



# Resources

Information and resources to help you make small changes and improve health.

**DONTCHANGEMUCH.ca**  
Where guys go to get healthy

Don't Change Much is a proven health resource inspiring men and their families to live healthier. With reliable information and easy health tips, we know every guy and their family can make small changes that will greatly impact their health.



**YOU CHECK.CA**  
The helpful health tool for men.

Built especially for men, developed by medical doctors and based on scientific evidence, our Health Check Tool is completely anonymous and shares insights about your current and future health. Check your health and know where you stand.

## Brochures

Get our latest brochures

- [Men's Maintenance Guide](#)
- [Blood Pressure](#)
- [Depression](#)
- [Diabetes](#)
- [Erectile Dysfunction](#)
  
- [Low Testosterone](#)
- [Mental Illness](#)
- [Sexually Transmitted Diseases](#)
- [Stress](#)
- [Suicide](#)

## Infographics

Use our infographics in your office or at home

- [Testosterone 101](#)
- [7 Health Facts Men Need to Know](#)
- [Costs of Unhealthy Behaviour](#)
- [The Economic Impact of Poor Health In Men](#)
- [Great Tools – You Check For Men](#)

- [Men Are Working Themselves Into An Early Grave](#)
- [Men's Health Facts](#)
- [Unhealthy Lifestyles](#)
- [COVID-19 The Importance of Distancing](#)
- [COVID-19: Bringing Fathers Closer To Their Kids](#)

## Recommended Websites

We recommend visiting these resources for more in depth topic discussion

### Men's Health

- [Malehealth – Men's Health Forum – UK](#)
- [Global Action on Men's Health](#)
- [Andrology Australia](#)
- [Agency for Healthcare Research and Quality – US](#)
- [Foundation 49 – Australia](#)
- [Manology – Vancouver](#)
- [Heads Up Guys – Health strategies for managing and preventing depression in men.](#)

### General Health – All Health Topics

- [Mayo Clinic](#)
- [MedlinePlus](#)
- [HealthChoices Canada](#)
- [HealthLinkBC](#)
- [NHS Choices – UK](#)
- [WebMD](#)
- [The World Health Organization \(WHO\)](#)
- [Sex Health Matters – Sexual Medicine Society of North America](#)

### Cancer

- [Canadian Cancer Society](#)
- [National Cancer Institute – US](#)
- [Prostate Cancer Foundation BC](#)

- [InspireHealth](#)

## **Kids, Teens & Families**

- [Canadian Centre for Men and Families – Toronto’s first Men’s Centre](#)
- [Kidshealth](#)
- [Teen Health – MedlinePlus](#)
- [FamilyDoctor.org](#)
- [KidStart](#)

## **Get Involved**

- [Canadian Men’s Health Foundation](#)
- [Movember](#)

## **Health Information**

Further information regarding men’s health

- [Men’s Health A-Z](#)