Dear Members, Colleagues, Friends and Supporters of the Centre

See below for the latest Centre news and event details. You may also visit the Freemasons Foundation Centre for Men's Health website at www.adelaide.edu.au/menshealth or the Centres Blog at http://blogs.adelaide.edu.au/mens-health/.

**Hon Jeff Kennett AC Delivers Passionate Speech on Mental Health | Summary of 2014 Men’s Health Business Breakfast.**

Given that Port Power was playing the elimination AFL final against Richmond on the following Sunday, the McLachlan Room at the Adelaide Oval was a fitting venue for the 2014 Men's Health Business Breakfast on 3 September. The Breakfast was a sell-out and attendees were rewarded with an absolutely inspiring, entertaining and powerful talk delivered by our guest speaker Mr Jeffrey Kennett AC.

**Dr Luke Selth**, Post-Doctoral Research Fellow from the Adelaide Prostate Cancer Research Centre opened the breakfast, wished Richmond Football Club good luck, and introduced **Dr Roger Sexton** AM, Principal Patron of the Freemasons Foundation Centre for Men's Health. Roger, proudly announced the establishment of the **Allen Bolaffi Memorial Fund** at Flinders University in honour of Allen who was a Patron of the Centre and a well-respected business leader in South Australia. He then introduced the **Hon Jeff Kennett.**

As the sun appeared above the Eastern stand behind him and guests started to tuck into a healthy breakfast developed specifically for the event by Adelaide Oval Executive Chef Hamish Robertson, Mr Kennett started off by reminding the guests that physical and mental health, and life is something that we should be thankful for every day when we wake up. He continued to
captivate his audience as he declared that he is pleased to have left the world of politics behind him and describe his profound passion for Beyondblue, which continues to raise awareness and drive initiatives to address depression and suicide in our community, and of which he is the Founding Chairman. Mr Kennett presented details of Beyondblue’s NewAccess program being piloted nationally with Medicare Local (Central Adelaide and Hills Medicare Local and Flinders University in SA) to provide free support services to individuals who are struggling to deal with day-to-day pressures.

PhD candidate Mrs Clare McGuiness (Psychology) presented Mr Kennett with a thank you gift of a Port Power scarf and Crows beanie which Mr Kennett immediately donated to the respective clubs out of concern for their future financial viability! but he held onto the double malt whisky. Mr Kennett used the opportunity to highlight the important role of academic and clinical psychologists and other mental health care workers in our community.

Professor Gary Wittert concluded the morning with an overview of the Freemasons Foundation Centre for Men’s Health, its achievements over the last 5 years, its objectives over the next five years and discussed how businesses may get involved. A prospectus for the Centre may be downloaded from our Website. The Breakfast was followed by a tour of SAHMRI.

The Centre would particularly like to acknowledge the following organisations and individuals for their Corporate Tables bookings.

- SCF Group
- Hood Sweeney
- KeyInvest
- Lathlean Advertising
- Ball Public Relations
- Masonic Homes Ltd
- St Johns
- Flinders Partners
- Central Adelaide and Hills Medicare Local Limited
- Mr Fred Trueman /SA Police
- Mr Michael Sayer and colleagues

We hope to see you at next year’s Breakfast.

Upcoming events

Next Men’s Health Research Seminar I Thurs Oct 30

The next Monthly Men’s Health Research Seminar will be held on:
Thursday October 30: 12.00 – 1.30pm
Level 6 Meeting Room, Eleanor Harrald Building, Royal Adelaide Hospital
A light lunch is provided. (Please advise of attendance for catering purposes)

Presentations to be given by:
- Dr Isabel Coutinho, Post-Doctoral Scientist, Adelaide Prostate Cancer Research Centre, Dame Roma Mitchell Cancer Research Laboratories, Uni of Adelaide
  **Topic:** Targeting androgen receptor splice variant in castration-resistant prostate cancer.

- Dr Michael O’Callaghan, Post-Doctoral Research Scientist, South Australian Prostate Cancer Clinical Outcomes Collaborative (SA-PCCOC), Repatriation General Hospital
  **Topic:** Overview of the SA-PCCOC Registry

City of Charles Sturt Men’s Health and GIRTH Information Evening | Woodville Civic Centre, Tuesday Jan 20, 2015 6.00pm

The Centre is very pleased to be working with Mrs Christine Loveday, Community Development Officer at the Henley & Grange Community Centre and the Officers at the other Community Centres across the City of Charles Sturt to run a Men’s Health Information eventing and to run the GIRTH program, a 12 week community-based lifestyle modification program for men and run by men.
**When:** Tuesday 20 January, 2015 6.00 – 7.30pm. A light supper will be provided.

