

Men's Health resources

Created by Helen Lake
Director of Men's Health Services at Peppy

When it comes to men's health and wellbeing, there's a lot of information out there. Sometimes, it's hard to know where to turn and what you can trust.

This resource will steer you in the direction of some of the most useful and reliable free resources I've come across – for accurate, impartial information on men's health.

Websites

Movember UK

The leading charity changing the face of men's health. Movember's website offers resources including 'Know thy nuts', 'Spot the signs' and 'Five things every man should know', free of charge all year round.

Healthy Male

An A-Z of what every man should know about his sexual and reproductive health. Created in collaboration with leading researchers, specialists, clinicians and educators to help men understand symptoms, causes, and treatment options.

Prostate Cancer UK

For free information, help finding support groups, real stories and infographics relating to prostate cancer prevention, signs, treatment and management.

Mates in Mind

Tools and resources for organisations to help them improve the mental health of their workforce, including awareness day resource packs, posters, infographics, factsheets and more.

Men's Health Forum

Men's Health forum is a registered charity whose mission is to improve the health of men and boys in England, Wales and Scotland.

BAUS

BAUS is a registered charity and membership organisation to which qualified medical practitioners in the field of urology are eligible to apply for membership. It also provides a wide range of information on urological conditions and surgery for patients, their families and members of the public.

NICE The National Institute for Health and Care Excellence

Browse Urological conditions. Evidence based recommendations developed by independent committees including professionals and lay members.

Urology Foundation

Working with researchers, urology and health care professionals, they are improving the nation's urology care. They are dedicated to beating all urology diseases through cutting-edge research and leading education and training to ensure that fewer lives will be devastated.

Articles

My prostate cancer journey

Boyd Harrison, Movember

Boyd talks about his personal journey with prostate cancer, from diagnosis, to treatment, to recovery.

Why so many men avoid the doctors

Leah Campbell, Healthline

Many men admit they put off going to the doctor as long as possible, sometimes even when they're experiencing life-threatening symptoms. Here, experts explore why.

All about your prostate

Professor Mike Kirby, Peppy

An expert gives you the lowdown on your prostate – what it is, where it is, how it changes, how to check it and what to expect when things do go wrong.

Why is COVID-19 more common in men?

Professor Mike Kirby, Peppy

Men are more likely to contract COVID-19 and be admitted to hospital. Professor Mike Kirby, a specialist in urology and men's health explains the reasons why.

Red flags to report to your doctor

Helen Lake, Peppy

Your body is designed to give you early warning signs if things aren't as they should be. Find out about six common red flags which are a sign you should speak to your doctor.

Struggles with 'Imposter Dad' Syndrome

Michael Johnson-Ellis, Inspire the Mind

Michael is married to Wes, and a dad of two children born via surrogacy. In this personal account, he talks about his experience of growing a same-sex family.

6 ways to tackle the problem with men's health

Marina Gask, Make a Difference Media

Practical actions you can take to address issues with men's health, from a leading men's health expert.

Podcasts and videos

Freddie Flintoff, Living with Bulimia

In this powerful and unflinching documentary, Andrew 'Freddie' Flintoff goes on a personal journey into the eating disorder he has kept secret for over 20 years – bulimia.

Roman Kemp: Our Silent Emergency

Roman Kemp explores the mental health and suicide crisis affecting young men.

Check your pair, a how-to guide

In 90 seconds, learn how to check your nuts and bolts. An easy-to-follow video guide from Movember.

How Do You Cope? Podcast

Elis James and John Robins talk to a range of guests about the challenges and hurdles they've faced in their own lives, whilst asking the question... How Do You Cope?

Modern Masculinity

Is modern masculinity in crisis? Guardian journalist Iman Amrani speaks to men across the country about the issues affecting men and boys today.



Books

The Expectant Dad's Survival Guide

by Rob Kemp

The Expectant Dad's Survival Guide tells you everything you need to know during your partner's pregnancy and the first few weeks of your new life as a dad.

Publisher: Ebury Publishing

Man Alive, The health problems men face and how to fix them

by Dr Jeff Foster

A holistic guide to men's health covering all aspects including mental health, testosterone deficiency, physiology, lifestyle and physical health.

Publisher: Little Brown Book Group

Man Down, A Guide for men on Mental health

by Charlie Hoare

You might be surprised to learn that you are not alone, and that many men find it challenging to talk about their worries. From tips on how to reach out, to advice on navigating mental health issues, this volume is full of guidance on how to look out for your well-being.

Publisher: Vie Books

About the author

Helen Lake is Peppy's Director of Men's Health. She has 30 years of clinical experience in urology within both public and private sectors. Helen was previously the Lead Clinical Specialist Nurse for B. Braun Medical, developing home urology services.

She is a renowned lecturer for the British Association of Urology Nurses.



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