

# MEN'S HEALTH INFORMATION RESOURCES

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## MID-MANHATTAN LIBRARY – HEALTH INFORMATION CENTER

455 Fifth Avenue, 2<sup>nd</sup> Fl., New York, NY 10016 (212) 340-0883

A variety of print and electronic information sources in the Health Information Center collection can be found on the subject of Men's Health. This pathfinder will help you locate selected materials in both print and electronic formats. This is only a small list of the materials and resources available in our collection. Consult the librarian for additional print and electronic resources and for help utilizing the LEO Online Catalog.

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### *Handbooks and Guidebooks*

**613.0423 M**

Kirby, Roger S. MEN'S HEALTH. Taylor & Francis, 2004.

**613.0423 R**

Rothfeld, Glen S. THE ENCYCLOPEDIA OF MEN'S HEALTH. Facts on File, 2005.

**613.0423 S**

Simon, Harvey B. THE HARVARD MEDICAL SCHOOL GUIDE TO MEN'S HEALTH. Free Press, 2004.

**613.0423 K**

Kita, Joe. GUY Q: 1,305 TOTALLY ESSENTIAL SECRETS YOU EITHER KNOW, OR YOU DON'T. Rodale, 2003.

**616.69 P**

Peate, Ian. MEN'S SEXUAL HEALTH. Whurr, 2003.

### *Exercise and Nutrition*

**613.2081 K**

Klettke, Russ. A GUY'S GOTTA EAT: THE REGULAR GUY'S GUIDE TO EATING SMART. Marlowe & Co., 2004.

**613.7044 M**

Mejia, Michael. THE MEN'S HEALTH HOME WORKOUT BIBLE. Rodale, 2002.

**613.7046 C**

Claire, Thomas. YOGA FOR MEN. Careers Press/New Page Books, 2004.

**613.71 K**

King, Ian. MEN'S HEALTH THE BOOK OF MUSCLE. Rodale, 2003.

## *Prostate Health*

**616.65 N**

Nixon, Daniel W. THE PROSTATE HEALTH PROGRAM. Free Press, 2004.

**616.6922 A**

Alterowitz, Ralph. INTIMACY WITH IMPOTENCE: THE COUPLE'S GUIDE TO BETTER SEX AFTER PROSTATE DISEASE. De Capo Lifelong, 2004.

**616.9946 C**

Centeno, Arthur. PROSTATE CANCER. Addicus Books, 2004.

**616.9946 P**

Grimm, Peter D. THE PROSTATE CANCER TREATMENT BOOK. Contemporary Books, 2004.

**616.9946 M**

McMickle, Marvin Andrew. BATTLING PROSTATE CANCER. Judson Press, 2004.

## *Hair Loss*

**616.546 H**

Harris, James. THE HAIR REPLACEMENT REVOLUTION: A CONSUMER'S GUIDE TO EFFECTIVE HAIR REPLACEMENT TECHNIQUES. Square One Pub., 2003.

**616.546 K**

Kuntzman, Gersh. HAIR!: MANKIND'S HISTORIC QUEST TO END BALDNESS. Random, 2001.

## *Erectile Dysfunction*

**616.692 E**

Ellsworth, Pamela. 100 QUESTIONS & ANSWERS ABOUT ERECTILE DYSFUNCTION. Jones and Bartlett Pub., 2003.

**616.6922 J**

Jones, J. Stephen. OVERCOMING IMPOTENCE. Prometheus Books, 2003.

**616.692 D**

Dorey, Grace. PELVIC FLOOR EXERCISES FOR ERECTILE DYSFUNCTION. Whurr, 2004.

**616.692 M**

Morgentaler, Abraham. THE VIAGRA MYTH: THE SURPRISING IMPACT ON LOVE AND RELATIONSHIPS. Jossey-Bass, 2003.

## *Hormone Replacement*

612.68 T

Blazer, Dan G. TESTOSTERONE AND AGING. National Academies Press, 2004.

612.665 C

Cetel, Nancy. DOUBLE MENOPAUSE: WHAT TO DO WHEN YOU AND YOUR MATE GO THROUGH HORMONAL CHANGES TOGETHER. Wiley, 2002.

## *PERIODICALS*

There are many articles available on the subject of Men's Health; the following periodicals are a selection of the titles available in the Health Information Center periodical collection. All periodicals are located on the 4<sup>th</sup> floor.

AMERICAN JOURNAL OF SPORTS MEDICINE

HARVARD MEN'S HEALTH WATCH

HEALTH

JOHNS HOPKINS HEALTH AFTER 50

MEN'S CONFIDENTIAL

MEN'S HEALTH

NUTRITION

NUTRITION TODAY

## *PERIODICAL DATABASES*

The Health Information Center provides access to several health periodical databases that can be used to research topics on Men's health. Most articles found will be full text. You can access them at the library or from home with a valid New York Public Library card. Please ask the librarian for assistance if you need help searching the databases.

All of the databases listed below can be accessed by going to the New York Public Library Databases page at <http://www.nypl.org/databases/> and then clicking on Health & Medicine under Databases by Subject.

### **Health Reference Center Academic**

Health-related magazine and newspaper articles on many topics relating to Men's health.

### **Health Source: Consumer Edition**

This database has full text for many health journals including *Men's Health*.

### **Health Source: Nursing/Academic Edition**

Includes scholarly full text journals on many medical disciplines relating to Men's health.

### **Alt HealthWatch**

Focus on complementary, holistic and integrated approaches to health care and wellness.

## *WEB SITES*

### **Men's Health**

<http://www.cdc.gov/men/>

Extensive information on many topics concerning Men's health including healthy eating, exercise, exams and screenings and much more. Site created by the Centers for Disease Control and Prevention.

### **Medlineplus - Men's Health Issues**

<http://www.nlm.nih.gov/medlineplus/menshealthissues.html>

Collection of links related to the topic of men's health including conditions, prevention, screening, research and statistics. Site maintained by the U.S. National Library of Medicine and the National Institutes of Health.

### **NOAH - Men's Health**

<http://www.noah-health.org/en/healthy/men/>

Set of links on Men's health collected and maintained by the New York Online Access to Health (NOAH). Topics include tests and screenings, specific conditions, sexuality and many others.

### **Men's Health Center**

<http://tinyurl.com/6gtxb>

Created by the Mayo Clinic this web site brings together a large amount of easy to understand information on men's health. Topics include screening tests, health threats and healthy aging for men.