**Venue:** City of Charles Sturt Civic Centre, 72 Woodville Rd, Woodville

The men’s health evening will include short presentations on prostate and bowel cancer screening, sleep apnoea, impotence and urinary frequency, anxiety and depression and GIRTH. On the evening men will also be able to pre-register for the 12-week GIRTH program, which will be run late Feb to May 2015,

**Please note:** The Centre is looking for male members of the City of Charles Sturt Community who thinks they have the time and what it takes to lead a local GIRTH Men’s Health program. You will receive formal training on group facilitation and education by the Centre. Please contact the Centre for more information.

**Centre Research News**

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<th>This week is Sleep Health Week 29 Sept - 5 Oct</th>
<th>Waking up to the Obstructive Sleep Apnoea (OSA) epidemic</th>
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Sep 29 - Oct 5 is Sleep Awareness week, to raise awareness of the importance of sleep health for overall health and well-being. Research undertaken by the Freemasons Foundation Centre for Men’s Health has revealed that many men are unaware that they have obstructive sleep apnoea (OSA). OSA was reported by 8% of men in the Florey Adelaide Male Ageing Study cohort. Polysomography testing was then performed on men not reporting having OSA and 52% of men over the age of 40 were found to have OSA, and it was moderately severe or severe in 25% of these.

Importantly the Centre’s research, led by Professor Robert Adams and Dr Sarah Appleton at the Basil Hetzel Institute with colleagues at Adelaide Institute for Sleep Health at Repatriation General Hospital, has shown that OSA may in fact be an early warning sign of heart disease or other chronic health problems such as diabetes, erectile dysfunction, nocturia (passing urine at night), and depression and anxiety. It also puts you at risk of excessive daytime sleepiness, impaired mental functioning and having a motor vehicle accident.

If you:
1. Snore loudly
2. Feel tired or sleepy in the day
3. Have been told you stop breathing in your sleep
4. Have been diagnosed with high blood pressure or
5. Have a neck circumference of 43cm or more
then ask your doctor about undergoing a sleep test.

**Importantly weight loss will go a long way to reducing this risk.**

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<th>October is Mental Health Month</th>
<th>The mind-body connection - Dr Phil Tully Chairs Psychophysiology session at the European Health Psychology Society Conference</th>
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Oct 5 - Oct 12 is Mental Health Week and October is Mental Health Month that aims to improve community awareness and knowledge about mental health illness and reduce the stigma and discrimination associated with mental health problems.
The Centre's research on prevention, detection, and effective management of chronic disease in men recognises the importance of the “mind-body connection”. The role of mental ill-health in disease was reinforced by NHMRC Neil Farley Post-Doctoral Research Fellow from the FFCMH, Dr Phil Tully, who recently chaired the Psychophysiology session at the 28th Conference of the European Health Psychology Society, Innsbruck Austria (left). Phil is currently on his post-doctoral research placement at the University of Freiberg in Germany.

Phil and Flinders Medical Centre colleagues have also recently published their research in the Journal of Australian Critical Care describing how depression and anxiety disorders affect coronary artery bypass graft surgery outcomes. Physiological measures of 113 patients with anxiety or depression disorder and 57 age and sex matched patients with no disorder were compared. For patients with depression disorder, there was significantly longer operating times at higher body temperatures (>37°C) and also higher maximum post-operative levels of the cardiac inflammatory marker troponin. Patients with anxiety disorder presented with significantly higher creatine kinase, a blood marker of heart attack, and higher intra-operative glucose levels.

Phil's research on the influence of depression on the mortality outcomes of heart failure patients has already resulted in changes to depression identification and management for cardiovascular disease in tertiary hospitals across Australia. This current research also highlights the important of depression and anxiety management in terms of perioperative outcomes.

19 Summer Vacation Men’s Health Research Projects on offer due 10 October
Projects are available across multiple areas of men’s health research.

The Freemasons Foundation Centre for Men’s Health is offering scholarships to support students in undertaking Summer Vacation Research Projects in 2014-2015. University of Adelaide and Non-University of Adelaide students are eligible to apply.

19 men’s health research projects from research groups at the Basil Hetzel Institute, Repatriation General Hospital, SAHMRI, the Royal Adelaide Hospital, the University of South Australia, Cancer Council and the University of Adelaide, have been posted online at http://www.adelaide.edu.au/menshealth/study/.

Projects are available in the areas of:
- Prostate cancer – clinical
- Prostate cancer - laboratory science
- Generational health
- Health behaviours and health services
- Chronic disease

The summer projects, which are for a minimum of 6 weeks over the vacation period, offer many benefits to students. These include providing students with the opportunity to develop essential research skills and gain invaluable experience in a research environment to assist with their studies and guide decisions about career goals and pathways to achieving these.

