



This is a report to NSW Rotarians on the first half of the Rotary **mherv** 2017/18 tour of NSW, testing men in rural areas for health issues. The generous support of Rotarians from around 30 NSW clubs has made the project possible.

The 2017 part of the tour began on the 24th of August 2017 and paused for the Christmas/New Year break on the 8th of December. The mherv consulting-room caravan and Registered Nurse has in that time visited 30 NSW rural centres, (listed later) each for around 2 days, to test rural men for health issues. The project has so far travelled about 7,700 kilometres. The tour will resume in mid February.

The RN was assisted in most centres by members of local Rotary Clubs, who were hosts for the project while in their town. They made all local arrangements including advising local media, Council and Police authorities.

This project has shown that men will present for mherv tests, when they don't make the effort to make an appointment with their GP. There is no doubt that men's lives have been saved by having an opportunity to get a free health check locally, when it doesn't cost them too much time.

This 'free' service has been set up by Rotary District 9670 and is managed and directed by volunteer Rotarians, most from Warners Bay and Warren Clubs. It has shown by results that there is a need to test rural men for health issues. Too often they simply drop dead in the paddock, because nobody saw it coming!

934 men were tested

32 were aboriginal or Torres Strait Islanders

3 were women

A total of 969 people

a. 256 people were referred ... "make an appointment with your GP for a routine examination"

b. 697 people were referred ... "See your GP asap to be assessed for treatment"

c. 16 people were referred ... "See your GP or seek medical attention **IMMEDIATELY** ... you may be at serious risk."

Note:

It is interesting that the largest number of people were in category **b**. The tests conducted clearly indicated a specific medical issue. While not immediately life-threatening these people (all men) needed the attention of a doctor for treatment. Left untreated, ignored or 'put-up with', these conditions could soon develop into a category **c**. issue.

If category **b**. men had not been tested, the signs would probably have been ignored, so many more than 16 lives were probably saved from an untimely end.

Most people were tested for:

Body mass, Blood pressure, Blood sugar, Cholesterol, Urinalysis

Some of the reasons why people presenting with more serious issues were referred:

High Blood pressure, High cholesterol, High blood sugar, Obesity

Blood or other abnormality in the urine, Serious skin issues, Apparent depression.

Value:

It is central to the project's philosophy, that if only one life is saved... it's worth it.

In more remote places, Lightning Ridge for example, only 13 men were tested, one of whom was sent off to get medical help immediately! He was a cannabis user who confessed to coughing up dark brown phlegm over the past 3 years. He had not seen a doctor for “many many years!” Seven others at that venue were referred to their GP for treatment of an identified issue.

In larger rural centres, Wagga Wagga for example, 88 people were tested. 74 were referred to their GP for treatment of an identified abnormality. One was advised to seek immediate medical assessment as they were at serious risk.

The support of Rotarians along the scheduled route has been priceless. Arranging publicity, a location for the van to work, power supplies, reception duties, and hospitality services, all work and effort that also served to raise the profile of Rotary locally. The project advises Clubs to treat mherv's visit to town as their own project. Some clubs took better advantage of this than others. Several clubs made donations of cash, Forbes donated and installed a badly needed airconditioner, other clubs donated a tank-full of fuel as mherv left town, most were able to offer accommodation for the RN.

RN services have cost \$46,750 (as budgeted), just over half the grant from The Royal Freemasons Benevolent Institution to cover the whole 2017/18 tour.

The total cost of consumables for this part of the tour was \$6,845 paid for almost exclusively from a \$10,000 grant by The NSW Government's Department of the Premier and Cabinet.

Accommodation has cost the project \$2,471

(Some nights were donated free of charge, and some Rotary Clubs paid local hotels as a community service contribution)

Fuel has cost \$849 plus the value of a partially used \$500 BP card which was donated by Inland Petroleum in Dubbo.

Aside from capital items and sponsorships in kind, the cost of the tour so far has been \$56,915. An average of \$59 per person tested. (This calculation includes some incidental costs and minor donations). A small grant from Cobar's New-Gold Mine was also gratefully accepted.



mherv BT-50 near Cobar 10th September 2017



mherv in Dubbo 8th and 9th October 2017

A selection of the unique posters used in each town:

mherv
men's health education rural van
saving men's lives in rural australia a rotary project District 9670

Is coming to town!



Pulling into Junee
Saturday 18th & Sunday 19th November 10am - 4pm

It's like waiting on the rail line with ear plugs in and your eyes closed!
With no timetable most rural men don't know when the bad-health train is coming.
Many just drop dead in their tracks ... because nobody saw it coming!

