

The Freemasons Foundation
Centre for Mens Health
Life changing research

Creating Our Future

2008-2012



THE UNIVERSITY
OF ADELAIDE
AUSTRALIA



FREEMASONS
FOUNDATION

Our reason for being

Men are more likely to die prematurely

Men are more likely to die prematurely from a wide range of causes – male life expectancy (78 years) is 5 years lower than female life expectancy (83 years). Male deaths are greater across all age groups and the discrepancy begins from infancy. Premature deaths exact a great emotional and economic toll on families and society and are often preventable. The leading causes of premature death among males are ischaemic heart disease (eg heart attack and angina), suicide, land transport accidents, and lung cancer.

Male burden of disease and injury is great

The total burden of disease and injury (including premature death, ill health and disability) for males in Australia is 10% higher than for females. The leading contributors to the total burden of disease and injury for males

are ischaemic heart disease, type 2 diabetes, anxiety and depression and lung cancer and stroke.

Prostate cancer remains the most common cancer among males (23.4%), followed by colorectal (14.6%), lung cancer (11.3%) and melanoma (10.5%). Together these 4 cancers account for 60% of all registered cancers among males.

Significant burden of undetected disease among men

Preliminary results of the Florey Adelaide Male Ageing Study (FAMAS) reveal a large number of men are unaware of their health problems. Among the study participants aged 35-80 years who attended a clinical exam:

- 47% had high cholesterol, but 14% of them were unaware they had it
- 14% had diabetes, but 4.4% were unaware
- 60% had hypertension, but 29% unaware
- 18.5% had depression, but 6% unaware.

Equally concerning were the findings that 78.5% were either overweight or obese, 44% got no exercise, 61% got insufficient exercise, and 57% reported some degree of erectile dysfunction.





**We believe it is time to
act on the burning need to
improve men's health.**

Our starting point

The Freemasons Foundation Centre for Mens Health arose as a joint venture between The University of Adelaide and the Freemasons Foundation.

The essence of the agreement is that the Freemasons Foundation will provide funds over five years to employ two research fellows, to be called the Freemasons Foundation Research Fellows and to partially fund the chief executive's position.

The University is providing six PhD scholarships to be called the Freemasons Foundation PhD Scholars, and some funds for establishing the Centre over three years.

A memorandum of agreement was signed in September 2007 and the Centre was officially launched in October 2007. The Centre is currently based in the School of Medicine at The University of Adelaide.

Our purpose

Our vision is to enable men to live longer, healthier, and happier lives.

Our mission is to:

- pursue innovative research programs
- significantly improve health services
- deliver evidence based continuing education programs
- disseminate the latest health information and education resources.





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Our people

The Centre's purpose has been enthusiastically embraced by a range of individuals and organisations who are willing to give their time and energy to pursue the Centre's mission. The Centre is comprised of a multidisciplinary team of world renowned experts in various aspects of men's health. The Centre is guided by a Scientific Advisory Committee (comprised of 10 leading experts in their fields) and supported by a Board of Patrons (comprised of 21 leaders of industry, media and culture, and sports and government).

Management Group

Professor Villis Marshall AC

Director

Clinical Director of Surgical and Specialties Service, Royal Adelaide Hospital. He is a world renowned consultant specialist and researcher in urology. He chairs the Executive Committee of the Australian Prostate Cancer Collaboration.

Professor Gary Wittert

Founding Member

Mortlock Professor of Medicine and Head, School of Medicine, senior consultant endocrinologist and lead investigator of the Florey Adelaide Male Ageing Study. He is a world leader in obesity, diabetes, and male ageing research.

Professor Wayne Tilley

Founding Member

Chair of the Dame Roma Mitchell Cancer Research Laboratories and Head of the Cancer Research Centre at the Hanson Institute. He is a leading researcher on the molecular mechanisms involved in the treatment of prostate cancer.

Professor Richard Ivell

Founding Member

Head, School of Molecular and Biomedical Sciences, he has pioneered work on the molecular basis of male reproduction function and the ageing testis. He was Editor-In-Chief of the leading scientific journal, Molecular Human Reproduction.

Ms Anne Hayes, MPH

Chief Executive Officer

An internationally experienced public health practitioner. She has held a range of policy, program and research related positions in USA, New Zealand, Sweden, Singapore and Australia.



Board of Patrons

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Freemasons Foundation

Scientific Advisory Group

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Anzac Research Institute

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Medical Research*

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Monash Med Centre

Dr John Litt
Flinders University

Prof Robyn McDermott
UniSA

Prof Rob McLachlan
Andrology Australia

Clin Prof Bronwyn Stuckey
Keogh Institute

Our research programs

We are continually expanding and strengthening our research programs.