Honours research projects and scholarships are also open. Students interested in undertaking an Honours Program in 2015 should contact the Centre to be put in contact with potential supervisors in their area of research interest. Projects are available in all of the men’s health research programs offered by the Centre. Scholarships are also available, and students are encouraged to contact the Centre as soon as possible to register their interest. Centre
welcomes Mrs Jessica Fruin who is generously volunteering her time to the Centre on Tuesdays to undertake some research to develop some further skills in this area.

**Centre Features on Catalyst I Testosterone for Health and the T4DM trial.**

Professor Gary Wittert, Director of the Freemasons Foundation Centre for Men's Health, featured along with other leading Australian men’s health researchers in the recent September episode of ABC’s Catalyst program which was on the topic of Testosterone. The latest research on testosterone and how it influences the male body and mind, from the womb to old age, were presented.

The program highlighted the importance of testosterone for good health throughout life, for both men and women. It also revealed how different levels of testosterone in men and women can be linked to the different navigation strategies used by men and women and so finally women now have an evidence-base for their map-reading abilities....

The cognitive challenges and physical side effects that men face when on androgen (testosterone) deprivation therapy for prostate cancer was presented. The possible use of testosterone for preventing Diabetes Mellitus in men who are overweight and how this is being investigated through a national multi-centre randomised controlled clinical trial, being led by Professor Wittert, was also covered. If you missed this fascinating episode, it may be viewed on-line at: http://iview.abc.net.au/programs/catalyst/SC1302H010S00

**Member Update**

**Welcome to the Centre Mrs Jessica Fruin I Volunteer Researcher - Nutrition**

The Centre welcomes Mrs Jessica Fruin who is generously volunteering her time to the Centre on Tuesdays to undertake some research to develop some further skills in this area.

Jessica brings a lot of relevant expertise to the Centre. She has a Bachelor of Nutrition and Dietetics and a Masters of Business Administration. Since 2010 she has worked as the Food Policy Stakeholder Engagement Officer and Secretariat Officer for the Australian Government Department of Health. She is currently on maternity leave from that position. Prior to that, Jessica was the Contract Manager for the Divisions of General Practice Program for the Australian Government Department of Health.

Jessica is working with Dr Zumin Shi and Dr Andrew Vincent in the Centre to analyse the diet data that was obtained from the GIRTH study, a 12 week male targeted community group based lifestyle modification program.

**Member Profile I Dr Isabel Coutinho Post-Doctoral Researcher, Prostate Cancer.**

Dr Isabel Coutinho was appointed to the University of Adelaide in January 2014 as a Post-Doctoral Early Career Research Scientist in the Adelaide Prostate Cancer Research Centre of the Dame Roma Mitchell Cancer Research Laboratories. Isabel is from Porto, Portugal and has a PhD in Pharmaceutical Sciences, specialising in Microbiology from the Faculty of Pharmacy, University of Porto, Portugal.

Isabel is interested in modulation of proteins and cellular processes that are deregulated in cancer, and how this can be translated in to
improvements in treatment. Isabel’s expertise was sought for a research program which is being funded by:

- the Ray and Shirl Norman Cancer Research Trust
- Cancer Australia/Prostate Cancer Foundation of Australia/Rotary, and
- the US Department of Defense

and which the Adelaide Prostate Cancer Research Centre of the Freemasons Foundation Centre for Men’s Health is one of the leading sites along with the University of Washington (Prof Stephen Plymate), the University of Texas Southwestern (Assoc Prof Ganesh Raj), and the Royal Marsden Hospital, UK (Prof Johannes DeBono).

With a team of local scientists headed by Professor Wayne Tilley and Dr Luke Selth, Isabel is investigating the role of the androgen receptor protein, which binds testosterone and is a key protein implicated in prostate cancer. Specifically the project is investigating super-active altered forms of this receptor, known as androgen receptor splice variants, which arise as an adaptive response to withdrawal of testosterone which is the primary treatment for advanced disease.

These variant receptors allow the tumour to continue to grow in the absence of testosterone, leading to lethal disease. Better understanding how this variant arises and identifying and testing drugs which can block the action of this protein is the main aims of the US Department of Defense grant. Isabel will be presenting her work at the October 30 men’s health research seminar.

*Banner picture: Hon Jeff Kennett AC speaking at the 2014 Men’s Health Business Breakfast.

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’s vision is to enable men to live longer, healthier and productive lives. The Centre acknowledges the major funding support of the Freemasons Foundation since 2007.

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