

## Sign up now!

Enter your details below to join the mensHealth Register\*:

First Name

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Last Name

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Date of Birth

---

E-mail

---

Phone Number

---

Post Code

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How did you hear about the Register?

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Sign for consent to be contacted by the Register about upcoming research projects

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Preferred method of contact

SMS  Phone call  Email

Would you be interested in also receiving updates on men's health?

Yes  No

\*After your registration has been processed you will receive an email directing you to an optional health and lifestyle survey.

Mail this form to the address on the back,  
or register online:

[adelaide.edu.au/menshealth/register](http://adelaide.edu.au/menshealth/register)

## Getting the job done

By becoming a member of the mensHealth Register, you will be helping us to undertake research that aims to advance the health and well-being of Australian men.

You'll be able to have a say on a range of issues affecting men's health, have access to studies of new treatments, and receive up to date men's health information.

We need Australian men of all ages and from all walks of life to help us get the job done.

[adelaide.edu.au/menshealth/register](http://adelaide.edu.au/menshealth/register)



THE UNIVERSITY  
of ADELAIDE



## Contact us

mensHealth Register  
Freemasons Foundation Centre for Men's Health  
Level 6, Adelaide Health and Medical Sciences building  
The University of Adelaide  
SA 5005, Australia.

**Telephone:** 08 8313 0514

**Email:** [menshealth@adelaide.edu.au](mailto:menshealth@adelaide.edu.au)

**Website:** [adelaide.edu.au/menshealth/register](http://adelaide.edu.au/menshealth/register)

DISCLAIMER: The information in this publication is current as at the date of printing and is subject to change.

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Freemasons Foundation Centre  
for Men's Health

# mensHealth Register

[adelaide.edu.au](http://adelaide.edu.au)



# mensHealth Register

## Get it done

### Why do we need a register?

We strive to enhance well-being and reduce personal and workplace injury, chronic disease, anxiety and depression, sexual and reproductive ill-health and cancer amongst Australian men. We want to improve health services so that they better cater for the needs and preferences of men. Our focus on men does not disregard women's health but recognises that Australian men, on average, die younger and generally struggle more with their health in comparison to Australian women.

We need more Australian men like you involved in research to ensure that men are adequately represented. The time taken to find enough men also adds cost to research. mensHealth is a register of adult men of all ages and from all walks of life who we can call upon to help us get our job done efficiently so that we can make some big gains in men's health.

### What does registering involve?

All you need to do is go to the mensHealth Register website, click on the 'register now' link and fill out the registration form that asks you for your name, email, phone number and postcode. Alternatively, you may also register by completing the tear-off attachment.

After registering you will be directed to an optional health and lifestyle survey. This will only take a few minutes to complete. This survey information will allow us to collectively profile the men participating in the register which will be useful for researchers when planning projects. This information will be held separately to your contact information but will be linked by a unique identifier.

### How is your personal information protected?

Your personal information is securely encrypted and stored at The University of Adelaide. Your details will only be released to researchers on projects that you have agreed to be contacted about. The Register complies with The University of Adelaide's privacy policy: [www.adelaide.edu.au/policies/62/](http://www.adelaide.edu.au/policies/62/)

### How do researchers contact you?

The Register will notify you of new research projects. For most projects, you will be provided with a direct link in the initial notification that you can use if you choose to participate. For projects where researchers may want to contact you directly, they will only be provided with your contact details if you express an interest in the project and consent to being contacted by the researcher.

### What type of research?

The research will range from simple surveys on health related matters, to studies trialling new devices or lifestyle programs, to studies of new treatments for particular health conditions.

Research may include:

- > fitness and nutrition
- > preventative health
- > workplace health
- > healthy ageing
- > weight management
- > testosterone
- > fatherhood
- > health services
- > mental health
- > diabetes
- > cancer
- > urinary health
- > reproductive and sexual health
- > sleep health
- > heart disease
- > prostate health

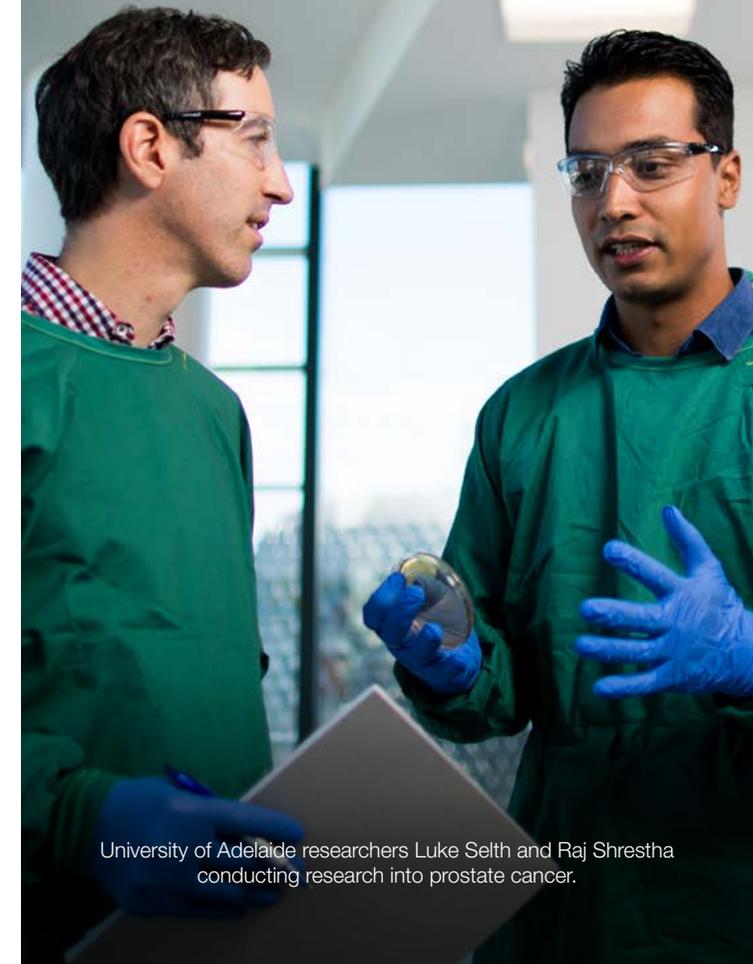
[adelaide.edu.au/menshealth/register](http://adelaide.edu.au/menshealth/register)

The mensHealth Register and research promoted by the Register are approved by Australian Human Research Ethics Committees.

# Advancing the health and well-being of men

Register now:

[adelaide.edu.au/menshealth/register](http://adelaide.edu.au/menshealth/register)



University of Adelaide researchers Luke Selth and Raj Shrestha conducting research into prostate cancer.