



TOPIC OF THE MONTH

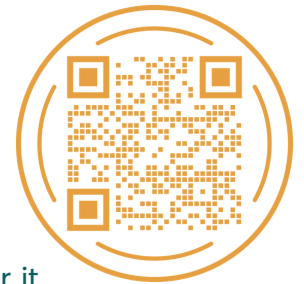
MEN'S HEALTH WEEK

Additional resources to support this month's Topic of the Month

If you are unable to access any of the articles in full text via your **NHS Open Athens** account, you can request them from your local NHS Library Service or you can sign up for NHS OpenAthens [here](#)



CHECK



[Check your prostate cancer risk in 30 seconds](#)

It's the most common cancer in the UK, but the earlier you find it, the easier it is to treat. Answer three quick questions to check your risk.



LISTEN



[Brew & Chat : ANDYSMANCLUB](#)

Brew & Chat is a relaxed, no pressure conversation over a brew, focused on life, mental health and lived experiences, hosted by ANDYSMANCLUB.



READ

[The CAN DO Manual from the Men's Health Forum](#)

Available as a free pdf, with 275 excellent and imaginative ways to feel better based on ideas from Men's Health Forum trained men's health champions.



GUIDELINES & STANDARDS

- [Men's Health Guidance - NHS Employers](#)
- [Men's Health Strategy for England - Department of Health and Social Care](#)



TOPIC OF THE MONTH

MEN'S HEALTH WEEK

Additional resources to support this month's Topic of the Month

WEB RESOURCES

- **[Men's Health : How to improve health outcomes, knowledge and behaviours](#)** [Healthwatch](#)
- **[Know your prostate: A guide to common prostate problems](#)** [Prostate Cancer UK](#)
- **[DIY Man MOT](#)** [Men's Health Forum](#)
- **[Prostate Cancer](#)** [BJN Inform](#) *
- **[Overcoming the Barriers to Engaging with Prostate Cancer Evaluation](#)** [Orchid](#)
- **[Risk factors for prostate cancer](#)** [UpToDate](#)

* NHS OpenAthens Account required

ORGANISATIONS



LATEST RESEARCH

Gater, R. et al. (2026). Self-Organized Men's Mental Health and Well-Being Groups—An Emerging Social Development. *American Journal of Men's Health*. 31 March 2026 [Online]. **Available at:** <https://doi.org/10.1177/15579883261426876>

Sharp, P. et al. (2026). Designing Gender-Responsive Health Promotion Programs for Men: A Scoping Review. *Health Education and Behavior*. 52(4) [Online]. **Available at:** <https://doi.org/10.1177/10901981251322391>



TOPIC OF THE MONTH

MEN'S HEALTH WEEK

Additional resources to support this month's Topic of the Month

LATEST RESEARCH

Mursa, R. et al. (2024). Understanding the Lifestyle Risk Profile of Men and Their Engagement With Preventive Care: A Cross-Sectional Survey. *Journal of Advanced Nursing*. 81(5), pp.2418-2425. [Online]. **Available at: <https://doi.org/10.1111/jan.16425>**

Maron, P. (2025). The Emergence of (Male) Eating Disorders as a Clinical Entity. *Sociology of Health & Illness*. 47(4), p.e70045. [Online]. **Available at: <https://doi.org/10.1111/1467-9566.70045>**

Oliffe, J.L. et al. (2024). Picture this: Men building intimate partner relationships. *Health Education Journal*. 84(3). [Online]. **Available at: <https://doi.org/10.1177/00178969241281157>**

Mitterbauer, N. et al. (2026). Missing men – why health promotion leaves them behind and how to bring them on board: results of a rapid qualitative evidence synthesis. *BMC Public Health*. [Online]. **Available at: <https://doi.org/10.1186/s12889-026-27454-6>**

Pu, Y. et al. (2026). "Strong Enough to Suffer": Emotional Suppression, Stress Exposure, and Physiological Health Among Men Across the Life Course. *American Journal of Men's Health*. 20(3). [Online]. **Available at: <https://doi.org/10.1177/15579883261441859>**

McKenzie, S.K. et al. (2026). Home as a Place of Refuge, Despair, and Self-Care for Men Living With Mental Health Challenges. *Qualitative Health Research*. 36(4-5), pp.360-375. [Online]. **Available at: <https://doi.org/10.1177/10497323251320848>**

Burns, L. et al. (2026). The role of gender norm conformity in men's psychological help-seeking and treatment engagement: a scoping review.. *Journal of Mental Health*. 35(2), pp.230-248. [Online]. **Available at: <https://doi.org/10.1080/09638237.2025.2512304>**

Yazan, Q. et al. (2025). A systematic appraisal of emerging alternative therapies in men's health and wellness. *Canadian Urological Association Journal*. 20(4), pp.132-7. [Online]. **Available at: <https://doi.org/10.5489/cuaj.9368>**



TOPIC OF THE MONTH MEN'S HEALTH WEEK

Additional resources to support this month's Topic of the Month

EVENTS, CONFERENCES & TRAINING



Men's Health Week
VARIOUS
15th – 21st June 2026

Men's Health Champion Training
ONLINE
Various Dates

Man MOT Training
ONLINE OR IN PERSON
Various

FEATURED BOOKS



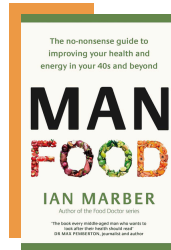
Sanchia S Goonewardene, Oliver Brunckhorst, David Albala, Kamran Ahmed

Men's Health and Wellbeing

2022

ISBN: 9783030847517

Available online with an OpenAthens account

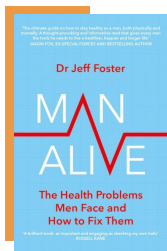


Ian Marber

Man Food

2019

ISBN: 9780349421643

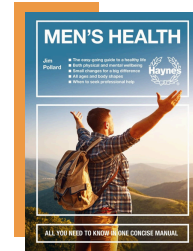


Dr Jeff Foster

Man Alive

2021

ISBN: 9780349427850



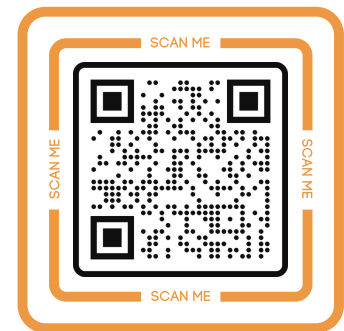
Jim Pollard

Men's Health

2020

ISBN: 9781785216947

[Search the MWL Library Catalogue here for more](#)



CONTACT US



If you have any questions or need any help or advice, please contact the **MWL Library and Knowledge Service**

We can conduct specific literature/evidence searches for you, help you find information to update policies and procedures, conduct 1:1 or group training sessions, provide help with studying, and much more!

library@merseywestlancs.nhs.uk

Southport & Ormskirk 01704 704202

St Helens & Knowsley 0151 430 1342