rotary Club member Steve Coady is one of many Rotarians across the district taking part in the Waist Disposal Challenge.

The challenge aims to encourage each Rotary club to achieve the highest collective reduction in body mass index and was launched after Prof. Aoun gave a lecture at a Rotary district conference in March.

The lecture will run between 6pm and 8pm.