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YEAR IN REVIEW
2018

“WE’RE NOT INVINCIBLE”

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FROM SMOKO BREAKS TO GP VISITS

Andrology Australia talks prompt Lismore men
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ANDROLOGY AUSTRALIA



Minister's foreword

It is with much pleasure that I am writing the foreword for Andrology Australia's 2018 Annual Review. In 2018, I proposed the development of a new strategy for men's health, the National Men's Health Strategy 2020-2030, to build on the National Male Health Policy released in 2010. Andrology Australia led the research and development of the strategy, working in conjunction with experts from all sectors of health. The resultant strategy is one that will act as a blueprint to ensure every man and boy in Australia is supported to live a long, healthy and fulfilling life.

Throughout the year, Andrology Australia continued to drive an evidence-based approach to men's health with high-quality education and training programs for health professionals and the provision of information to men on a range of reproductive health issues.

Andrology Australia's campaign in Men's Health Week based on the theme "it's healthy to talk" was particularly successful in engaging and encouraging men to have a conversation about their health and wellbeing with someone they trust.

With a collaborative model that brings together the very best people and organisations from across the country, it is easy to see why Andrology Australia's information is linked to and sought out by so many organisations.

Recognised internationally, Andrology Australia brings awareness to the public about male reproductive health.

We can all be proud of the achievements of Andrology Australia and it is for this reason I congratulate the Board, staff and the high calibre of collaborators that are the essence of this quality organisation.

Congratulations on a highly successful 2018.



Greg Hunt

The Hon Greg Hunt MP
Minister for Health

XY

YEAR IN REVIEW 2018

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OUR VISION AND MISSION

Our vision

A healthier life for all men and boys.

Our mission

Promote health and wellbeing in all aspects of life by promoting an evidence based approach that encompasses andrology and associated chronic & related health issues.

Building a leading organisation FOR MEN'S HEALTH

On behalf of the Advisory Board, I am pleased to present the Andrology Australia 2018 Annual Review. We are defined by how we respond in challenging times and Andrology Australia is proud to have hit the ground running in 2018 after a tumultuous few years of funding uncertainty.

The Board has spent much time and effort rebuilding and strengthening the organisation to secure its position as a leader in the male health sector for many years to come. Our vision is far from simple; but in our mission to make it a reality, the promotion of health and wellbeing in all aspects of life for Australian men and boys is an absolute priority. On the back of this, we are looking forward to delivering in 2019 many of the exciting new initiatives that began in 2018.

reproductive and sexual health. We are committed to supporting the developing men's health sector to provide advice and information to Australian men in a genuinely engaging manner.

On behalf of the Board, I thank the Australian Government Department of Health for its commitment to men's health in Australia, our staff for their dedication and hard work, and our many talented partners, affiliates and advisors for their ongoing support.



David Crawford

Mr David Crawford AO,
Chairman

The Board and staff are focussed on a culture that has a foundation in an evidence-based approach to male

Spreading the message

This year, we focused on re-establishing ourselves as a respected authority on male reproductive and sexual health in Australia. I am proud of what we have achieved and we look to 2019 with renewed energy and focus.

Key highlights :

Men's Health Week

In June, we descended on Lismore in NSW to promote the 'It's Healthy to Talk' campaign during Men's Health Week. We reached one in ten local men through a diverse range of grassroots health promotion activities and local collaborations. We also partnered with the Australian Men's Shed Association, connecting with nearly 1000 Men's Sheds to disseminate important men's health messages.

Our Information

Our dedicated team completed an extensive review and refresh of our suite of fact sheets, information guides and clinical summary guides. Over 41,000 men and health professionals across Australia downloaded or ordered resources in 2018, highlighting yet again the pressing need for information on men's health.

In addition to this, more than 1.3 million pages were viewed on the Andrology Australia website.

The success of 2018 was made possible by researchers, specialists, clinicians and experts from across Australia, our dedicated staff and the support of the Australian Government Department of Health.

While there is still much work to be done in men's health, we are all the stronger for the many friends and partners that share our vision for all men and boys to have a healthier life.

National Men's Health Strategy 2020-2030

In the second half of 2018, we played an integral role in the research and development of the Australian Government Department of Health National Men's Health Strategy 2020-2030. We collaborated with some of Australia's finest health experts to undertake an evidence review of the National Male Health policy 2010, thus informing the current strategy. The National Men's Health Strategy 2020-2030 will be launched in March 2019.



Simon von Saldern

Simon von Saldern,
CEO

From evidence to engagement

Our suite of resources

We maintain a suite of over 53 evidence-based information resources, including:

- 35 fact sheets on male reproductive and sexual health conditions
- 5 information guides on Erectile Dysfunction, Prostate Enlargement, Male Infertility, Androgen Deficiency and Testicular Cancer
- 13 clinical summary guides for health professionals
- 3 accredited online education modules for health professionals

Resource highlights what we achieved in 2018

- Reviewed almost three quarters of our fact sheets
- Reviewed our entire range of clinical summary guides
- Produced a new fact sheet, 'Sperm Health & Having a Family'
- Released updated editions of our Erectile Dysfunction and Testicular Cancer guides, and the 'Your Sperm and How to Look After Them' booklet
- Updated the full series of clinical summary guides

THE KNOWLEDGE TRANSLATION EFFORT

Making sense of scientific evidence through a range of formats ensures that a broader audience has access to high-quality and unbiased information. Knowledge translation is essentially the art of translating research into actionable information accessible to those most affected.

Knowledge translation underpins all of our activities. We examine the scientific evidence about men's health and bring it to a broader audience through a range of online and print communication channels. In this way we ensure that Australians have access to high quality, current and unbiased information.

All of our resources are developed through an extensive process of analysis, development, expert review and editing. Our Scientific and Clinical committee (see page 36) and our advisors comprise experts from endocrinology, urology and primary health (see page 12). They contribute their time and expertise free of charge to review and update existing resources and support the development of new resources.

We also partner with other health information providers to ensure their men's health information is evidence-based and current.

Our information and educational resources continue to remain current and evidence-based, unbiased and reflect best practice due to the generous pro bono assistance we receive from medical specialists, general practitioners, and allied health professionals from around Australia.

"As a urologist, I use many of the Andrology Australia booklets on a regular basis for patient education and to supplement the consultation discussions."

