

28 June 2018

Make men's health your goal - Robbie Gray



FREEMASONS FOUNDATION CENTRE FOR MEN'S HEALTH

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Dear Richard

June 11-17 was International Men's Health Week, a week used to increase awareness of male health issues on a global level and to encourage institutions to develop health policies and services that meet the specific needs of men, boys, and their families. The University of Adelaide used this week to formalise the extension of the partnership agreement with the Freemasons Foundation. On behalf of all our members I thank both organisations for their generous support of our important research. The Federal Health Minister announced a new National Male Health Strategy 2020-2030, which we welcome. Locally, Centre members were out in the community for men's health events and Dr Sean Martin caught up with Port Power's Robbie Gray, SA Health's Men's Health Ambassador. Please see below recent news from the Centre.

Professor Gary Wittert, Director

(banner photo: Robbie Gray - SA Health Men's Health Ambassador - Making men's health your goal video series)

Upcoming Events



Men's Health Research Seminar - Thurs June 28

Join us at 12.10 – 1.30pm, Room 6052a/6052b, L6 AHMS Building (lunch provided)

Note: We ask attendees to consider bringing a donation of men's hygiene products for the Hon Tony Piccolo MP's annual Socks, Jocks and More campaign

Our speakers are:

Ms Jessica Heatlie PhD candidate (UniSA) "Movements of the androgen receptor and its role in the pathogenesis of prostate cancer"

Ms Rayzel Fernadez PhD candidate (UoA) "A miR-194 regulated transcriptional network promotes prostate cancer metastasis"

Mr Matthew Borg Biostatistician "Application of Bayesian adaptive designs to eHealth"

[Read more](#)

Research Impact

Gate keepers of cancer cell invasion identified

Paper in leading European molecular biology journal describes key cellular factors that ultimately influence cancer cells ability to spread and invade tissues. [View abstract](#)

Not so active surveillance of prostate cancer

Paper highlights that active surveillance for low risk prostate cancer is a key opportunity being missed to prescribe and support healthy lifestyle modification. [View abstract](#)

Urinary symptoms and sleep apnea in men

FFCMH researchers recommend that sleep conditions like obstructive sleep apnoea are considered when managing urinary/bladder symptoms in men. [View abstract](#)

Exercise and prostate cancer outcomes

Review highlights the need for clarity regarding the effective reach, safety and sustained effects of exercise and resistance

training programs for men with prostate cancer. [View abstract](#)

Broader impacts of coronary heart disease

Review identifies need for coronary heart disease care to address impacts beyond physical symptoms: activity, social support and participation, and personal perceptions [View abstract](#)



Testosterone and diabetes risk in men

Further evidence that low circulating testosterone is associated with risk of type 2 diabetes in men. This is being further investigated by a national clinical trial (T4DM). [View abstract](#)

Man Island depression crowdfunding campaign

University of Sydney colleague Zac Seidler is crowdfunding to fast-track his research into male-specific psychology practice pathways for depression, to ensure men seeking help don't slip through the cracks. [Crowdfunding page](#)

Research Excellence



Major grant to Dr Phillip Tully for drug research linking blood pressure variability to dementia risk

Congratulations to NHMRC Fellow Dr Phillip Tully, Prof Deb Turnbull and A/Prof Nick Burns on being awarded a Alzheimer's Drug Discovery Foundation (ADDF, USA) grant to investigate the role of antihypertensive drugs for dementia risk reduction.

[Read more](#)

Men's Health Week



Centre joins the Global Action for Men's Health

Leading up to International Men's Health Week, the Centre was honoured to announce its membership of the Global Action on Men's Health, an initiative of the Men's Health Forum UK

[Read more](#)



The Hon. Greg Hunt MP
Minister for Health

MEDIA RELEASE

New National Male Health Strategy 2020-30

During Men's Health Week, the Hon Greg Hunt MP announced a new 10-year National Male Health Strategy that will focus on the mental and physical health of men and boys.

[Read more](#)



Centre joins up with SA Health's Men's Health Ambassador - Robbie Gray for Men's Health Week

Putting football allegiances aside, the Centre commends Port Power's Robbie Gray for taking on the role as SA Health's Men's Health Ambassador, and acknowledges SA Health for the ongoing commitment to the men's health agenda in South Australia.

[Read more](#)



Community events

During Men's Health Week, FFCMH student members supported Pitstop men's health community events hosted by Southern Cross Care and FFCMH Patron, the Hon Tony Piccolo MP, joined the Northern Men's Wellbeing Network "Blokes Talk" event continuing their great work supporting men in the northern communities.



Organisations unite for men's health campaign

The Australian Men's Health Forum united organisations working across men's health to deliver a strong twitter campaign during Men's Health Week

Week [#Knowyourmanfacts](#)

Men's health services :: SA Health



SA Health acts on sleep recommendation

SA Health adds sleep to smoking, nutrition, alcohol and physical activity (SNAP) behavioural factors for chronic disease risk reduction. SNAP referred to SNAPS in [men's health info](#).

Centre News



Fiona Cossey joins as new Trial Coordinator

We welcome Fiona who has taken over from Rosemary Cox as the Clinical Trial Nurse Coordinator for the QEH site of the Testosterone for Diabetes Mellitus (T4DM) clinical trial. [T4DM website](#)

Recruiting: Research Assistant/Postdoc (Lev A)

We seek a 0.5FTE Research Officer for the international VARIABLE BRAIN consortium to



Welcome Dr See Cheong Endocrinology Fellow

Dr Keong joins us from Malaysia on a government fellowship to undertake a clinical observership in Endocrinology at RAH and men's health research training with the Centre.

Recruiting: Research Support Admin Officer

We seek a suitably experienced person to provide high quality research and

liaise with cohort data managers, undertake data quality control and meta-analyses. [Email Centre](#)

administrative support to the Dame Roma Mitchell (breast and prostate cancer) Research Labs. [Read more](#)

Studies Recruiting



Get involved - mensHealth Register

We are looking for men to register to be available for research studies to help us improve men's health. Please see below for new studies seeking men.

Register + studies currently recruiting



Farmers required to evaluate website
Farmers, 18 years or older, are needed to provide an evaluation of a new web-based support tool to support well-being called [ifarmwell](#). A \$100 voucher will be offered for participation. [Read more](#)



Soon to be Dads needed to pilot support service
SA Health/Uni of Newcastle seeking expectant Dad's (20-36 weeks into pregnancy) to pilot "SMS4dadsSA", a mobile phone support, information and connections service. [Read more](#)

The Freemasons Foundation

The Freemasons Foundation Centre for Men's Health is an initiative of the [Freemasons Foundation Inc](#), the charitable arm of Freemasonry in South Australia (SA)/Northern Territory (NT) and operates as a joint venture with the University of Adelaide. We acknowledge the major funding support of the University of Adelaide and the Freemasons Foundation since 2007, and the broader support of the Freemasons community in SA/NT and nationally.

Thank you: The Freemasons Foundation's support of the Centre is made possible by the fundraising efforts and donations from individual members, lodges and external organisations.



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