

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

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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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Men's Health



INTERNET SITES

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

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

This site provides reliable information on men's health issues such as prostate problems, heart disease prevention, fitness and weight control, and psychological health. To access this, click on the Healthy Living link in the left hand column at the homepage. At the resulting menu, click on Men's Health which is under the Adult Health heading.

Family Doctor

<http://familydoctor.org/online/famdocen/home/men.html>

This website is operated by the American Academy of Family Physicians. It provides a good section on men's health, covering such topics as prostate problems, reproductive health, mental health and addictions, fatherhood, and many others.

National Institute of Mental Health – Men and Depression

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

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.

Weight Control Information Network

<http://win.niddk.nih.gov/publications/gettingontrack.htm>

WIN is part of the U.S. National Institutes of Health, and offers information on physical activity and healthy eating for men. It provides easy to follow tips and advice to help men maintain a healthy weight and active lifestyle.

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

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

Prostate Disease A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2008.

This report delivers practical advice and current research findings in clear, easy-to-understand language. It describes benign conditions affecting the prostate gland as well as prostate cancer, and offers advice on treatment options. There is also a section on complementary therapies for prostate disease.

Availability for loan:

GD 300 H27 2008 Health Information & Wellness Centre, both locations

Mayo Clinic on Prostate Health 2nd ed. by Michael Blute. Rochester, MO: Mayo Clinic, 2003

This book helps men identify and understand prostate problems, and make well-informed decisions on how to treat them. There is also advice on lifestyle changes that may reduce the risk of prostate disease.

Availability for loan:

GD 300 B58 2003 Health Information & Wellness Centre, both locations
616.65 MAY Mississauga Library System
616.65 M134 Toronto Reference Library

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
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