Dear Members, Colleagues, and Supporters of the Centre

Good news for Andrology Australia: The Centre is pleased to announce that the Commonwealth Government have committed ongoing funding to Andrology Australia. This will allow them to continue their important work providing men’s health resources, education and advocacy. It is the peak body for men’s health in Australia and the Centre looks forward to continuing its association with them. [Andrology Australia website](http://andrologyaustralia.org.au/)

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/.

Celebrating our 10 Year Anniversary

Where are they now? Associate Professor James Smith

[Associate Professor James Smith](http://blogs.adelaide.edu.au/menshealth/) is a 2017 Equity Fellow with the National Centre for Student Equity in Higher Education hosted by the Office of Pro Vice Chancellor – Indigenous Leadership (OPVC-IL) at Charles Darwin University (CDU). He is also the Co-Lead of the Indigenous Leadership Research and Evaluation Network at CDU. James completed his PhD in Public Health and Medicine at the University of Adelaide at the time the Freemasons Foundation Centre for Men’s Health was being established (See media article over page).

James was an Affiliate Member with FFCMH when working with SA Health at the time. The Freemasons Foundation funded his men’s health policy study tour of the UK and Ireland through the Trevor Prescott Memorial Scholarship. James went on to complete some seminal work in men’s help seeking and health service engagement practice. His work formed the basis of Andrology Australia guidelines for GPs on communicating with men in primary care. He has and continues to play an important role in the development and updates to Australia’s National Male Health Policy.
In his current role at CDU he is examining ways to strengthen evaluation in Indigenous higher education contexts in Australia. Prior to this role he was the Program Manager for the Whole of Community Engagement initiative at CDU, which involved building the aspirations of remote Indigenous communities to pursue higher education. He has also held other senior management and executive roles in both government and non-government contexts, in urban and remote settings across the NT. This has included roles in health planning, alcohol and other drugs, health promotion, integrated service delivery and change management.

James has won a range of accolades for his work in Indigenous education, research, health promotion, health policy, community engagement and men’s health. This includes the 2016 CDU Vice Chancellor’s Award for Exceptional Performance in Research (Emerging Researcher); 2016 Australian Rural Education Award from the Society of the Provision of Rural Education; 2012 Aileen Plant Medal awarded by four peak professional national population health bodies; and 2011 NT Young Manager of the Year by the Australian Institute of Management.

James volunteers on the Board of Melaleuca Refugee Centre and the Heart Foundation (NT Division). He is the Chair of the Community Advisory Committee for the NHMRC funded NT Data-Linkage project; and Deputy Chair of the Community Advisory Council of the NT Primary Health Network. He is a Fellow and former Board Director of the Australian Health Promotion Association (AHPA) Ltd. James is also an Associate Editor of the Health Promotion Journal of Australia and the International Journal of Men’s Health; and Consulting Editor for the Australian and International Journal of Rural Education.

He is married to Brooke, and has four children, Cameron, April, Dominic and Pippa.

James men’s health literature contribution


Upcoming events

Monthly Men’s Health Research Seminar

The next Monthly Men’s Health Seminar will be held on:

Date: Tuesday 16 May 2017
Time: 12.00 midday to 1.30pm
Where: Level 6, Adelaide Health and Medical Sciences Building, North Terrace Adelaide
Speakers:

Ms Courtney Moore  PhD Candidate, Lipids in Prostate Cancer Research Group, SAHMRI
Presentation: Intracellular vesicular regulation of hormone signalling in prostate cancer

Dr Andrew Vincent  Senior Biostatistician FFCMH
Presentation: Variable selection using LASSO

ASMR SA Annual Scientific Meeting

Date: Wednesday 7 June 2017
Where: Adelaide Convention Centre

The ASMR is a support network young scientists who strive to develop a career in health and medical research. The meeting is also a great non-intimidating forum to develop presentation skills. Please encourage FFCMH students to present. Abstract forms (due 5 May) may be downloaded at https://asmr.org.au/wp-content/uploads/2015/11/SAAbs17.doc

Please see the ASMR SA website for more details on other activities taking place during ASMR week.

National Men’s Health Week

National Men’s Health Week is 12-18 June. Please join us for a FFCMH group photo Tues 13 June 11:00am on the steps of the Freemasons Hall. For more information on National Men’s Health Week go to www.menshealthweek.org.au

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 Professor Gary Wittert and Professor Robert Adams, and National Health and Medical Research Council Early Career Research Fellow Dr Sean Martin will mark the Centre’s 10th anniversary by presenting a compelling, evidence-based case for male-specific health care initiatives.


Public Symposium – Parenting

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

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. Details and eventbrite tickets available from July 2017.

Centre Research News

Vice Regal Visit to the FFCMH – Mon 24 April

The Centre was honoured to have His Excellency, the Honourable Hieu Van Le AC, Governor of South Australia, visit the Centre on Monday 24 April at the Freemasons Hall, in Adelaide.

Left to right His Excellency with PhD candidates Amy Finlay, Kootsy Canuto, Dr Adel Aref, Rayzel Fernandez, Phoebe Drioli-Phillips, Prabin Gyawali, and Courtney Moore, and Clinical Data Coordinator of the SA Prostate Cancer Registry, Tina Kopsatis. And Freemasons Foundation Chairman, Andrew Lathlean, with Executive Director, Robert Clyne, with Postdoctoral Research Fellow, Dr Kate Fennell.

