

Mini Manuals (16 pages) Cost – Box of 200 for £130



BPH (Benign Prostatic Hyperplasia)
What every man needs to know about their prostate and prostate testing



Brain (Mental Health)
Coping with stress and how to get help for other mental health problems



Domestic violence
Not only by men, but also towards them. Advice on what to do and where to get help.



Healthy heart
Straightforward advice on heart health



HGV (Weight Control)
Help on how to lose the weight and feel great



Living Healthily
Practical advice on diet, lifestyle and exercise



Men and cancer
Taking the stigma out of cancer and what you can do to help prevent it



Mini Man
Practical help for many male health problems



Mini Woman
Learn about women and their health



OAB (Overactive Bladder)
Advice on how to manage an overactive bladder



Prostate cancer
Advice on the most common male cancer



Self-care
How to quickly and effectively manage your own health

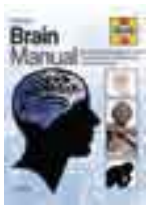


Stop smoking
Smoking cessation advice which could add years to your life and improve your health



Stress
How stress can affect your life and how to reduce its effects

Full size Cost – Box of 20 for £75



Brain Manual
Full size manual with advice to help improve and maintain your mental well-being



HGV Manual
Full size manual filled with information for weight loss and healthy living

Larger Manuals (32 pages) Cost – Box of 100 for £130



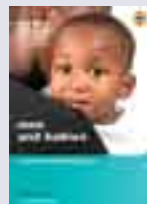
Men & Work
How to manage health problems at work that affect work



Dynion a Gwaith
Sut i reoli problemau iechyd yn y gwaith sy'n effeithio ar waith



Healthy eating
Advice on eating for pleasure and health



Men and babies
How to support your partner during her pregnancy and understand what to expect before, during and after childbirth



Men and pharmacy
How to get the best out of pharmacy services

Make your own Mini Manual

We can also create bespoke manuals for individual organisations.



Please contact MHF if you are interested in developing your own.

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The manuals are an excellent and most valuable resource, in an area where traditionally services/resources for men are sadly very sparse.

Angela Garrard

Health Improvement Specialist, NHS South East Essex

Men's Health Forum mini manuals contain easily accessible and uniquely presented information covering a wide range of subjects relating to men's health. The content is impartial, authoritative and provides information about health issues that affect the everyday lives of men. Written or edited by Dr Ian Banks, President of the Men's Health Forum, the format provides flexibility in branding, design and layout as well as content... so we can communicate the information your organisation needs.

Most of the mini manuals use the Haynes manual format because it is 'male friendly'. For instance, the 'body as machine' or 'brain as computer' metaphors fit with the way men often tend to think about health issues and this can introduce an element of humour, helping to break down men's reluctance to access health information and advice. There is good evidence that this approach makes a real difference.

In addition to the information provided in the mini manuals, visit **www.malehealth.org.uk** – the only site on the web dedicated to the provision of male-specific health advice and information on a vast range of topics.