



NEWS RELEASE

Australian Divisions of General Practice Ltd.

12 August 2006

Young fit, don't want to get sick

Marking International Youth Day (August 12), the Australian Divisions of General Practice have urged young people across Australia to find and visit their general practitioner.

ADGP Chair Dr Jenny Thomson said young people have different needs to their parents. They are also going through difficult stages in their life with emotional pressures and physical changes.

"Parents sometimes forget what it was like in their more youthful years. This International Youth Day serves as a reminder that it's very important our young Australians visit their GPs for check ups.

"It's easy to put off a visit to the doctor, but I am reminding young people that life is not a dress rehearsal and if you have concerns visit your GP.

"GPs are experienced professionals who will keep your records confidential," Dr Thomson said.

Young people need to know that the role of a GP is to discuss all sorts of problems even those people may find embarrassing or difficult to talk about.

GPs are confident talking about sex, alcohol and drug issues, mental health, skin problems and general health concerns.

At least 75% of mental health problems among young adults begin before they turn 25. It is frightening statistics such as these that highlight the importance of regular GP visits.

"It's necessary for young people to have a GP who has access to their history as they grow and develop. They must also find a GP whom they trust and feel comfortable talking to.

"I'd suggest parents speak to their teens about GP visits and I strongly urge young people to make that booking they have been putting off," Dr Thomson said.

For details on how to find a GP you can, ask a friend or use the internet and go to the www.yellowpages.com and look under medical practitioners in your area or visit http://www.adgp.com.au/site/content.cfm?page_id=9901¤t_category_code=281

For more information please call Kate Carnell, ADGP Chief Executive Officer, on 0415 662 266.

WHAT IS ADGP?

- ADGP is the peak body representing 119 Divisions of General Practice and eight State-based organisations (SBOs) around Australia. The Divisions Network supports general practice and their practice teams and drives the implementation of innovative health strategies.
- ADGP, through the Divisions Network, works to integrate general practice with other sectors of the health system, both government and non-government, to deliver high quality care to the Australian community.
- ADGP is committed to promoting the health of all Australians by supporting the role of Divisions in the nation's primary health care system.



Telephone 02 6228 0800

Facsimile 02 6228 0899

Email adgpception@adgp.com.au