

MEN'S HEALTH RESOURCES - PATIENT EDUCATION

Below is a list of some of the available resources that specifically relate to men.

Resource Title	Type of Resource	Cost	Produced by	Contact
Fathers who smoke	Brochure	Free	QUIT	Ph: 9663 7777 Fax: 9663 7761
The Little Can Quit Book	Booklet			
Tips for smokers remember the 4 D's	Card			
Think about it...	Card			
Prostate cancer- a guide for patients & their families	Brochure	Max 10 free or \$0.30 each	Anti Cancer Council	Phn: 9279 1111 Fax: 9279 1360 http://www.accv.org.au
Prostate Problems		Max 5 free or \$2.00 each		
Men, sex, HIV & STD's	Brochure	Orders of up to 20 pamphlets supplied	Access Information Alfred Hospital	Phn: 9276 6993 Fax: 9533 6324
Support services for HIV + straight men & their families				
Pelvic floor exercises for men	Brochure	\$0.08 cents each	Victorian Continence Association	Ph: 9388 8022 Fax: 9388 8044
Healthy hints for staying young at heart	Booklet	Max 40 free	Australian Dairy Corporation	Ph: 1800 817 736 Fax: 1800 245 048
Understanding osteoporosis	Brochure	Max 40 free		
The Australian Guide to Healthy Eating- background info for consumers	Booklet	Free		

Safer Sex the best protection against HIV/AIDS and STDS	Pamphlet	Free	Department of Human Services Public Health Department	Ph: 9637 4000
Hepatitis B the facts				
Public Health Hepatitis A				
Hepatitis C the facts				
There is a place you can call....	Leaflet	Free	Mens Referral Service	Ph: 9428 2899
There is a place you can call....	Card			
A Message for Men. When did you last have these checked?	Poster	Free	AMA Vic Branch	Ph:9280 8722 Fax: 9280 8786
Hazardous waste	Poster	\$2.00 each	National Heart Foundation	Ph: 9329 8511
Get the good eating habit	Brochure	\$15.00/100		
Health eating for the heart	Booklet	\$3.00 each		
Exercise and your heart	Brochure	\$15.00/100		
Kick the habit	Brochure			
Heart attack	Brochure			
Stroke	Brochure			
3 posters: Low risk drinking, standard drinks, effects of alcohol Plus 60 postcards: Low risk drinking, standard drinks, effects of alcohol	Postcard/poster package	\$26.00	Australian Drug Foundation	Ph: 1800 069 700 Fax: 9328 3008
3 posters: Low risk drinking, standard drinks, effects of alcohol	Alcohol Poster Set	\$11.00		
Join a mens club...	Pamphlet	Free	Gutbuster Program	Ph: 9639 4322 Fax: 96606858
Men Sex and STD's information for sexually active men	Booklet	\$0.20 each	Gamma Project	Ph: 9890 1068
Sexual Health Monitoring information for sexually active men	Leaflet			

Source: Central Bayside Division of General Practice *Men's health resource kit*