Currently, the Centre is actively engaged in the following research program areas:

- Male ageing (population / epidemiological)
- Male obesity and diabetes (clinical research)
- Prostate cancer (basic science and clinical research)
- Male androgens / hormones (basic science)
- Sexual and reproductive health (basic science)
- Masculinities and sports (qualitative)
- Health literacy (qualitative).



Our future plans

1 To develop a comprehensive and multidisciplinary research program to improve men's health.

In the past, men's health research has been dominated by single issues. The Centre provides an ideal focal point for building a critical mass of researchers across a range of men's health concerns and for encouraging cross disciplinary research teams to develop innovative solutions to men's health problems. We will build research capacity, recruit research members and engage in research planning to encourage expansion of our current research program.

Financial resources required:

support for research fellows positions, the Florey Adelaide Male Ageing Study, research equipment, research meetings, seminars and conferences, interstate and overseas travel, and seed grants for new research.

Partnerships to build:

state government (eg SA DoH and DFEEST), commonwealth government (eg ADHA), local universities, national and international researchers, national and international research funding agencies, relevant industry.

2 To establish a men's health service that models best practice in the provision of integrated health services for men.

We will provide a dedicated men's health service offering a range of assessment, diagnostic, and treatment services delivered by a team of health professionals. Research is revealing important relationships between men's health issues. For example, there is growing evidence that erectile dysfunction may be an early warning sign for future cardiovascular disease and that losing weight is an effective treatment for erectile dysfunction.

Currently most men's health problems are treated without considering these relationships. By offering men a more holistic option to address their health issues, they will get a better result.

Financial resources required:

support for establishing a men's health clinic including planning, infrastructure development, and clinic equipment, and clinical research fellows positions.

Partnerships to build:

state government (eg SA DoH, CNAHS), local clinicians, health professional associations, local universities.

Our future plans

3 To establish an early career researcher development program that attracts high quality researchers from interstate and overseas.

The field of men's health research is relatively underdeveloped. There are relatively few researchers who define themselves as men's health experts. There are relatively more biomedical than other types of researchers focused on men's health such as epidemiologists, biostatisticians, psychologists, and sociologists. By employing a range of strategies such as incentives, mentoring, and networking opportunities, we intend to cultivate new talent in men's health research.

Financial resources required: support for researcher recruitment including advertising and incentives, network development, events, and seed grants for new research.


Partnerships to build: national and international researchers, national and international research funding agencies, professional research associations, professional recruitment agencies.

4 To develop an evidence based continuing education program for health professionals with an interest in men's health.

One of the key factors in improving health outcomes for men is to improve the interactions men have with the health system, and in particular with primary care providers. There are few opportunities for health professionals to engage with men's health specialists to learn the latest research and communication styles that work. Once the Centre has established a model service, integrated with advanced research programs, it will be an ideal setting for educating a broad range of health professionals with an interest in improving their practices in relation to their male patients.

Financial resources required: support for clinical attachment program, professional development activities and events.

Partnerships to build: state government (eg SA DoH, DFEEST), Andrology Australia, professional associations, local universities.



5 To establish a broad base of funding support to reduce the strategic vulnerability of limited funding sources.

The financial support provided by the Freemasons Foundation and The University of Adelaide have enabled the Centre to be established. These funds are finite though and so we need to move quickly to attract further resources. Government funding for men's health is scarce. Contract and grant funded research provides relatively little towards the infrastructure costs of operating a Centre of this kind. The strength of the Centre will in large part depend on our success in diversifying our funding sources.

Financial resources required:

support for administrative and project positions, events and event planning, public relations materials, and product/service development.

Partnership to build:

state and commonwealth government, private charitable foundations, corporate sponsors, media and social marketers, and men's organisations.



Want to support the Centre?

Our mission is an ambitious one and we are encouraged by the support we have received so far. We need considerable support in terms of growing membership, financial resources and strategic partnerships to be successful. If you'd like to support the Centre as a member, corporate sponsor, or as an individual donor, or would just like to know more, please contact the Centre.

Freemasons Foundation Centre for Mens Health

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Become a Centre member

The Centre is currently accepting applications in the following categories:

Research Member – for those engaged in research of relevance to the Centre

Student Member – for those enrolled in relevant postgraduate studies

Affiliate Member – for those engaged in relevant professional activities, not necessarily research

Volunteer Member – for those with a demonstrated commitment to the Centre.