



## PRESS RELEASE

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### **GHA hosts ‘Let’s Talk About...’ Men’s Health Sessions**

The Gibraltar Health Authority and the School of Health Studies are organising a series of one-hour talks on men’s health issues at the King’s Bastion Cinema hosted by Professor Ian Banks, a leading European medical authority on the subject. The ‘Let’s Talk About...’ programme will be officially launched by the Minister for Health, Care and Justice the Hon Neil F. Costa MP on May 18th 2017, ahead of the inaugural talk under the theme ‘MOTs for Men’.

The idea of these talks is to attract a predominantly male audience – traditionally reticent when it comes to engaging with health care services – for a programme of informative talks on a whole range of male health concerns, including bowel afflictions, diabetes and prostate ailments.

Professor Banks, a GP in his own right, is also the president of the European Men’s Health Forum. Each event will be open to the public, have an interactive format and include a well-known local speaker to bring added interest to the proceedings. The second talk, ‘Understanding Male Cancers’ takes place on June 22nd 2017 with the presence of a representative from the Gibraltar Football Association. This will be followed on July 20th 2017 with ‘Men and Mental Health’ with Mayor Kaiane Aldorino Lopez as special guest. The next talk ‘Being Healthy’ takes place in September 2017 and will be delivered by well-known Sports Medicine Specialist Eva Carneiro. The final talk ‘Understanding Heart Conditions’ will take place in October 2017.

Chief Minister Fabian Picardo has been invited to formally close the series.

Further, in conjunction with the seminar, a new Health Passport, which will keep tabs on vital individual health data, will be introduced to the community. It is expected that GPs at the Primary Care Centre will recommend that the ‘passport’ be adopted by patients as a basic and efficient register of a person’s health status.

Minister for Health, Care and Justice, the Hon Neil F. Costa MP welcomed the GHA initiative. Mr Costa said: “We are delighted that the GHA is hosting this series of discussions aimed at men, who are generally less receptive when it comes to prevention and early detection of health issues. ‘Let’s Talk About...’ will create awareness about some of the main health concerns affecting men, thereby understanding their risk factors and how they can improve their overall health. This is



another excellent initiative by the GHA to promote good health which is vital for a happy and full life”.

The talks will be recorded by GBC and screened at a later date.