

21 September 2018

Pop-up doctors check Toowoomba's health

Doctors will be back in Toowoomba on Sunday 23 September to continue their fight against chronic lifestyle-related diseases.

The Australian Medical Association of Queensland (AMA Queensland) will be at the Toowoomba Carnival of Flowers on Sunday from 8am to 1pm with its popular mobile Health Hub to offer free health checks, mole checks* and advice on early signs of obesity-related diseases, skin cancers and other chronic illnesses.

The recent Darling Downs and West Moreton PHN Health Needs Assessmentⁱ revealed 70 per cent of the region's adult population was obese or overweight and the region ranked first in Australia for the highest rates of physical inactivity.

AMA Queensland Darling Downs Representative and GP Dr John Hall said the Darling Downs PHN report also found the smoking rate for women in the region was higher than the Queensland average, ranking fourth highest in Australia, and there were high rates of hospital admissions for chronic diseases.

"These risk factors place enormous demand on the region's health services and are a wake-up call to people living in the Toowoomba area to see their GP for a check-up," Dr Hall said.

Dr Hall said nearly two-thirds of men and more than half of women aged 15 – 64 visited their GP only a few times a year, or lessⁱⁱ, and 20 per cent of Queenslanders did not get to their GP every yearⁱⁱⁱ, running the risk of undiagnosed health problems.

"A simple check-up can flag potential health problems before they become serious – but doctors can't help someone they never see.

"If you haven't seen your GP for at least a year, you should make an appointment today," he said.

AMA Queensland's Health Hubs are regularly held across Queensland to help identify those at risk of chronic and non-communicable diseases and to raise awareness of the importance of undergoing regular health checks with a GP.

FREE HEALTH CHECK DETAILS

Dr John Hall and other local doctors will be on hand to carry free health checks – including skin and mole checks*, assessing cardiac risk profile, monitoring blood sugar and weight and providing advice on healthy living.

Queensland Respiratory Services will also be checking carnival-goers for asthma and other lung conditions, including those linked to smoking.

WHEN: 8am - 1pm, Sunday 23 September

WHERE: Toowoomba Carnival of Flowers, Margaret Street (between Neil & Ruthven), Toowoomba

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ⁱ <https://www.ddwmpnh.com.au/attachments/DDWMPHN-Health-Needs-Assessment.pdf>

ⁱⁱ [http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4343.0Main%20Features32016?opendocument&t
abname=Summary&prodno=4343.0&issue=2016&num=&view](http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4343.0Main%20Features32016?opendocument&tabname=Summary&prodno=4343.0&issue=2016&num=&view)

ⁱⁱⁱ <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/4839.0main+features32012-13>

*The Darling Downs has some of the highest rates of skin cancers in Australia, with melanoma being the second most common cause of cancer for both men and women in the region.