- DAVID ELDER, UROLOGIST (ADELAIDE, SA)



740 RESOURCE ORDERS

provided free of charge to health professionals, clinics and organisations (52%), events (35%), and individuals (13%)

7,612 CLINICAL SUMMARY GUIDES

requested by health professionals

9,697

FACT SHEETS downloaded from the website

Information guides on erectile dysfunction, male infertility, androgen deficiency, testicular cancer and prostate enlargement requested by health professionals, clinics and individuals

18,648 HARD COPY

6,003 DOWNLOADED

We're not invincible



Greg Smith, Founder of Men Care Too, takes the lid off some of the health issues that affect the 1.2million men around Australia who provide unpaid care or support to someone with an illness or disability*. Andrology Australia supports his work by providing resources and information to help men look after their own health.

Many carers don't see themselves as carers. I've been in a caring role for twenty years, but I only recognised myself as a carer around ten years ago. There can be a bit of stigma for men and they typically don't know what services or supports are around.

Another big issue is not knowing how to talk about the caring role with mates. A lot of carers with a partner or child with a disability or illness need to keep working to keep their income coming in. Say a guy is in the construction industry and he has an autistic child, it can be hard to talk about some of the challenges he faces. He might not have the right words or the confidence to say what he needs to say.

Often you are so focused on caring for your loved one that you put your own needs to the side. Many times you lose connections with your community. At Men Care Too, we organise social occasions for carers and former carers so that they can meet others who are in the same situation. For example, recently we organised a get together down at the Sydney Cricket Ground. Often, we have a bit of an icebreaker first, then we do an activity, then we move onto the food – and that's where we start having more meaningful conversations.



We get the message out about our activities by connecting with Men's Sheds and other organisations who help promote the work we do. Men Care Too helps men in the central coast of NSW, but the issues are the same for men across Australia. As carers, we need more opportunities for social connection and we need more information about how to look after our own health.

I've been using Andrology Australia resources at our social functions and at events like Men's Health Week. What I like about them is that they are focused specifically on men, and are written in a language that blokes can understand and can relate to.



The GP question checklist is particularly useful. We handed them out to blokes in Men's Sheds during Men's Health Week. Some of these blokes might not have been to the GP for a while, or don't believe they need to go to the GP. Looking at the list might help them think, "Maybe I should go to my doctor and ask about some of these things". The fold out contact list that you can put in your pocket is perfect because guys can keep it with them.

I package the resources into brown paper bags. I call them "blokes' bags" and hand it to men and women who come to events. Women can help put the information in front of guys. I tell them to hang onto the bags because they never know when they're going to need numbers to call.

Service providers and health care professionals need to think outside the box when it comes to engaging with men and carers. It might be that they provide clinics outside of working hours, or offer quick basic health checks in workplaces, at sporting events and at hardware stores. Many carers might not make an appointment to see their GP during working hours. Services need to gauge where men are at and provide more male-friendly services. I also think GPs should be supported and resourced to play a key role in identifying and supporting carers. They can help carers put the time and effort into their own wellbeing.

My message to men is, "We're not invincible". We need to be more mindful of our bodies, particularly as we age. Like a car, our bodies get wear and tear and so it's important to look after them. There's no need to be embarrassed or put things off. We need to be proactive and not delay getting help. This is particularly important for men in a caring role – if you're not well yourself, you can't properly look after the people you love.

RESEARCH AND PUBLICATIONS

with a little help from
Andrology Australia

Not only do we review the evidence base, we also directly contribute by undertaking original research, publishing best practice reports and presenting at professional conferences.

To help people access new research we publish monthly research reviews to our website and contribute quarterly articles to the Australian Doctor Group websites. Written by our Advisors, they provide timely research updates for health professionals, as well as easily digestible summaries of current and relevant research to an increasingly well-informed general public.

Coaching to support men in making informed choices about prostate cancer screening: A qualitative study

Patient Education and Counselling Volume: 101
Ilic, D., Murphy, K., Collins, V. and Holden, C.
May 2018

Cutting through the confusion around changes to PSA testing

How to Treat – Australian Doctor Group
Vela, I.
30 May 2018

Why men need to exercise more

Medical Observer – Australian Doctor Group
Smith, B.
30 July 2018

Treating chronic testis pain

How to Treat – Australian Doctor Group
Chung, E.
4 October 2018

How to juggle testosterone therapy when supply is short

How to Treat – Australian Doctor Group
Watts, A.
27 November 2018

Testosterone therapy to prevent type 2 diabetes mellitus in at-risk men (T4DM): Design and implementation of a double-blind randomized controlled trial

Diabetes, Obesity and Metabolism

Wittert, G., Atlantis, E., Allan, C., Bracken, K., Conway, A., Daniel, M., GebSKI, V., Grossman, M., Hague, W., Handelsman, D. J., Inder, W., Jenkins, A., Keech, A., McLachlan, R., Robledo, K., Stuckey, B. and Yeap, B. B.
December 2018

GP survey on attitudes and behaviour related to men's preconception health

Kirsten Hogg PhD
(in collaboration with Your Fertility)
Study conducted and finished in 2018.
To be published in 2019.

Communications Framework Report 2018

Dr Nicolette Hodyll PhD
Study conducted and finished in 2018.
To be published in 2019.

Advisors

Our panel of Advisors provide guidance on the key issues relating to community and professional education, information development and research. They ensure the information provided reflects current best practice approaches and is supported by good quality evidence.

We would like to acknowledge and thank our Advisors for their on-going support and contributions in 2018, whether they review information or support us in their community, their invaluable services are a large part of our success.



