

Tuesday 5 July 2011

## The lowdown on the health of Australian men

The latest research on men's health – including prostate cancer, lower urinary tract health and sexual function – will be presented by University of Adelaide researchers at a National Wine Centre seminar this Friday 8 July.

The Freemason's Foundation Centre for Men's Health (FFCMH) at the University of Adelaide will present a series of brief, important updates on the state of men's health in Australia, including programs to address critical issues.

Participants will hear about a 12-week pilot program developed by the Centre specifically for men to tackle the growing problem of obesity, which leads to chronic disease.

GIRTH (Get Involved, Reach Top Health) is a peer-led program for men aimed at reducing waist circumference and obesity-related chronic disease by promoting healthy eating habits, exercise, sleep and stress management. The program also encourages men to visit their GP for regular check-ups.

Materials for the GIRTH program include a male-friendly version of the CSIRO's successful Total Wellbeing Diet, developed in collaboration with Associate Professor Manny Noakes from the CSIRO, co-author of the diet.

FFCMH Executive Manager Dr Vanessa Glennon says a community pilot of the GIRTH program in South Australia, the Northern Territory and Victoria, involving 131 men, has produced some encouraging results to date.

"Most of the men have reduced their waist circumference, lost weight, improved their diet and exercise habits, and say they are less stressed or at least coping better with stress. Also, the participants enjoyed being involved in the program," Dr Glennon says.

University of Adelaide speakers this Friday will include:

- Professor Willis Marshall AC (FFCMH Director) giving an overview of the Centre's latest research in men's health;
- Professor Gary Wittert (Head, Discipline of Medicine) discussing lower urinary tract health and sexual function in men;
- Professor Wayne Tilley, Dr Luke Selth and Dr Lisa Butler (Dame Roma Mitchell Cancer Research Laboratory) speaking about prostate cancer;
- Professor Deborah Turnbull (School of Psychology) discussing colorectal cancer screening in men.

Media are welcome to attend the afternoon session or interview any of the speakers beforehand.

**WHAT:** Freemasons Foundation Centre for Men's Health Research Update

**WHERE:** 'The Gallery', National Wine Centre, Corner North Terrace and Hackney Road

**WHEN:** 1pm-5.45pm Friday 8 July

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