

*So You're Having Prostate Surgery* by Leah Jamnicky and Robert Nam. Toronto: Script Medical, 2003

For men facing prostate surgery in Canada, this book is a comprehensive guide. Surgery for both benign prostate enlargement and prostate cancer are covered in step-by-step detail, as well as other treatments such as drug therapy and radiation.

**Availability for loan:**

GD 300 J26 2003 Health Information and Wellness Centre, both locations  
617.463 JAM Mississauga Library System  
617.463 JAM Toronto Public Library System

*100 Questions & Answers about Erectile Dysfunction* by Pamela Ellsworth and Bob Stanley. Sudbury, MA: Jones and Bartlett, 2003

This book provides authoritative, practical information about erectile dysfunction. The authors discuss the causes, types and treatment options for this condition in a straightforward question and answer format.

**Availability for loan:**

GA 550 E55 2003 Health Information & Wellness Centre, West Toronto  
616.692 E48 Toronto Reference Library

*Men's Sexual Health* by Barry. W. McCarthy and Michael E. Metz. New York: Routledge, 2008

This book aims to help men and women understand how to pursue sexual and relational health, and to overcome sexual problems. It advocates for positive, realistic sex which will significantly enhance male and couple satisfaction.

**Availability for loan:**

GA 500 M22 2008 Health Information & Wellness Centre, both locations

## CONTACT

### Health Information & Wellness Centres

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This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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*Life. We're in it together.*

## Men's Health



## INTERNET SITES

### **The Male Health Centres**

<http://www.malehealth.com>

This is the site of a Canadian organization which provides patients with information and treatment for erectile dysfunction and prostate disease. While it must be borne in mind that the site is promoting its clinics located in southern Ontario, it also offers reliable and detailed information in the areas in which it specializes.

### **Health Canada**

<http://tinyurl.com/pdlydf>

Health Canada provides many online resources on men's health conditions. Topics covered include prostate cancer, heart health, risky behaviours, and sexual and reproductive health.

### **Mayo Clinic – Men's Health Center**

<http://www.mayoclinic.com/index.cfm>

At the opening page, go to the Healthy Living heading in the left hand column, and scroll down the list until you reach Men's Health. Click on this link and you will be taken to a comprehensive section dealing with various aspects of men's health. The site provides reliable information on health issues such as prostate problems, fitness and weight control, and psychological health.

### **BBCi Your Health – Men's Health**

<http://www.bbc.co.uk/health/mens>

This is a well laid out and very comprehensive site. Click on the Health Issues link at the homepage to access information on many conditions ranging from Hair Loss to Testicular Cancer. The site also features a section designed to help men take care of their bodies, which covers topics like exercise, skincare,

sleep, and sports injuries. Another section deals with mental illness and the particular difficulty that men may have in admitting their symptoms and seeking help.

### **National Institute of Mental Health – Men and Depression**

<http://tinyurl.com/35zqgh>

NIMH is part of the U.S. National Institutes of Health. It provides some excellent information on men and depression at its website, including real case histories of men who have been affected by this condition. Topics covered include signs and symptoms, diagnosis, and treatment. There are also several publications which can be downloaded or ordered online.

### **Medline Plus** <http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on men's health. At the Medline homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on M and then follow the link for Men's Health Issues. You can also follow the links for individual topics such as Prostate Diseases etc.

## BOOKS

*American Medical Association Complete Guide to Men's Health* edited by Angela Perry and Mark Schacht. New York & Toronto: John Wiley, 2001

This is a comprehensive guidebook which aims to help men understand their bodies and learn how to achieve their optimal level of health and fitness. The first part of the book emphasizes disease prevention and health promoting strategies. The second section provides

extensive coverage of the various systems of the male body, and explains the common disorders that can affect them.

### **Availability for loan:**

GD 100 AME 2001 Health Information & Wellness Centre, both locations  
613.04234 AME Mississauga Library System  
613.04234 AME Toronto Public Library System

*The Harvard Medical School Guide to Men's Health* by Harvey B. Simon. New York: Free Press, 2002

Researchers at Harvard Medical School have been carrying out a series of studies on men's health over the past 25 years. This book assembles the knowledge gained, and is an invaluable guide to help men lead longer, healthier lives

### **Availability for loan:**

GD 100 S46 2002 Health Information & Wellness Centre, both locations  
613.0423 SIM Mississauga Library System  
613.0423 SIM Toronto Public Library System

*Mayo Clinic on Prostate Health* edited by David M. Barrett. Rochester, MO: Mayo Clinic, 2000

This book helps men identify and understand prostate problems, and make well-informed decisions on how to treat them.

### **Availability for loan:**

GD 300 BAR 2000 Health Information & Wellness Centre, both locations  
616.65 MAY Mississauga Library System  
616.65 M134 Toronto Reference Library