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Father's Day: Blueprint for Men's Health **A Comprehensive Guide to Men's Health**

WASHINGTON, June 15, 2006 – Men's Health Network has published a *Blueprint for Men's Health: A Guide to a Healthy Lifestyle* and offers it as a free Internet download for Father's Day. The guide, written by Armin Brott and the Blueprint for Men's Health Advisory Board, discusses the main health issues that men face today, including physical, mental, emotional and family health. Each chapter focuses on a single condition or group of related conditions effecting men. This approximately 70 page book discusses the factors that increase health risks, shows how to recognize symptoms, and gives practical, easy-to-implement prevention strategies.

The guide features approximately seventy pages of valuable information on prevention, treatment, nutrition and parenting. Included are risk factors of issues facing men such as accidents, diabetes, prostate cancer, dental, cardiovascular and sexual health. There is even a section for women on how to help the men in their lives improve their health and a section that addresses the special concerns of Hispanics, African-Americans, and other minorities. A screening guideline is included.

Dr. Kenneth Goldberg, Founder of the Male Health Center, commented about the *Blueprint* that, "Based on twenty-five years of medical experience, I know that this book, if read and followed by both men and their partners, will go a long way towards increasing not only the longevity of a man's life, but improving the quality of life for himself and his partner."

Readers praise the book:

"One of the top publications we have seen. I highly recommend Blueprint." – A health educator at a Florida county health department.

"Fabulous. Great start for men's health program. Blueprint is a rather extensive guide for men. It touches just about every issue concerning men. We are very excited." – Program manager at a major medical center.

While no book should be used as a substitute for professional advice about medical or lifestyle issues, the *Blueprint for Men's Health* is a resource and a guide that will help men protect their health and get the most out of life.

The book can be downloaded free at www.blueprintformenshealth.com .

Men's Health Network (MHN) is a non-profit educational organization comprised of physicians, researchers, public health workers, and individuals. MHN is committed to improving the health and wellness of men, boys, and their families through education campaigns, data collection, surveys, toll-free hotlines, and work with health care providers. With a network of chapters, affiliates, and health partners, MHN has a presence in every state. MHN conducts screenings in the workplace and at public venues, sponsors conferences, and promotes awareness periods

such as National Men's Health Week. MHN partners with both private and public entities to achieve these goals.

Ultimately, Men's Health Network has been known as the leading authority on men's health, with a Board of Advisors totaling over 700 physicians and key thought leaders on men's health, as well as a database of over 87,000 physicians nationwide to participate in disease awareness and educational outreach campaigns.

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