Dear Members, Colleagues, and Supporters of the Centre

Please see below for the latest Centre news and event details. For more news see our Centre blog pages at blogs.adelaide.edu.au/menshealth/.

Upcoming events

Monthly Men’s Health Research Seminar

The next Monthly Men’s Health Seminar will be held on:
Date: Tuesday 4 July 2017
Time: 12.00 midday to 1.30pm
Where: Level 6, Adelaide Health and Medical Sciences Building, North Terrace Adelaide

Speakers are to be confirmed.

The University of Adelaide Research Tuesdays – Men and Health Services

Date: Tues 8 August 2017
Time: 5.30 – 6.30pm
Where: The Braggs Lecture Theatre, The University of Adelaide, North Terrace

Overview: Men, we’re told, are their own worst enemies when it comes to health. Their significantly higher incidence than women of potentially fatal conditions like heart disease, diabetes and depression, is widely attributed to an apparent reluctance to seek help.
Researchers at the University of Adelaide’s Freemasons Foundation Centre for Men’s Health (FFCMH), however, argue otherwise. Their studies indicate:

- many primary health care providers are poorly equipped to effectively engage with men
- if engagement improved, men’s concerns about certain non-life-threatening conditions, such as lower urinary tract symptoms, erectile dysfunction and low testosterone, could motivate them to have more frequent health checks
- and these checks could be leveraged to encourage better management of lifestyle factors—including obesity, smoking, physical activity and alcohol consumption—that often do lead to potentially fatal conditions.

Senior FFCMH team members will mark the Centre’s 10th anniversary by presenting a compelling, evidence-based case for male-specific health care initiatives.

The Presenters:
Professor Gary Wittert directs the Freemasons Foundation Centre for Men’s Health, is the University of Adelaide Mortlock Professor of Medicine, and heads the University’s Discipline of Medicine. He is also a senior consultant endocrinologist at the Royal Adelaide Hospital and is Independent Chair of the Weight Management Council of Australia.

Professor Robert Adams is a senior respiratory physician at the Queen Elizabeth and Lyell McEwin hospitals, and a member of the University of Adelaide’s Discipline of Medicine. He also directs the Basil Hetzel Research Institute’s Health Observatory at the Queen Elizabeth Hospital, and chairs the SA Health Literacy Alliance.

Dr Sean Martin is a National Health and Medical Research Council early-career research fellow in the Freemasons Foundation Centre for Men’s Health. Since 2006, Sean has also acted as project manager for the Florey Adelaide Male Ageing Study, a prospective cohort study of middle-aged-to-elderly men.


Public Symposium – Fathering

The FFCMH will host a public symposium on parenting with a particular focus on fathering.

Date: Thursday 14 September 2017
Time: 5.00pm – 7.00pm
Where: South Australian Health and Medical Research Institute – Auditorium
North Terrace Adelaide
Reservations: (Free event) 8313 0514. Eventbrite tickets available from July 2017.
Centre Research News

2017 National Men's Health Week - June 12-18

National Men's Health Week 2017 was a busy week for the Centre with press releases and members presenting at events promoting men's health, and in doing all, promoting the important research that we do.

Press-release: Important New Player in Prostate Cancer

An international study led by FFCMH researchers has identified a new gene of interest linked to prostate cancer – and it's a gene with a split personality: it appears to play a major role in promoting cancer growth, but it could also prevent tumours from spreading.

The research, now published in the journal Cancer Research, provides new information about the mechanisms underlying the growth of advanced, drug-resistant prostate cancer, known as "castration-resistant prostate cancer", which is a major killer of Australian men. Speaking in the lead up to Men's Health Week (12-18 June), lead authors Dr Steve Paltoglou and Dr Luke Selth, Senior Research Fellows at the University of Adelaide's Dame Roma Mitchell Cancer Research Laboratories and members of the Freemasons Foundation Centre for Men's Health, say the results of the study are significant.

"We've identified a completely new player in prostate cancer, a gene called GRHL2. The protein encoded by this gene appears to be vital for the function of the key driver of prostate cancer growth, the androgen receptor: it not only maintains levels of the androgen receptor, but also enhances its activity," says Dr Selth. "Interestingly, while we think this novel function connected with the androgen receptor means that GRHL2 will generally be a 'bad player' in prostate cancer, we also found evidence that the GRHL2 protein could be a 'good player' in certain contexts by inhibiting the spread of the cancer. Thus, GRHL2 could be a type of 'Jekyll and Hyde' factor in terms of influencing the growth and progression of this disease," he says.

