

ElderWise Info (2:22) explored issues related to men's health. Here are some links that might be of interest.

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Visit the Canadian Health Network website and read:

[Where can I get more information on men's health?](#)

[What are the greatest health risks for young men?](#)

[What kinds of changes can I expect as I get older?](#)

Canadian Health Network. <http://www.canadian-health-network.ca>

The Canadian Health Network (CHN) is a national, bilingual health promotion program. The goal is to help Canadians find the information they're looking for on how to stay healthy and prevent disease.

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You might be interested in the following report, written for the International Longevity Center-USA. This Center was organized in 1990 by Dr. Robert Butler. It is a not-for-profit, nonpartisan research, policy and education organization and an independent affiliate of Mount Sinai School of Medicine.

Becker, G. et al. International Longevity Center-USA Workshop Report: [Promoting Men's Health: Addressing Barriers to Healthy Lifestyle and Preventive Health Care](#). New York, 2004.

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You can also check out the Men's Health Network.

The Men's Health Network (MHN) is a non-profit educational organization comprised of physicians, researchers, public health workers, individuals and other health professionals. MHN is committed to improving the health and wellness of men through education campaigns, partnerships with retailers and other private entities, workplace health programs, data collection, and work with health care providers to provide better programs and funding for men's health needs.

[www.menshealthnetwork.org](http://www.menshealthnetwork.org)

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Visit the Men's Health Forum, a UK site offering checklists and other information for men of all ages.

[http://www.malehealth.co.uk/userpage1.cfm?item\\_id=559](http://www.malehealth.co.uk/userpage1.cfm?item_id=559)

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