



THE UNIVERSITY
of ADELAIDE

12 October 2018



FREEMASONS FOUNDATION CENTRE FOR MEN'S HEALTH

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

Dear Richard

In June, the Minister for Health, the Hon Greg Hunt MP announced the commencement of a process to establish a **National Men's Health Strategy for 2020-2030**. Building on the vision and objectives of the 2010 National Male Health Policy, the Strategy will set the strategic direction for substantial improvements in the health of men and boys in Australia over the next ten years. The draft Strategy is now available online for public consultation. It can be accessed

at the following link: <https://consultations.health.gov.au/population-health-and-sport->

[division-1/online-consultation-for-the-national-mens-health-s](#). The consultation closes on 5 Nov 2018.

I wish our completing Honours and higher degree students the best for their thesis submissions, and hope the coming months bring good news for our researchers awaiting announcement of grant and fellowship outcomes.

Professor Gary Wittert, Director

(banner photo: Dr Luke Selth, Head of the Prostate Cancer Research Program in the Dame Roma Mitchell Cancer Research Laboratories with PhD student Ms Rayzel Fernandes)

Upcoming Events



Men's Health Research Seminar - Thurs Oct 25

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

Our speakers are:

Ms Mrunal Hiwase Honours student "Validation of models predicting the outcome of bone scan staging in men newly diagnosed with prostate cancer"

Mr Frank Connolly Honours student "The association between ambulatory blood pressure monitoring with depression, anxiety and hostility: A meta-analysis"



SA Prostate Cancer Symposium 19 Oct

Hosted by the SA Prostate Cancer Clinical Outcomes Collaborative, for clinicians,



National Men's Health Gathering 12-14 Nov

The Gathering incorporates the 12th National Men's Health Conference and the 9th National Aboriginal & Torres Strait Islander Male Health Convention, Parramatta, Sydney

stakeholders, researchers and consumers.
Adelaide Pavilion, Adelaide, Free registration

[Read more](#)

[Read more](#)

Research Impact

Drugs for metastatic prostate cancer International collaboration uses explanted tissue from metastatic prostate cancer to identify sensitivity of new targeted drug for advanced drug resistant disease.

[View abstract](#)

Obesity implications for prostate cancer PSA test

Study confirms that obesity effects blood levels of PSA used to screen for prostate cancer, that is likely to be due to alterations in sex

hormones, [View abstract](#) [Listen to podcast](#)

Sex hormone carriers and triglycerides

Sex hormone binding globulin, an important protein that delivers sex hormones to target tissues, is shown to be affected by obesity and blood triglycerides. [View abstract](#)

Testosterone conversion with change in fat mass

Florey Adelaide male ageing study data reveal that the conversion of testosterone to estrogen in men is directly associated with change in fat mass. [View abstract](#)

Anti-hypertensive drugs, cognition, dementia risk

In French population study, APOE4 carriers with increased dementia risk, had improved cognitive function over time with exposure to anti-hypertensive drugs [View abstract](#)

App push notification enhancement helps

Push notifications with tailored suggestions are more effective than generic push notifications in encouraging self-monitoring on a smartphone app. [View abstract](#)

Competing risks in older persons with cancer Dedicated men's health services for working men

Review of geriatric cancer clinical trials suggest clear areas for trial design improvement by better consideration of competing health risks and quality of life. [View abstract](#)

Dedicated men's health services may appeal to, particularly, younger men, who want to improve their health but who may delay help seeking due to other priorities. [View abstract](#)

Centre News



2018-19 summer vacation research program - Call for applications Due 19 Oct

The call for summer vacation research project applications is now open for undergraduate students. Projects are available in the areas of prostate cancer, masculinity and health, sleep, cardiovascular, neurological and urological disease, marketing, science communications, and statistics for randomised clinical trials.

[Read more](#)

Hospital Research Foundation sleep grant Researchers profiled for Florey anniversary

Grant to conduct repeat in-home sleep studies in men to define the longer term health consequences of treated and untreated obstructive sleep apnoea, [Read more](#)

Centre prostate cancer researchers profiled and Alumnus Prof Chris Sweeney from Harvard welcomed back to give Florey Lecture for the 120 year anniversary of Sir Florey. [Read more](#)

Welcome Casey Peters and Dr Kristy Giles **Article alert** - Anabolic steroid use in young men

The Centre welcomes Casey Peters who joins the Dame Roma Mitchell Cancer Research

A recent article published in the Journal of Clinical Endocrinology and Metabolism highlights the growing health epidemic of

Labs and Dr Kristy Giles, post-doctoral research anabolic androgenic steroid use in young fellow for the BRAIN consortium [Read more](#) men. [Read more](#)



Next up in the Men's Health Matters podcast

Dr Sarah Appleton speaks to Cameron Gyss about the sleeping giant (sleep hygiene), Dr Adel Aref weighs in on obesity and the PSA test and Alison Barrett discusses the ifarmwell project.

[Listen on SoundCloud](#)

Studies Recruiting



Farmers required for website evaluation

Adults living in farming communities are invited to help evaluate the ifarmwell resource. Participants are reimbursed \$100 for their time.

[Read more](#)

[Listen to podcast](#)

[Sign up to the mensHealth register to get](#)

[involved in research](#)

Men with prostate cancer to trial program

Study seeks men who have completed prostate cancer treatment to participate in trial of an online structured physical activity program.

[Read more](#)

Forward

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