

# Men's health curriculum and resource list

## How to use this guide

The topic lists are broken into groups of diagnoses which are categorised according to symptoms/signs and anatomy. My reason for presenting in this way is to help with the organisation of your knowledge. In addition, you need to identify the distinguishing features of the illness scripts that allow you to decipher between the differentials for presentations within these categories (note that some diagnoses may belong to multiple categories). To learn the distinguishing features, compare the illness scripts for the diagnoses within the categories. I have placed the diagnoses that I consider to be most important in bold. For each of the diagnoses you will need to know:

- Illness scripts (risk factors, symptoms and signs)
- Differential diagnoses
- Investigations
- Management

Below each of the diagnoses are listed the related resources. Please note that the check programs are found at the bottom of the document. I have also placed the most useful resources that cover, in my opinion, important topics in bold. There are too many resources to expect that you will read them all. You will need to prioritise based on 1) useful resources for important topics (in bold) 2) areas of your personal knowledge deficiency and 3) personal learning style preferences. Hope this helps!

## Men's health Topics

### 1) Micturition symptoms

#### a) BPH/LUTS

- Healthpathways
  - Benign Prostatic Hypertrophy (BPH)
- Review and update of benign prostatic hyperplasia in general practice  
<https://www1.racgp.org.au/AJGP/2018/July/benign-prostatic-hyperplasia>
- Lower urinary tract symptoms: Current management in older men AFP 2011

<http://www.racgp.org.au/afp/2011/october/lower-urinary-tract-symptoms/>

**b) Prostatitis**

- **Etg - Prostatitis**
- AFP April 2013 Prostatitis diagnosis and treatment  
<http://www.racgp.org.au/afp/2013/april/prostatitis/>

**c) Prostate cancer**

- **AJGP – Advances in Prostate Cancer**  
<https://www1.racgp.org.au/ajgp/2020/april/advances-in-prostate-cancer>
- **Healthpathways:**
  - **Prostate Cancer - Screening and Diagnosis**
  - **Prostate Cancer - Established**
  - **Prostate Cancer - Follow-up After Treatment**

**d) Urinary incontinence**

- **Adult male stress and urge urinary incontinence: a review of the pathophysiology and treatment strategies for voiding dysfunction in men AFP 2017**  
<https://www.racgp.org.au/afp/2017/september/adult-male-stress-and-urge-urinary-incontinence/>
- **Healthpathways - Urinary incontinence in men**

**e) Urethritis**

- **Etg - urethritis and cervicitis**
- **Healthpathways**
  - **Chlamydia**
  - **Gonorrhoea**

**2) Testicular/scrotal abnormalities**

**a) Hydrocele**

**Healthpathways**

- **Scrotal Lumps in Adults**

- Andrology Australia

[https://www.andrologyaustralia.org/wp-content/uploads/Factsheet\\_ScrotalLumps.pdf](https://www.andrologyaustralia.org/wp-content/uploads/Factsheet_ScrotalLumps.pdf)

**b) Orchitis/epididymitis**

- **Etg – Epididymo-orchitis**
- **Healthpathways – Epididymo-orchitis**
- Acute scrotal pain AFP Nov 2013

<http://www.racgp.org.au/afp/2013/november/acute-scrotal-pain/>

**c) Testicular cancer**

- Andrology Australia

<https://www.andrologyaustralia.org/wp-content/uploads/clinical-summary-guide-06.pdf>

**d) Testicular torsion**

- **Acute scrotal pain AFP November 13**

<http://www.racgp.org.au/afp/2013/november/acute-scrotal-pain/>

**3) Foreskin issues**

**a) Balanitis**

- Etg - Balanoposthitis
- AJGP Chronic balanitis: When should we be concerned?

<https://www1.racgp.org.au/ajgp/2020/december/chronic-balanitis>

- Heathpathways

- Penis and Foreskin Conditions in Children

**b) Phimosis**

- Heathpathways

- Penis and Foreskin Conditions in Children

**4) Penis problems**

**a) Erectile dysfunction**

- **Much more than prescribing a pill: assessment and treatment of erectile dysfunction by general practitioners**  
<https://www.racgp.org.au/afp/2017/september/much-more-than-prescribing-a-pill/>

- **Etg – Erectile dysfunction**
- Healthpathways
  - Sexual dysfunction

#### **b) Peyronie’s disease**

- **Peyronie’s disease – watch out for the bend**  
<https://www.racgp.org.au/afp/2017/september/peyronies-disease/>
- Patient.co.uk Health professional  
<http://patient.info/doctor/peyronies-disease-pro>