Associate Professor Carolyn Allan

> Endocrinologist

Professor John Aitken

> Reproductive Biologist

Dr Emma Beardsley

> Medical Oncologist

Dr Andrew Beveridge

> General Practitioner

Dr Gideon Blecher

> Urologist

Associate Professor Nick Brook

> Urologist

Dr Geoff Broomhall

> General Practitioner

Dr Peter Burke

> General Practitioner

Professor Suzanne Chambers

> Health Psychologist – Oncology

Associate Professor Eric Chung

> Urologist

Professor Judith Clements

> Prostate Cancer Researcher

Professor Ann Conway

> Endocrinologist

Associate Professor Roger Cook

> Psychologist

Professor David de Kretser AC

> Endocrinologist

Professor Peter Ebeling

> Endocrinologist

Mr David Elder

> Urologist

Professor Mark Frydenberg

> Urologist

Professor Frank Gardiner

> Urologist

Dr Michael Gillman

> General Practitioner

Dr Mathis Grossman

> Endocrinologist

Associate Professor Jeremy Grummet

> Urologist

Professor David Handelsman AO

> Endocrinologist

Professor John Hutson AO

> Paediatric Surgeon

Professor Dragan Ilic

> Medical Education Researcher

Dr Phillip Katelaris

> Urologist

Dr Darren Katz

> Urologist

Mr Adam Landau

> Urologist

Associate Professor Doug Lording

> Endocrinologist

Dr Michael Lowy

> Sexual Health Physician

Professor Marita McCabe

> Health and Ageing Researcher

**Professor Robert McLachlan AM
(Andrology Australia Medical Director)**

> Endocrinologist

Dr Anthony Morrow

> Consultant Endocrinologist

Professor Moira O'Bryan

> Reproductive Biologist

Emeritus Professor Doreen Rosenthal

> Sexual Health Researcher

Associate Professor Peter Royce

> Urologist

Mr Graeme Southwick OAM

> Plastic Surgeon

Professor Gary Wittert

> Endocrinologist

Dr Ie-Wen Sim

> Endocrinologist

Professor James Smith

> Men's and Indigenous Health Researcher

Dr Ian Vela

> Urologist

Dr Anna Watts

> Endocrinologist

Associate Professor Sanjiva Wijesinha

> General Practitioner

Dr Addie Wootten

> Clinical Psychologist

Hormones and health

– THINKING ABOUT THE BIGGER PICTURE

Mathis Grossmann is a Professor of Medicine at The University of Melbourne, a Consultant Endocrinologist with the Department of Endocrinology at Austin Health and an Andrology Australia Advisor. He outlines how hormones affect men's health more broadly, and the role that organisations such as Andrology Australia play in encouraging men to get help early.

My clinical practice and research focus on the broader health concerns of men as impacted by their hormones.

When I first started practicing as a consultant at Austin Health in 2006, we didn't have any specific andrology services. Since then, we've built up a dedicated men's health clinic, where we now see some thirty to fifty men each week. We are interested in all areas of androgen deficiency from organic hypogonadism, to age-related decline in testosterone, to prostate cancer.

My research focuses on the areas of age-related drop in testosterone and the health outcomes on conditions like diabetes, on bone health and in weight management. I'm also looking at the effect of androgen deprivation on the prostate. Recently for example, I've been involved in studies on the effects of testosterone treatment in dieting obese men, and on the bone health of patients with prostate cancer who are receiving androgen deprivation therapy.

Testosterone regulates tissues such as muscles, bones and fat. With men's testosterone declining up to 40% over their lifetime, its effect on bone fractures, cardiovascular health and diabetes is of interest and has broader health and economic burden implications.

As an advisor to Andrology Australia, I've been regularly approached to comment on particular issues around my areas of expertise. In 2018, I presented 'Cardiovascular risk and testosterone: Fact vs. fiction' at GP HealthEd conferences in Melbourne, Adelaide and Sydney. It was great to be able to reach such a huge audience, and the feedback has been favourable.

I think it's important for organisations such as Andrology Australia to raise awareness around men's health issues. Commonly, men avoid seeing the doctor, and often see their body

as a machine that will keep working – they don't need to fix it. Women for example might get a regular pelvic examination by their GP, whereas testicular examinations aren't that routinely done. Conditions like Klinefelter syndrome, which are easy to pick up, can thus go undiagnosed. Men can present at very late stage with progressed disease, and we see complications like fractures that might have been avoided with earlier diagnosis.

For GPs, there can be uncertainty around the area of male hormone replacement. When men approach them requesting testosterone treatment, they need to be able to advise them about the pros and cons. The studies in this area have been small to date, and not always conclusive. I'm pleased to be involved in a larger study for which we are currently recruiting, called the T4DM. This will look into whether testosterone treatment combined with lifestyle change can prevent type 2 diabetes in men.

I believe one challenge in the men's health area is getting men to see a GP from a prophylactic point of view. They need to be encouraged to have regular testicular examinations. Men also need education on how they can control their weight and manage cholesterol and blood sugar, which in turn can affect testosterone levels. For men with prostate cancer, who are living for longer periods of time, it's also important that they are getting regular general health checks to ensure better quality of life. These are all important issues that have bigger health implications for men, and more broadly, affect our health system as our population ages.

Mathis Grossmann
Professor of Medicine at
The University of Melbourne



Supporting Primary Healthcare

The future of men's health

We've been passionate about supporting men's health since our inception in 2001. Our vision of 'a healthier life for all men and boys' is backed by our commitment to increasing reproductive and sexual health knowledge for patients and their families. Using a broad range of strategies, we've disseminated the most current evidence-based information and resources in a multitude of accessible formats.

Professional education is an Andrology Australia strategic keystone. As public interest in men's health increases, healthcare services and professionals need the knowledge and skills to meet men's information needs. Our training modules for GP's, Health Educators, and Practice Nurses work to support this.

In 2018 we were pleased to see a year-on-year increase of 41% in health professionals completing our training modules, with excellent feedback from a range of GPs, specialists and nurses. Over 90% of participants stated that their learning needs had been 'entirely met' and 71% committed to reviewing their current clinical practice.

In addition to health professional training, we presented a range of men's health topics at 25 conferences across Australia. In this way, we directly engaged with over 3,500 health professionals, most of whom were GPs.

As part of our commitment ensuring Australian men have evidence-based, easy-to-understand information, we have a suite of over 53 digital and hard copy resources. With the help of our expert advisors, we reviewed nearly the entirety of our resources, from fact sheets to clinical summary guides, and produced a new fact sheet, 'Sperm Health & Having a Family'.

Our commitment to sharing evidence-based information to ensure a robust health sector for men and boys was also evident through our input into Medical Benefit Scheme reviews, and the authoring of specific health strategies on issues that affect men and boys.

I would like to take this opportunity to thank our expert advisors who invest their valuable time and expertise so that we can continue to improve men's health both now and in the future.

Professor Robert McLachlan AM
Andrology Australia
Medical Director



"Very useful resources and learning activities! Improves my clinical knowledge and confidence in managing patients' health and (works) towards better outcomes."

"This was an excellent ALM! Fantastic for a new female GP who does not see many older men, and particularly not about their sexual health issues. I am now much more confident in my knowledge and ability to explore and manage all conditions discussed."

Developing THE WORKFORCE IN MEN'S HEALTH

As a part of our role to develop the medical workforce in men's health, we support two Endocrinologists each year to undertake comprehensive training in male reproductive health. Trainees undertake a research project and reviews in andrology, and gain valuable exposure to leading endocrinologists, clinical research and practice in male reproductive health. In turn, they support us by presenting on our behalf at professional conferences, assisting in the review of our resource suite, and contributing articles to professional publications.