His Excellency became Patron in Chief of the Centre in early 2016. He used this visit to talk to students and early career researchers about their research – on depression, prostate cancer, chronic disease, health services and vulnerable populations. This was to give His Excellency a taste of the range of activity and approaches to men’s health and highlight our biggest asset – the quality of people who work, collaborate and study with the Centre. The Patron visit was also to meet with members of the Board of Patrons, and the Management Group and previous Tall Poppy
awardees and Centre Researchers Drs Luke Selth and Camille Short, to be briefed on the Centre’s activities and recent achievements.

Professor Gary Wittert, Director of the Centre, officially welcomed His Excellency, and used his speech to announce three new members to the Board of Patrons: Mr Andrew Lathlean JP, Chairman of the Freemasons Foundation, recently retired from strategic marketing, advertising and media, Dr Neil Jensen, General Practitioner and past Assistant Grand Master of Freemasons SA/NT, and the Hon Rev Dr Lynn Arnold AO, Anglican priest and former Premier of South Australia.

The event was held at the Freemasons Hall where the plaque, unveiled by Rear Admiral Kevin John Scarce, the former Governor of South Australia, commemorating the establishment of the unique 10 year partnership between the Freemasons Foundation, Freemasons SA/NT and the University of Adelaide, is proudly displayed.

Prof Wittert highlighted that the programs of the Centre address some of the biggest health issues facing men which include Type 2 diabetes, cardiovascular disease, depression, prostate cancer, and other lower urinary tract, sexual, and reproductive disorders.

Prof Wittert noted that these are conditions that are pivotal to address, to ensure healthy and productive ageing and to mitigate the direct and indirect costs of an elderly, frail and dependent population. He reiterated that a sex-specific approach is crucial to achieve this. Also our programs focus on the most disadvantaged men, which are those living in rural and remote areas and Aboriginal and Torres Strait Islander men.

He went on to say that the researchers in the centre continue to make significant contributions at a time when it has never been more difficult to obtain research funding and where ensuring the ongoing integrity and productivity of the Centre is of paramount concern. He stated “Nevertheless, as we enter the second decade of operation we will face, with the encouragement and support of our Patrons, and hopefully the ongoing support of the Foundation and the University, the challenge of broadening our activities to young men’s health, fathering, and closer engagement with industry to promote healthier work forces.”

Welcome to Centre – Honours Scholarship student: John Fouyaxis.

The Centre congratulates Mr John Fouyaxis on being awarded a Freemasons Foundation Centre for Men’s Health Honours Scholarship for 2017.

John is undertaking his Honours degree in the School of Psychology at the University of Adelaide. He is based in the Mind and Brain Theme at SAHMRI and is being supervised by Dr Camille Short from the FFCMH and FFCMH affiliate Associate Professor Niranjan Bidargaddi. John has completed a Bachelor of Psychology at Monash University. He is a software engineer having also completed a degree in Science and Engineering (Honours).
John’s project: Dispositional traits, motivation and automaticity as determinants of adherence to ecological momentary assessments (EMAs) among distressed young adults (18-25 year olds).

One of the major challenges to providing health care and preventing suicide among young people is facilitating early intervention. Changes in mood can happen day-to-day or week-to-week, which is difficult to detect with traditional assessment methods (e.g., clinician intervention or surveys), and also difficult to address in a timely way with traditional intervention methods (e.g., weekly therapy sessions). Engaging young people in traditional interventions can also be difficult, especially in the case of young men. According to national Australian Bureau of Statistics data, 35% of people with a mental disorder had used any health service within the past year, with women far more likely than men to use services for mental health problems. One promising tool that can capture day-to-day fluctuations in mental health and may be used to design ‘just-in-time’ interventions is Ecological Momentary Assessment (EMA). EMA is a means for participants to report repeatedly on their real-time behaviour, experiences and mood in natural contexts under the influence of day-to-day dynamics. This approach may also have appeal among young men, as it affords anonymity and may be framed as a way of ‘taking control’. EMA output has been shown to predict mental health problems. In theory, it would be possible to present young people with a mobile or web application that helps them to track their mood in real time. This information could then be shared with health professionals, used by the individual to gain insights into their behaviour and cognitions and the influences on it, or indeed to develop digital interventions that are responsive to the data and provide ‘just-in-time’ support (e.g., report sent to family or friends, or person is called by national helpline). However, low adherence rates to use of EMAs currently limit their utility. John’s research will aim to understand in 18-25 year olds, who do adhere to EMA protocols, and the reasons why, in order to improve these protocols in the future.

We wish John all the best

In the Press
FFCMH’s National Health and Medical Research Council Early Career Research Fellow, Dr Camille Short was featured, along with other female scientists at the South Australian Health and Medical Research Institute in an InDaily article on Women in Science for International Women’s Day on Thursday 8 March.


SAHMRI’s women scientists are making their mark under the glass ceiling

Karena Sokets, The Advertiser
March 8, 2017 9:00pm
Latest men’s health published research from Centre members

- Barriers to seeking help for skin cancer detection in rural Australia. By: Kate Fennell et al. In: Journal of Clinical Medicine. Feb 2017

- An exercise-only intervention in obese fathers restores glucose and insulin regulation in conjunction with the rescue of pancreatic islet cell morphology and microRNA expression in male offspring. By: Nicole McPherson et al. In: Nutrients. Feb 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.

Freemasons Foundation Centre for Men’s Health contact details

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