

**NHS Greater Glasgow & Clyde  
Multilingual Health Information Resources**

**Men's Health**

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## Scope

The men's health topic was broken down into a comprehensive list of sub-topics. The sub-topics list was compiled by the Public Education Resource Library, NHS Greater Glasgow & Clyde. The research for this topic was carried out in the week beginning 23<sup>rd</sup> April 2007.

The sub-topics searched were

- Men's health
- Men and cancer
- Men and mental health
- Men and physical activity
- Men and alcohol
- Men and drugs
- Men and smoking
- Men and sexual health
- Parenthood
- Fatherhood
- Male sexual abuse
- Male menopause

## Specialist Men's Health Sources

### **Bowel Cancer UK**

<http://www.bowelcanceruk.org.uk/>

### **Everyman**

<http://www.icr.ac.uk/everyman/>

### **Families Needs Fathers**

<http://www.fnf.org.uk/>

### **Fathers Direct**

<http://www.fathersfirst.co.uk/>

### **Men's Advice Line**

<http://www.mensadvice.org.uk>

### **Men's Health Consulting**

<http://www.menshealth.org/index.html>

### **Men's Health Network**

<http://www.menshealthnetwork.org/>

### **Orchid Cancer**

<http://www.orchid-cancer.org.uk/>

### **Sexual Dysfunction Association**

<http://sexualdysfunctionassociation.com/>

### **Survivors UK**

<http://www.survivorsuk.org/>

### **UK Men's Movement**

<http://www.ukmm.org.uk/>

### **Respect**

<http://www.respect.gov.uk/>

## Men's Health Multilingual Health Resources Directory

## Cancer

<p><b>Cancer facts for men</b></p> <p>Description This gives an overview of the cancers that frequently affects men and the guidelines for detection.</p> <p>Format Fact sheet</p> <p>Language Chinese, English.</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact American Cancer Society <a href="http://www.cancer.org/">http://www.cancer.org/</a></p>	<p><b>Colon testing can save your life</b></p> <p>Description Explains the importance of regular testing for colon cancer.</p> <p>Format Fact sheet</p> <p>Language Chinese, English.</p> <p>Cost Free to download</p> <p>Published 2001</p> <p>Contact American Cancer Society <a href="http://www.cancer.org/">http://www.cancer.org/</a></p>
<p><b>Men who smoke</b></p> <p>Description Myths and facts about smoking including health risks and ways to stop.</p> <p>Format Leaflet</p> <p>Language Chinese, English</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communications Service <a href="http://mhcs.health.nsw.gov.au/">http://mhcs.health.nsw.gov.au/</a></p>	

## Family Matters

<b>Breastfeeding facts for father.</b>		<b>Men and food.</b>	
Description	Information on partner support through breastfeeding.	Description	Specific nutrition information for men.
Format	Leaflet	Format	Booklet
Language	Arabic, Chinese, Turkish	Language	Chinese, Punjabi, Turkish, Urdu
Cost	Free to download	Cost	Free to download
Publication	2001	Published	2002
Contact	Health Translations Directory <a href="http://www.healthtranslations.vic.gov.au/">http://www.healthtranslations.vic.gov.au/</a>	Contact	Food Standards Agency <a href="http://www.food.gov.uk">http://www.food.gov.uk</a>

## Mental Health

<b>Men and depression.</b>		<b>When marriages break down, it's often men who hurt the most</b>	
Description	A leaflet about men and depression.	Description	Explores the reasons why some men experience emotional problems with divorce or separation and ways in which to get the right support.
Format	Leaflet	Format	Leaflet
Language	Arabic	Language	Arabic, Chinese, English, Russian, Turkish
Cost	Free to download	Cost	Free to download
Published	2006	Published	2004
Contact	The Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a>	Contact	NSW Multicultural Health Communications Service <a href="http://mhcs.health.nsw.gov.au/">http://mhcs.health.nsw.gov.au/</a>

## Reproductive and sexual health

<p><b>A user's guide. What every man needs to know</b></p> <p>Description Information about men's reproductive system.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free to download</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communications Service <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Andropause</b></p> <p>Description Explains what andropause is, symptoms, effects and treatments.</p> <p>Format Leaflet</p> <p>Language Chinese, English</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Men's Health Programme Hong Kong <a href="http://www.hkmenshealth.com/eng/home/home.asp">http://www.hkmenshealth.com/eng/home/home.asp</a></p>
<p><b>Contraception: condoms and diaphragms</b></p> <p>Description A guide to condoms, female condoms and diaphragms to prevent pregnancy.</p> <p>Format Leaflet</p> <p>Language Chinese, English, Russian Turkish</p> <p>Cost Free to download</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communications Service <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Erection difficulties</b></p> <p>Description Information about men's reproductive system.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish.</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communications Service <a href="http://mhcs.health.nsw.gov.au/">http://mhcs.health.nsw.gov.au/</a></p>
<p><b>Help for infertile couples</b></p> <p>Description The causes and treatments of infertility in men and women.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communications Service <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Impotence</b></p> <p>Description Explains what causes impotence, how to prevent it, and treatments available.</p> <p>Format Leaflet</p> <p>Language Chinese, English</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Men's Health Programme Hong Kong <a href="http://www.hkmenshealth.com/eng/home/home.asp">http://www.hkmenshealth.com/eng/home/home.asp</a></p>
<p><b>Successful treatment for impotence</b></p> <p>Description The causes and treatments of impotence.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communications Service <a href="http://mhcs.health.nsw.gov.au/">http://mhcs.health.nsw.gov.au/</a></p>	