Our 2018 Endocrinologists were Dr Anna Watts and Dr Nandini Shankara Narayana.

Our 2018
Endocrinologists



Dr Anna Watts

I first became interested in reproductive endocrinology when I heard a lecture in 2012 by Endocrinologist Associate Professor Carolyn Allan. She was so passionate and knowledgeable and I thought, "That's what I want to do!" Later, I heard Andrology Australia's Medical Director, Professor Robert McLachlan speak at a meeting in Sydney and that confirmed it – I was hooked.

As part of this traineeship, I had the opportunity to do endocrinology clinical training under Professor McLachlan's supervision. It's very rare to have opportunities to be able to look at reproductive endocrinology in all its guises, including male and female infertility, transgender medicine, and androgen deprivation therapy in prostate cancer treatment. I sat with Professor McLachlan in his private rooms and I can tell you that a year of listening to his stories and anecdotes, and learning from his extensive clinical and research experience, has been invaluable. It's really opened my eyes up to how to assess a man who is presenting with infertility, or with hypogonadism and the corresponding treatment and monitoring options. Without this sort of hands on training, I would unlikely be exposed to such cases.

As part of the training, I also had a chance to spend a day at the Monash IVF embryology laboratory with embryologist, Sandra Holden. There I observed semen analysis and egg collection, as well as embryo development and transfer. My experiences over the past year have really helped me explore the andrology aspect of infertility for couples.

I've now completed my training in endocrinology, and am working in a public outpatient clinic at Ballarat Hospital as well as at the Monash Health Gender Clinic.

Along with the opportunities given to me through the training, I've been able to give back. In 2018, I presented at the Melbourne GPCE on testosterone treatment in ageing males, where I spoke about androgen therapy, and where we are with it now. People were very engaged and it gave a good indication of what GP's concerns were, and where the gaps might be. They were wanting reassurance so as to be able take a strong clinical position on this issue. In addition to the talks, I've also been involved in Andrology Australia research reviews and prepared articles on testosterone replacement therapies for GPs.

I'm very interested in working in andrology down the track. This training opportunity has given me invaluable exposure to other clinicians working in the area, experience in presenting and public speaking, and meeting people working in public health and fertility. It's been amazing for me both personally and professionally.



**Dr Nandini
Shankara
Narayana**

I did my undergraduate medical training in India and junior medical officer training in the U.K., before moving to Australia where I attained the F.R.A.C.P, specialising in endocrinology. I'm now completing my PhD at ANZAC Research Institute at the University of Sydney under the supervision of Professor Handelsman. My thesis work falls under the broader umbrella of andrology and reproductive endocrinology.

Reproductive endocrinology is a branch of medicine that explores the role of male and female hormones in reproduction. In women this involves hormones associated with puberty, menstruation, pregnancy and menopause; in men it looks at puberty, testosterone and testes-related fertility issues in reproduction.

During my PhD years, I've been involved in various research projects, including co-investigating the effect of non-prescribed testosterone use on male reproductive and cardiac functions. Recently I've reported on sperm cryostorage in men undergoing treatments such as chemo/radiotherapy that can impair fertility, feasibility of cryostorage especially in adolescents, and regional availability of this service in NSW. I have also reported on progesterone (a female hormone) assay, a study comparing two laboratory assay methods. My other projects in progress include in genetics of congenital hypogonadotropic hypogonadism, disorders of sexual differentiation, safety of androgen use in women and use of androgens in IVF.

As part of the opportunity with Andrology Australia, I was able to get a very "real world" experience by observing practices of Professor Handelsman, Dr. Ann Conway and Dr. Veena Jayadev. It's also informed my PhD by supporting my research and helping me ground it in practice. It will give me the opportunity to present to learned audiences at national and

international meetings, which I might not have otherwise had.

I've been involved with Andrology Australia since starting my PhD in 2016. The organisation is a fantastic resource for health care professionals and patients. I use Andrology Australia resources in my clinical practice, particularly the orchidometer, which is a simple instrument that can estimate the size of the testes. We took this to the GP conference, and they loved it as a tool. I have found the clinical summary guides and booklets very useful in day to day clinical andrology practice.

I'm glad to be able to contribute to Andrology Australia authoring papers on their behalf, and to present at conferences such as the Sydney GPCE in 2018. There, I spoke on the physiology of hypogonadism, its clinical features, and on when to treat, and when not to treat. My presentation provided an overview with case examples. The talk was interactive and very well received.

I have had patients asking me in my clinic as to how to examine their testes. We need widely-available patient education on how to self-examine. Men aren't usually forthcoming in asking for help. This is still a taboo area. There needs to be more information out there in the public sphere about this issue.

I'm very excited about continuing my research in andrology areas, particularly genetics, as this area has been little explored. I would like also like to continue supporting Andrology Australia as well as grow my work in a clinical capacity. I feel really at home in this space.

Ongoing education

FOR HEALTH PROFESSIONALS

Professional education has always been an integral part of our work. As community awareness of men's health increases there may be a higher demand for appropriate health services, and GPs need to be equipped with the necessary skills to meet this demand. Our GP education initiatives aim to change medical practice, leading to improved patient care in male reproductive health.

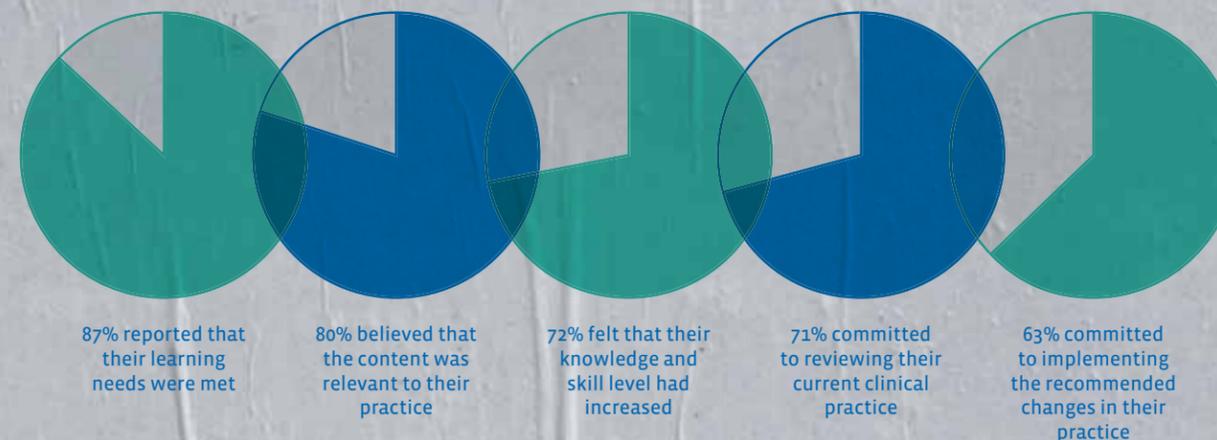
Education

Currently, we provide three interactive online Active Learning Modules (ALMs), accredited by the Royal Australian College of General Practitioners (RACGP) and Australian College of Rural and Remote Medicine (ACRRM). These help health professionals to diagnose and manage various male reproductive and sexual health conditions.

