



## **Men's health NGO teams up with leading MEP to reach verdict on long-term health problems**

**Gastein, Austria** – The European Men's Health Forum (EHMF) Citizen's Jury, chaired by renowned Member of the European Parliament and public health expert John Bowis, has highlighted

- early diagnosis
- greater health literacy in men and
- increased use of modern technology

as the most promising solutions to long-term health conditions.

The Jury was supported by three expert witnesses who addressed different aspects of long-term health conditions.

Robert Johnstone, Chair of People with Arthritis/Rheumatism in Europe (PARE) stressed the effect of chronic diseases on society at large. "Patients affected by highly debilitating but treatable diseases, such as arthritis and rheumatism, are often no longer able to fully participate in society. Early and accurate diagnosis is key to prevent the progression of the disease. This way, they will be able to remain in the workforce." Unfortunately, Johnstone pointed out, the lack of specialists still constitutes a major obstacle to adequate treatment of rheumatic diseases in most EU Member States.

Professor Siegfried Meryn, President of the International Society for Men's Health (ISMH) highlighted the gender-specific aspects in long-term conditions, displaying a particularly worrying outcome for the male part of the population "We must acknowledge that the 'one-policy-fits-all approach' does not work", Meryn stressed, arguing in favour of tailored health policies, which ensure greater health literacy among men as well as greater awareness of gender-specific needs among health professionals.

Norita Wilson, Senior consultant at the US-based health services company Integrity, underlined the crucial role that innovative technologies can play in the effective and long-term monitoring of care attributed to patients: "The use of modern technology can significantly improve the relationship between patients and their carers, promoting self-management and furthering patient concordance."

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