"However, by the time prostate cancer has already spread around the body and become resistant to current therapies, our research suggests that GRHL2 would probably act as a driver of disease. This idea is supported by our observation that the GRHL2 gene is frequently 'amplified' in lethal, drug-resistant tumours, meaning that these tumours have the capacity to make a lot more GRHL2 protein."

Targeting the androgen receptor is the mainstay treatment for advanced prostate cancer that has spread beyond the prostate. Therefore, there is always significant interest when a new regulator of the androgen receptor is discovered. Indeed, this study was highlighted by the leading review journal Nature Reviews Urology, because of its fundamental findings.

"We desperately need better therapies for this common killer of men. Our study provides important new insights into the biology of prostate cancer, which we aim to translate to new treatment strategies in the future," Dr Selth says.

This research involved collaboration with leading prostate cancer research groups in the US and the UK. The work was funded by the National Health and Medical Research Council (NHMRC), the US Department of Defense, the National Institutes of Health, the Prostate Cancer Foundation, and the Freemasons Foundation Centre for Men's Health.
Council on the Ageing event - Wed 14 June

COTA offered health checks and a men’s health information morning at their Hutt St premises for MHW17. This was followed by a seminar for an audience of ~60 on a variety of topics of relevance to men. From the Freemasons Foundation Centre for Men’s Health, Marg McGee presented on men and health services (“Talk the Talk”) and Dr Sarah Appleton (left photo) presented on sleep health: (“Waking up to the Problem”). Also presenting was Dr Ian Zajac from the CSIRO, and FFCMH collaborator. In keeping with the MHW17 theme healthy body, healthy mind: keeping the balance, Ian spoke about “positive mind, happy life”. In his talk presented the results of FFCMH student member Clare McGuiness’s PhD work on health behaviours.

Public banner on North Terrace at the home of the Centre

Each year, the Centre proudly displays a men’s health week banner on the fence of the Freemasons Building on North Terrace, promoting the world class research being undertaken at the Centre to passer byes. The Grand Master of Freemasons SA/NT, Stephen Michalak kindly provided a dispensation to allow brethren to have a public appearance in Regalia so that they could join some members of the Centre on the steps of the Freemasons building for a photograph opportunity. It was a perfect week to celebrate the 10 year research partnership between the University of Adelaide and the Freemasons Foundation advancing the health and well-being of men.

Northern Men’s Wellbeing Network event - Thurs 15 June

Director of the Centre, Professor Gary Wittert, was the guest speaker at the Northern Men’s Well-being Network event held at the Playford Uniting Church and attended by 40 + participants. His talk on men and engagement with health services was well received and encouraged a lengthy question time and general discussion. Later Network Coordinator John Goodger described Prof Wittert as “the sort of bloke you could be engaged by all day, a truly excellent delivery of great information.”

Socks, Jocks & More campaign

On the back of a successful, similar campaign that is run by the Light Electorate office for women, member for Light, Tony Piccolo MP and FFCMH Patron used the Northern Men’s Wellbeing Network event to launch his Socks, Jocks & More campaign. Some of the basic items that most of us take for granted, like clean socks and jocks, can be difficult to come by when times are tough. But clean socks and jocks may be the difference between a successful and unsuccessful job interview for those men trying to get themselves back on their feet.

The Light Electorate office is the primary collection point for donations of men’s underwear and hygiene products at 148 Murray St Gawler.

All donated goods, at this stage, will be provided to Uniting Care Gawler for distribution to men in need. For more information contact Joel Wemmer, Electorate Officer, Ph.8522 2878.
Centre launched the mensHealth Register - A resource to support men’s health research.

The Centre is pleased to announce that the mensHealth register has been launched. The launch coincided with national Men’s Health Week (June 12–18).

Ensuring blokes are adequately represented in health research can be a difficult task at the best of times. The Centre hopes that the Men’s Health Register will provide an additional resource for researchers to increase research participation by men. “The new register is effectively a ‘captive audience’ of men who are willing to help expert teams undertake research to achieve better health outcomes for men,” says Dr Camille Short, behavioural scientist with the Centre and based at SAHMRI.