The ALMs offer a straightforward way for healthcare professionals to complete learning activities at their own convenience, which is particularly valuable to rural and remote GPs who may have difficulty accessing education about these topics.

Course title	Course description	Course Type	RACGP QI&CPD Points	ACRRM PDP Points
Young Men's Health: Reproductive health disorders in young adult males	Four case studies addressing male infertility, testicular cancer, Klinefelter's syndrome, premature ejaculation and prostatitis.	Online ALM (6 hours)	40 Category	30 PRPD points
Older Men's Health: Reproductive health disorders in middle-aged and older adult males	Three case studies addressing androgen deficiency in the older male, erectile dysfunction, reproductive disorders and associated co-morbid disease and prostate disease.	Online ALM (6 hours)	40 Category	30 PRPD points
Engaging Aboriginal and Torres Strait Islander males in different primary health care settings	Provides knowledge, skills and communication strategies to assist GPs and other health professionals to better engage Aboriginal and Torres Strait Islander men in the primary health care	Online ALM (6 hours)	40 Category	30 PRPD points

WHEN HEALTH PROFESSIONALS WERE SURVEYED AFTER COMPLETING OUR ALMS, WE FOUND THAT:



WE ALSO SAW A YEAR-ON-YEAR INCREASE OF 41% IN HEALTH PROFESSIONALS COMPLETING OUR TRAINING MODULES.

"I am now much more aware that there is a need for Men's Health Promotion - even though some male community members may be reluctant, my job is to encourage them to start putting their health as an important part of their daily living."

"Excellent format. Well thought out case scenarios. Good repetition to reinforce key points with revision questions scattered throughout cases. Well done!"

"Very helpful. Wish I had done this earlier in my training."

"An excellent ALM, I hope to see more ALMs developed through Andrology Australia."

"These modules are terrific, very well set-out and clear, with realistic case scenarios and progression. Summaries for GPs are also a fantastic resource - thank you!"

"Excellent learning activity, I will recommend it to colleagues."

"Amazing free resource - this information is essential to GP practice. Thank you for providing such a learning opportunity!"

"This was an excellent course - I should have done this ages ago! Overall I felt this activity extremely helpful to my practice."

2018 Presentations:

Invited Speaker

MSD Fertility Update

Location: Brisbane, QLD
Date: 1 March 2018
Presentation: The other half of the equation – Male factor fertility update

8th Emirates Diabetes and Endocrine Congress

Location: Dubai
Date: 3 March 2018
Presentation: Practical guide on prescribing testosterone
Presentation: Testosterone: To treat or not to treat. Session 13: Endocrine

Public Health Prevention Conference (Public Health Association of Australia)

Location: Sydney, NSW
Date: 2 – 4 May 2018
Presentation: Working in partnership: insights from leading reproductive health organisations
Presentation: Coaching to support informed choices about prostate cancer screening: a qualitative study

GPCE

Location: Sydney, NSW
Date: 18 – 20 May 2018
Presentation: Vasectomy in General Practice
Presentation: Androgen therapy – where are we now?
Presentation: Androgen therapy – where are we now?

Monash Health and Wellbeing

Location: Melbourne, Vic
Date: June 2019
Presentation: Prostate cancer screening

Endocrine Society of Australia (ESA)

Location: Adelaide, SA
Date: 19 August 2018
Presentation: Senior plenary: planned paternity: Fatherhood when – and only when – desired

Endocrine Society of Australia (ESA)

Location: Adelaide, SA
Date: 19 August 2018
Presentation: ESA Workshop: Male infertility: Evaluation and management overview

Society for Reproductive Biology (SRB)

Location: Adelaide, SA
Date: 20 August 2018
Presentation: Significant advances in male reproduction...an amazing 50 years

HealthEd GP Education Day

Location: Sydney, NSW
Date: 25 August 2018
Presentation: Cardiovascular risk and testosterone: Fact vs. fiction

AVN National Nursing Forum

Location: Gold Coast, QLD
Date: 28 August 2018
Presentation: Sexual health and diabetes

myPHN Conference

Location: Mackay, QLD
Date: 1 – 2 September 2018
Presentation: Ten myths and misconceptions in male reproductive health

Scientists in Reproductive Technology SIRT

Location: Melbourne, Vic
Date: 8 September 2018
Presentation: Fertility outcomes for ICSI-conceived males

HealthEd GP Education Day

Location: Adelaide, SA
Date: 15 September 2018
Presentation: Cardiovascular risk and testosterone: Fact vs. fiction

HealthEd GP Education Day

Location: Melbourne, Vic
Date: 20 October 2018
Presentation: Cardiovascular risk and testosterone: Fact vs. fiction

HealthEd GP Education Day

Location: Brisbane, QLD
Date: 27 October 2018
Presentation: Cardiovascular risk and testosterone: Fact vs. fiction

National Testosterone Leadership Summit

Location: Melbourne, Vic
Date: 28 October 2018
Presentation: Endocrinology of Klinefelter's syndrome

'Threatened fertility in pre-pubertal males' (Australasian Paediatric Endocrine Group education dinner)

Location: Brisbane, QLD
Date: 31 October 2018
Presentation: Testicular development and management of related disorders

HealthEd GP Education Day

Location: Perth, WA
Date: 3 November 2018
Presentation: Cardiovascular risk and testosterone: Fact vs. fiction

GPCE

Location: Melbourne, Vic
Date: 9 – 11 November 2018
Presentation: Androgen therapy – where are we now?