Get checked ... see mherv! **mherv**
men's health education rural van saving men's lives in rural australia a rotary project District 9670


Free health checks at the Men's Health Education Rural Van include:
* Blood pressure just to check the heart isn't too stressed * Blood sugar levels ... just a pin-prick in the finger, to make sure there's no type two diabetes ... which is manageable even if there is. * Cholesterol ... just another pin-prick to see if levels are high and need attention.

Sponsored by:



mherv
men's health education rural van
saving men's lives in rural australia a rotary project District 9670

Is coming to town!




In Forbes
28th and 29th of November 10am - 4pm

We're a bit too late to help this bloke ... we don't test for lead poisoning anyway!
But there will be plenty of men around Forbes, who might live a bit longer ...
Just a few minutes with mherv could save your life, you wouldn't be the first!

Get checked ... see mherv! **mherv**
men's health education rural van saving men's lives in rural australia a rotary project District 9670

Free health checks at the Men's Health Education Rural Van include:
* Blood pressure just to check the heart isn't too stressed * Blood sugar levels ... just a pin-prick in the finger, to make sure there's no type two diabetes ... which is manageable even if there is. * Cholesterol ... just another pin-prick to see if levels are high and need attention.

Sponsored by:



mherv
men's health education rural van
saving men's lives in rural australia a rotary project District 9670

Is coming to town!



In Temora
21st and 22nd of November 10am - 4pm

Some say he died of a snake bite but perhaps nobody knows ...
Sadly, that was unpredictable ... Men's health is much easier to forecast ...
But some just drop dead in their tracks ... because nobody saw it coming!

Get checked ... see mherv! **mherv**
men's health education rural van saving men's lives in rural australia a rotary project District 9670

Free health checks at the Men's Health Education Rural Van include:
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saving men's lives in rural australia a rotary project District 9670

Is coming to town!



In Bathurst
6th and 7th of December 10am to 4pm

How is your life panning out?...perhaps you've been lucky and struck it rich!
Men have lived and died for the gold. Today, too many men die for nothing ...
A few minutes and some free tests could save your life ... we've done it before!

Get checked ... see mherv! **mherv**
men's health education rural van saving men's lives in rural australia a rotary project District 9670

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Sponsored by:



Posters were emailed to local Rotary Clubs who had them printed out and placed widely in town, to support media mentions in local newspapers as well as radio and television interviews.

The 2018 half of the tour will commence in February.

Rural Centres visited on the first part of the 2017/18 mherv tour

AUGUST

24 -25 Cessnock
26 Travel
27 - 28 Kurri Kurri
29 Travel
30 -31 Dubbo

SEPTEMBER

1 Travel
2-3 Narromine
4 Travel
5-6 Nyngan
7 Travel
8-9 Cobar
10 Rest day
11 Travel
12-13 Bourke
14 Travel
15-16 Brewarrina
17 Rest day
18 Travel
19-20 Lightning Ridge
21 Travel
22-23 Moree
24 Rest day
25 Travel

26-27 Wialda

28 Travel

29-30 Narrabri

OCTOBER

1 Travel

2-3 Coonabarrabran

4 Travel

5-6 Coonamble

7 Travel

8-9 Rest days Van @ Dubbo

10 Travel

11-12 Gilgandra

13 Travel

14-15 Warren

16-19 Rest days

20 Travel

21-22 Tullamore

23 Travel

24-25 Condoblin

26 Travel

27-28 Lake Cargelligo

29 Rest day

30 Travel

NOVEMBER

2 Travel

3-4 Griffith

5 Travel

6-7 Rest days

8-9 Leeton

10 Travel

11-12 Narrandera

13 Travel

14-15 Wagga Wagga

16 Rest day

17 Travel

18-19 Junee

20 Travel

21-22 Temora

23 Travel

24-25 West Wyalong

26 Rest Day

27 Travel

28-29 Forbes

30 Travel

DECEMBER

1 Rest day

2-3 Orange

4 Rest Day

5 Travel

6-7 Bathurst

Major partners:

Rotary Clubs in districts 9670, 9650 and 9640 acted as hosts, often making helpful donations.

RFBI ... donated \$85,000 for the RN's fees for medical services for the 2017/18 tour.

NSW Mazda dealers ... generously donated the use of a new BT-50 to pull the van.

The Premier's office of the NSW Government gave a grant of \$10,000 to help with the cost of medical consumables.



**Royal Freemasons'
Benevolent Institution**



**Local
Rotary Clubs**



**NSW
Dealerships**