Dr Short, who has established the register with Research Engagement Officer Mr Cameron Gyss, knows too well the challenges of recruiting men for research: “At best currently, we can only get a representation of about 25-30% of men involved in our health studies compared with women. This really limits our ability to learn what works for men, and how we can better design services and treatments that best meets their needs and preferences. We need to change this so that our healthcare system works for men.”

Dr Sean Martin from the Centre whose research focuses on urological health in men says: “By having guys sign up to our new register, they can directly engage in the process of health research.” After signing up, men will be regularly contacted about studies that may be of interest to them. They can choose to take part in surveys, studies testing new services and programs, or treatments for common issues affecting men. These include studies on exercise and nutrition, chronic disease, depression, sexual and reproductive health, parenting, prostate cancer, workplace injury, and many more. “An added benefit of the register is that men can also opt to receive the latest men’s health information straight from a credible source,” Dr Martin says. Dr Martin believes the register will impact on the efficiency with which the Centre can generate research, given it will quickly pool together a group of willing men from all walks of life. “It’s great to see a shift in awareness about the need for more men’s health research in addressing the differences between males and females, and between different groups of men, in health outcomes.”

“Most of us know that men’s attitudes and behaviours towards their health often differ between sub-groups of men, and certainly differ from that of most women. It’s important we capture this difference in our research if we’re to plot the best way forward,” Dr Martin says.


To help promote the Register through Facebook, you can use the following link to add the Register add to your newsfeed. It will appear in your personal Facebook for 24 hours. You can then go and find on your feed and share/comment etc...[http://fb.me/1Fml2iqXvAeg3W](http://fb.me/1Fml2iqXvAeg3W)
The Centre welcomes Dr Cynthia Forbes - Visiting Endeavour Fellow

The Centre welcomes Dr Cynthia (Cindy) Forbes, who is an Endeavour Research Fellow from Dalhousie University in Canada.

Come July, Dr. Forbes will be working with Dr. Camille Short and the team at the Freemasons Foundation Centre for Men’s Health to develop and evaluate an on-line exercise prescription support tool for men with metastatic prostate cancer.

Cindy is an Early Career Researcher, who along with Dr Short have a background in exercise oncology and an interest in developing lifestyle behaviour change programs delivered using online technology. This prestigious Fellowship which is highly competitive, gives them the opportunity to progress their shared interests, pool resources and forge a stronger cross-institutional international collaboration, of which all parties stand to benefit. Given the comparable burden of prostate cancer between the two countries, the program to be developed for Australian men would be easily adapted for regional (Atlantic Canada) and Canada-wide.

The Endeavour Scholarships and Fellowships are the Australian Government’s competitive, merit-based scholarships and fellowships providing opportunities for Australians to undertake study, research or professional development overseas and for overseas citizens to do the same in Australia.

Latest men’s health published research from Centre members

  Research Highlight in Nature Reviews Urology. In the media: Researchers find new co-regulator of the androgen receptor ... Medical Xpress-9 June 2017

- **A comparison of barriers to mental health support-seeking among farming and non-farming adults in rural South Australia.** By: Melissa Hull et al. In: Aust J Rural Health. June 2017


  In the media: Tools for predicting patient-reported outcomes in prostate cancer ... UroToday-9 June 2017

  Editorial applauds authors on innovative work highlighting important interaction between insomnia & OSA. In the media: Men with sleep apnea and insomnia have higher prevalence, severity of depression….. Reuters Health & NewsMedical- 7-21 June 2017
Research Highlight in Nature Reviews Urology.
In the media: Men with sleep apnea and insomnia have higher prevalence, severity of depression…. ...Reuters Health, NewsMedical- 7-21 June 2017


The Freemason Foundation Inc.

The mission of the Freemasons Foundation is to ethically and proactively support, promote, fund and drive men’s health issues. It is one of the leading charities supporting men’s health in the community. True to this mission, the Freemasons Foundation Centre for Men’s Health is an initiative of the Foundation and which operates as a joint venture with The University of Adelaide.

The Centre acknowledges the major funding support of the University of Adelaide and the Freemasons Foundation 2007-2017, and the broader support of the Freemasons community here in South Australia/Northern Territory and nationally.

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