National Men's Health Gathering (Australian Men's Health Forum)

Location: Sydney, NSW
Date: 12 – 14 November 2018
Presentation: How do men look after their health - successfully or not

Corporate Presentation

Date: 30 November 2018
Presentation: Testicular Cancer and Prostate Cancer



Engaging with the community

Our mission is to enhance the reproductive health of males across the entire country. While we try to reach Australian men through the mainstream and social media, when it comes to health there is often no substitute for talking with men in person.

MEN'S HEALTH WEEK 2018

We have long supported International Men's Health Week (MHW) and since 2005, using MHW as a driver for men's health promotion and education across Australia.

MHW aims to increase the awareness of men's health and encourage Government and institutions to develop health policies and services that meet men's specific health needs. The week also provides us with an opportunity to support the organisations already servicing men's health needs by providing our resources for events and presentations at a grassroots level.

For MHW 2018, we developed a targeted campaign for the NSW town of Lismore. The 'whole of community' approach allowed the campaign to reach one in ten Lismore men via a diverse range of local activities targeting workplaces, sporting events, gyms and other public spaces.

We also partnered with the Australian Men's Shed Association to provide a targeted promotion to Men's Sheds across Australia (nearly 1,000 Sheds), including a direct mail out of men's health information.

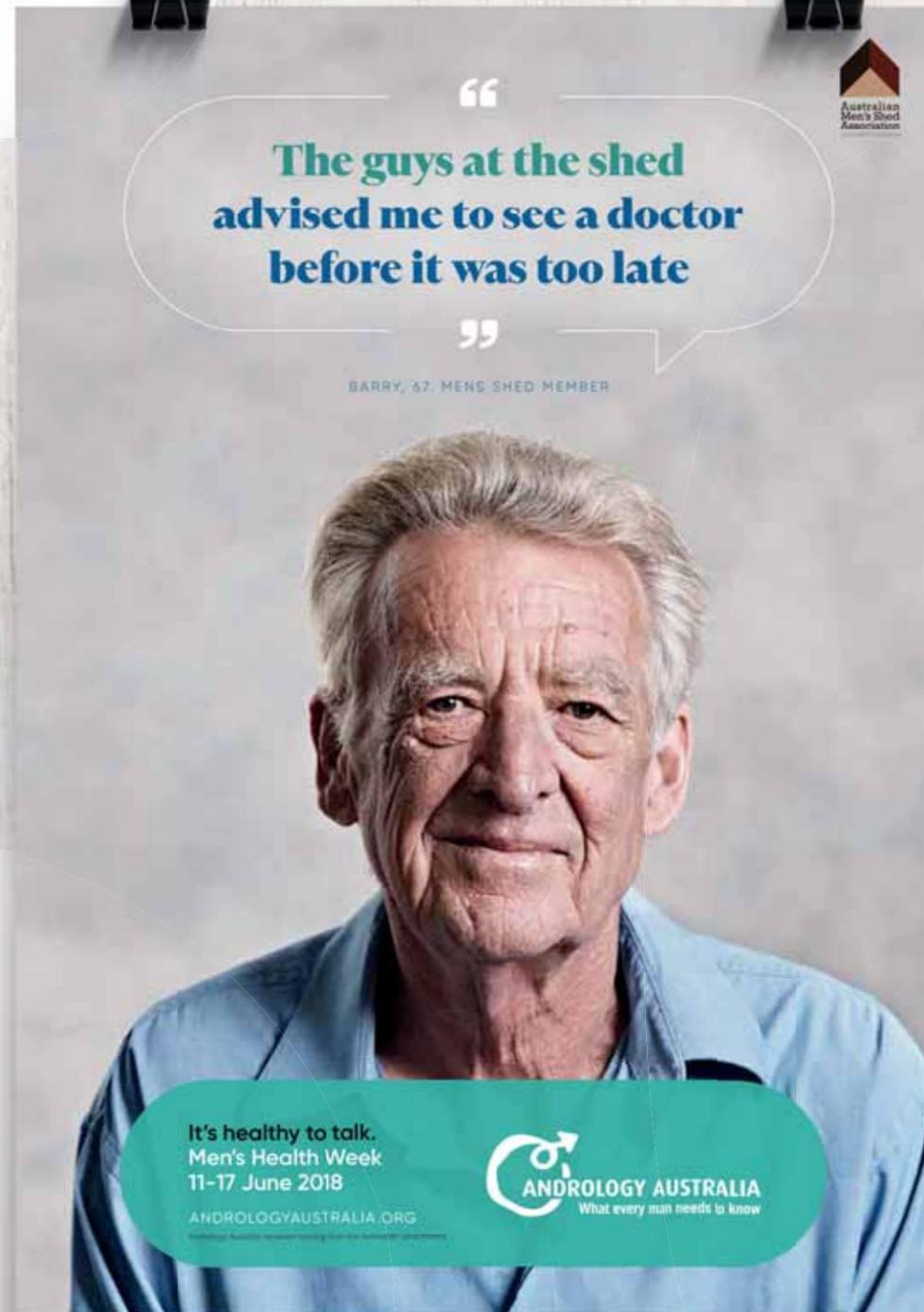
Feedback from organisers of MHW activities indicated that our resources were rated highly, with many organisers commending the resources for their quality and usefulness in promoting men's health messages.

"The promotional material was very informative and the posters helped create a visual display within the library. The handouts were eye catching and well received by the general public."

"The MHW resources helped spread a message to men in my local community and encourage healthy conversations - Thank you!"

"Good initiative for promoting men's health in GP setting."

"The men appreciated them, stated there is no information for them usually."



- 7,500 MHW promotional e-newsletters sent
- 543,000 people reached via social media
- 2,621 postcards sent to individuals, PHN's, local governments and libraries
- 850,000+ people reached via 32 print and online news mentions and 2 ABC radio interviews
- 300+ people participated in live 'toolbox' talks in Lismore
- 42,000 MHW brochures distributed
- 4,000 MHW posters displayed
- 4,000 Commonwealth Department of Health staff received MHW messages
- 750 online downloads of MHW resource kits via the Andrology Australia website

From smoko breaks TO GP VISITS

Andrology Australia talks prompt Lismore men to act on their health

Wayne Randell is the Production Manager at Lismore's Hurford Hardwood, where he manages over 40 staff and oversees product production. During Men's Health Week, Andrology Australia ran men's health talks at his workplace during workers' 'smoko' break. Along with other speakers, Wayne shared his story about his health concerns. As a result of the talks, several of his co-workers visited their GP and are being monitored for conditions that might have been left untreated.