#### **c) Premature ejaculation**

- **Etg – premature ejaculation**
- **AFP Oct 15 Premature ejaculation – A clinical review for general physician** <http://www.racgp.org.au/afp/2015/october/premature-ejaculation-a-clinical-review-for-the-general-physician/>
- Andrology Australia  
Ejaculatory disorders [https://www.healthymale.org.au/files/inline-files/Ejaculatory%20Disorders\\_CSG\\_Healthy%20Male%202019\\_1.pdf](https://www.healthymale.org.au/files/inline-files/Ejaculatory%20Disorders_CSG_Healthy%20Male%202019_1.pdf)

#### **d) Priapism**

- **BMJ Best Practice – Priapism**
- **Andrology Australia** [https://www.andrologyaustralia.org/wp-content/uploads/Factsheet\\_PenisProblems.pdf](https://www.andrologyaustralia.org/wp-content/uploads/Factsheet_PenisProblems.pdf)

### **5) Miscellaneous**

#### **Androgen deficiency**

- **Etg Diagnosing androgen deficiency and androgen replacement therapy**
- **AJGP – Androgen deficiency in older men**  
<https://www1.racgp.org.au/ajgp/2019/july/androgen-deficiency-in-older-men>

- **Assessment and management of male androgen disorders AFP May 2014** <http://www.racgp.org.au/afp/2014/may/male-androgen-disorders/>

#### Haemospermia

- Haemospermia AFP December 2015  
<http://www.racgp.org.au/afp/2015/december/haemospermia/>

#### Klinefelter's syndrome

- **Klinefelter syndrome A general practice perspective AFP Jan/Feb 2014**  
<http://www.racgp.org.au/afp/2014/januaryfebruary/klinefelter-syndrome/>
- Andrology Australia  
[https://www.healthymale.org.au/files/inline-files/Klinefelter%20Syndrome\\_CSG\\_Healthy%20Male%202019\\_1.pdf](https://www.healthymale.org.au/files/inline-files/Klinefelter%20Syndrome_CSG_Healthy%20Male%202019_1.pdf)

#### Male infertility

- **Male infertility – the other side of the equation**  
<https://www.racgp.org.au/afp/2017/september/male-infertility/>
- Male infertility – Australian doctor How to treat 16<sup>th</sup> August 2019

#### Male pattern hair loss

- Etg - Androgenetic alopecia
- Male Baldness AFP April 2016  
<http://www.racgp.org.au/afp/2016/april/male-baldness/>

#### PSA test

- **Healthpathways**
  - **Prostate Cancer - Screening and Diagnosis**
- RACGP patient information sheet on prostate cancer screening  
<http://www.racgp.org.au/download/Documents/Guidelines/prostate-cancer-screening-infosheetpdf.pdf>
- **RACGP guidelines for preventive activities (red book) – prostate cancer**

## Undescended testes

- Undescended testes: What general practitioners need to know  
<https://www1.racgp.org.au/ajgp/2019/january%E2%80%93february/undescended-testes>

## Domestic violence

- Identifying and responding to men who use violence in their intimate relationships – AFP April 16  
<http://www.racgp.org.au/ajgp/2016/april/identifying-and-responding-to-men-who-use-violence-in-their-intimate-relationships/>

## Men who have sex with men

- Optimising healthcare for men who have sex with men: a role for general practitioners  
<http://www.racgp.org.au/ajgp/2016/april/optimising-healthcare-for-men-who-have-sex-with-men-a-role-for-general-practitioners/>

## Vasectomy

- Andrology Australia  
[https://www.andrologyaustralia.org/wp-content/uploads/Factsheet\\_Vasectomy.pdf](https://www.andrologyaustralia.org/wp-content/uploads/Factsheet_Vasectomy.pdf)

## ***Signs***

### **Penile lumps and bumps**

#### **Penile appearance lumps and bumps AFP May 2013**

<http://www.racgp.org.au/ajgp/2013/may/penile-appearance/>

### **Healthpathways:**

- **Genital Herpes**
- **Genital Human Papilloma Virus (HPV)**

**Check programs (RACGP)**

**<http://gplearning.racgp.org.au/User/Account/Login?ReturnUrl=%2fuser>**

**check, unit 548, Male reproductive system, April 2018**