



## eCOURSE INTRODUCTION

Men's health refers to a state of complete physical, mental, and social well-being. However, a significant threat to a man's health can be themselves. The difficulty in expressing health concerns or issues to healthcare professionals and staff is very real for men. Being educated in men's health matters allows for better conversations and leads to better health outcomes for men.

This eCourse, *Men's Health... Matters*, was designed and developed by Eugene Renehan MPSI. Eugene is an experienced Superintendent Pharmacist, Tutor and Senior Business Executive. He holds a Bachelor of Science (BSc) in Pharmacy, is an Accredited Tutor Pharmacist with the Royal College of Surgeons Ireland, and is a Licensed Pharmacist.



## eCOURSE AIM

This eCourse aims to provide you with a broad knowledge and appreciation of men's health matters. It presents potentially uncomfortable health issues and conditions that arise for men that are often left untreated. It also gives a gives an in-depth look at the more serious health challenges facing men today.

## eCOURSE CONTENT, ASSESSMENT & ACCREDITATION

This eCourse requires approximately 12 hours of study. There are eight learning topics:

1. Introduction to Men's Health
2. Embarrassing Health Issues
3. Obesity & Diabetes
4. Cardiac Health
5. Sexual Health & Steroid Use
6. Prostate Health & Cancer Risks in Men
7. Mental Health
8. Respiratory

When you have completed your eCourse, take the on-line assessment to test and validate your new knowledge! Once successful, you will receive an ATHE Endorsed Programme certificate in *Men's Health... Matters* from **South East College of Further Education & Training**.

## WHO IS IT SUITABLE FOR?

This eCourse is suitable for community healthcare or pharmacy employees or healthcare professionals as CPD hours. It is also ideal for anyone interested in Men's Health in general. You have access to your eCourse 24 hours a day, seven days a week, 365 days a year, making learning work for you, at a pace and time that suits you.

## HOW TO PURCHASE THIS COURSE

Go to [www.southeastcollege.ie](http://www.southeastcollege.ie) and begin your learning journey!!