During Men's Health Week a few years ago, I was listening to radio promotions as I drove to work each morning, and on my way home. I'm not the sort of person who has major illnesses – maybe it's all the beer I drink! – so I hadn't been to a doctor for a fair few years. But I'd had some health concerns for a long time. The promotion made me realise that what I was experiencing wasn't normal. By the end of that week thought, "It's time I got myself checked out."

When I got to the doctor, it turned out I had blood pressure, which I wasn't aware of. After tests, I found out I also had heart issues.

You hear about these blokes that just drop dead on the spot. If I hadn't gone to my doctor at the time that I did, I might have been one of those blokes. While I'm now waiting on a heart operation, at least I'm still walking, still living, still enjoying life.

When Andrology Australia came to speak to us over a few smoko breaks, my boss asked me to be involved. I was happy to talk about my own experience and encourage my co-workers to get help if they had a problem. Andrology Australia talked to us about the mechanisms for seeking help, and that it was okay to get help – it didn't make you any less manly. We put posters around the site. It certainly made blokes more aware, and a few of them went and got medical checks afterwards. And as it happened, they did have issues, and they had to have treatment for them. Their wives had been nagging at them to go to a doctor – but it took other blokes talking with them for them to act. They're on medication now, and they're still here, so that's a win for us. If talks like this prompt even one person to get help, it's a winner for everyone concerned.

We're pretty good at ignoring things, us men. Women are better at getting to a doctor. Us blokes have got a "She'll be right mate" type of attitude, thinking that what's wrong will go away. It's especially true for men over 50. But what I've realised through my experience is that we're not indestructible. You can't be too careful with blood pressure and heart issues – sometimes there are no symptoms. It's pretty hard to function without a heart – you can do without a finger or a toe, but you don't want to mess with heart issues. It's like a like taking the petrol tank out of the engine.

I have a pretty close relationship with my workers, and I want to make sure that they're healthy. Now I always tell them, "If you've got a bit of a health issue, just get it checked out so you can find out what's causing it. That way you have peace of mind."

"If you've got a bit of a health issue, just get it checked out so you can find out what's causing it. That way you have peace of mind."

Communicating with our audiences

In 2011 we launched our social media presence with the aim of reaching wider audiences with health awareness messages and to direct more users to the quality, evidence-based resources on our website.

Since then, our social media presence has steadily increased in followership with at least 50% of our audience on each platform being male.

There have been increasing levels of engagement with our newsletter, with a total of 266,152 newsletters disseminated via post and email.

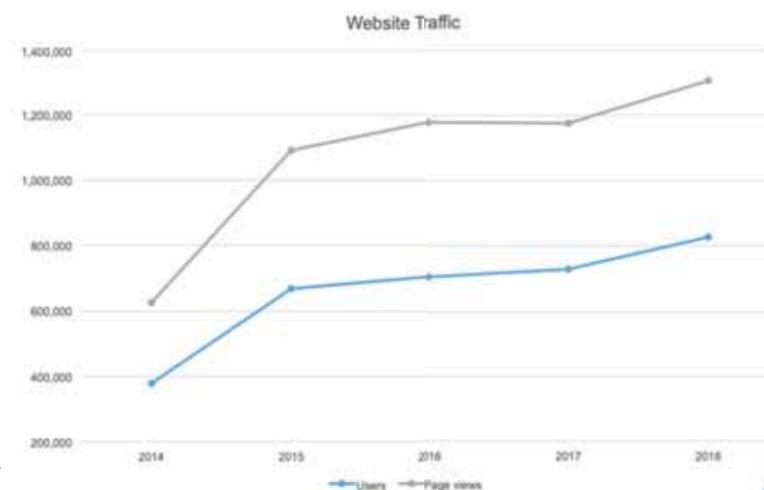
WEBSITE USE STATISTICS

The website remains a popular source of information and the year-on-year increase in users and page views highlights the importance of making evidence-based men's health information accessible online.

In 2018 we saw an increase in users to almost 830,000 (uplift of 13%), with the health condition topic webpages viewed over 530,000 times.

We're passionate about user experience and increasing health information accessibility. Accordingly, we're redeveloping our website to better reach men with clear and engaging messages.

OUR NEW WEBSITE WILL BE LAUNCHED IN 2019



Over 220,000 **e-newsletters** sent, with a 22.6% open rate

Facebook content reached over 20,200 people 61% male - 44% 25-35 years old

Tweets reached over 92,000 50% male

YouTube videos viewed 34,100 times - 73% male - 87% 18-24 years old - Most viewed video 'What is Klinefelter's syndrome?'

Vimeo videos viewed 3,688 times

46,152 print newsletters disseminated

Who we work with:

COLLABORATIONS AND PARTNERSHIPS

Strategic partnerships are important for us to extend our reach and build on complementary work being done by other organisations. This approach avoids duplication of effort and ensures the best quality information is made available to health professionals and the public. Such partnerships enhance knowledge sharing and build capacity for the improvement of men's health across Australia.

Australian Men's Health Forum (AMHF)

In 2018, AMHF delivered the National Men's Health Gathering conference. To do this they partnered with organisations and stakeholders such as those of us who work in men's health.

We also worked with AMHF for the benefit and success of the 2018 Men's Health Week campaign.

Australian Men's Shed Association

Our partnership with the Australian Men's Shed Association began in 2008. Over the past decade it has allowed us to connect with the thousands of Australian men engaged in the Men's Shed network.

In 2018, we continued to work together to develop and provide key health messages, using the Men's Health Week campaign as a key promotional platform.

ANZAC Research Institute

ANZAC Research Institute provided professional training in andrology through our annual 'Endocrinologist in Training' opportunity. This invaluable partnership has resulted in numerous trained endocrinologists, which has increased the workforce capacity in the field of andrology. Trainees supported us by speaking at professional conferences, assisting in the review of our resource suite, and contributing articles to professional publications.

Hudson Institute of Medical Research

The Hudson Institute of Medical Research offer an annual 'Endocrinologist in Training' opportunity that provides endocrinology specialist trainees with skills in the field of andrology. These specialists support us

by speaking at professional conferences, assisting in the review of our resource suite, and contributing articles to professional publications. Each year this arrangement results in another trained endocrinologist, providing expertise in male reproductive health.

Jean Hailes – For Women's Health

We have had a long-standing and valuable partnership with Jean Hailes for Women's Health. This is based on a shared commitment to translating and developing evidence-based health information. In 2018, we worked collaboratively on the National Men's Health Strategy 2020 – 2030 and the National Women's Health Strategy 2020 – 2030.

Men's Health Information and Research Centre (MHIRC) – Western Sydney University

Since its inception in 1998 MHIRC has promoted boy's and men's health, working from a strong social determinants of health perspective. This has involved launching and running Men's Health Week for the last 11 years, in which we have been a strong partner.

Your Fertility

As part of the Fertility Coalition, we make a significant contribution to Your Fertility. The importance of men's health for couples planning to have a baby is not widely promoted and the focus on men in the activities of Your Fertility is a unique and defining feature of the program. In 2018, we worked closely with Your Fertility to develop and execute the GP Needs Analysis Survey and the 'Sperm Health & Having a Family' fact sheet, as well as collaboratively promoting the annual Fertility Week campaign.

REFERENCE GROUPS

Our reference groups provide valuable feedback, helping guide and direct the development, implementation and review of our programs and activities.

Primary Health Care Nurse Reference Group (PHCNRG)

Key objectives:

- Support the review and development of training activities for primary healthcare nurses
- Act as key advocates of men's health in the nursing sector by promoting training opportunities and available resources
- Support the implementation of male health campaigns in primary care

Ms Dell Lovett

Primary Health Care Nurse

Ms Ruth Mursa

Nurse Practitioner

Professor Tony O'Brien (chair)

School of Nursing and Midwifery, The University of Newcastle

Ms Julie Towmey

Primary Health Care Nurse

General Practitioner Reference Group (GPRG)

Key objectives:

- Support the review and development of training activities for GPs
- Act as key advocates of men's health in the GP sector by promoting training opportunities and available resources
- Support the implementation of male health campaigns in general practice

Dr Geoff Broomhall

General Practitioner

Dr Peter Burke

General Practitioner

Dr Rob King

General Practitioner

Dr Andrew Smith

General Practitioner

Associate Professor Alan Wright (chair)

General Practitioner

Aboriginal and Torres Strait Islander Reference Group

Key objectives:

- Inform the areas of priority for program and activity development to improve the education and awareness of Aboriginal and Torres Strait Islander male health

Dr Mick Adams

Senior Research Fellow, Kurongkurl Katitjin – Edith Cowan University

Mr Karl Briscoe

CEO, Natsihwah (ACT)

Mr Jack Bulman

CEO, Mibbinbah Men's Group (QLD) & Associate Lecturer, University of Technology Sydney

Mr Craig Dukes (retired June 2018)

CEO, Australian Indigenous Doctors' Association

Dr Keith Gleeson

General Practitioner & Andrology Australia Advisory Board Director

Associate Professor Chris Lawrence

University of Technology Sydney

Dr Kristopher Rallah-Baker (Nov 2018)

Chair, Australian Indigenous Doctors' Association

Associate Professor Mark Wenitong (chair)

Public Health Medical Advisor, Apunipima – Cape York Health Council (QLD)

Who we are ADVISORY BOARD



Mr David Crawford AO
Role: Chairman
Appointed: 2013

Background and experience: David has extensive experience in roles of Chairman, Director and Partner. He was awarded Officer of the Order of Australia (AO) in 2009 in acknowledgement of his services to business, sport and the community through contributions to arts and educational organisations.

Other roles: Chairman of Lend Lease Corporation Limited (resigned November 2018), Chairman of South 32, Chairman of Australian Airports Corporation Limited.

Previously, Partner and National Chairman of KPMG, Director of BHP Billiton Limited, Chairman of Foster's Group Limited, Chairman of National Foods Limited, Chairman of The Australian Ballet, Director of Westpac Banking Corporation.



Professor David de Kretser AC
Role: Director Emeritus
Appointed: 2011

Background and experience: David is a passionate advocate for the need to undertake preventative action to improve male health and through this belief, founded Andrology Australia in 2000. David served as the inaugural Director from 2000 to 2006, where he then went on to hold the position of the 28th Governor of Victoria until 2011. He was awarded Companion of the Order of Australia (AC) in 2006.

David now continues to serve on the Advisory Board and Management Group of Andrology Australia.

Other roles: Professor of Anatomy at Monash University, founding Director of the Monash Institute of Medical Research, Associate Dean for Biotechnology Development, Executive Council President of the International Society of Andrology, senior Fellow of endocrinology at the University of Washington, 28th Governor of Victoria.



Ms Chris Enright
Role: Advisory Board Director
Appointed: 2017

Background and experience: Chris is a public health professional who works to address issues of health inequity, with a particular interest in innovating the approach of men's health for better individual outcomes. Chris holds a Master of Health and Human Services Management and an MBA from Deakin University in Melbourne. She has fifteen years' experience in delivering major public health campaigns and drove Cancer Council Victoria's men's cancer prevention work for many years.

Chris has been based in the not for profit sector since 2005 and aligns with a social model of health. She has co-authored papers published in the Australian Journal of Public Health and Australian Family Physician.

Other roles: Head of Education & Knowledge Exchange at Jean Hailes for Women's Health



Professor RA 'Frank' Gardiner AM
Role: Advisory Board Director
Appointed: 2005

Background and experience: Frank is a renowned urologist and academic in the field of prostate cancer. He has been instrumental in supporting the development of a strong research culture in prostate cancer in Australia and in developing collaborative research programs between clinicians, molecular and behavioural scientists. Frank has over 130 peer-reviewed manuscripts in Urology and Urological Research, and in 2012 was awarded Member of the Order of Australia (AM).

His academic base continues to be at the Centre for Clinical Research at the Royal Brisbane and Women's Hospital.

Other roles: Adjunct Professor at Edith Cowan University, WA.



Associate Professor Doug Lording
Role: Advisory Board Director
Appointed: 2000

Background and experience: Doug is an Endocrinologist and Andrologist in private practice at Cabrini Hospital in Melbourne, Victoria. He has a 35-year interest in sexual medicine and testosterone use in men, and is a national expert in erectile dysfunction.



Dr Keith Gleeson
Role: Advisory Board Director
Appointed: 2017

Background and experience: Keith is a Biripi/Daingutti GP and works in private practice at Biripi Aboriginal Medical Corporation in Taree, NSW. In 2015, Keith co-published a monograph titled "Engaging Aboriginal and Torres Strait Islander Communities in Prostate Cancer" which was released by the Prostate Cancer Foundation of Australia.

Other roles: Member of the General Practice Training Advisory Committee, member of the Regional Vocational Training Scheme – Indigenous Health Training Reference Group, member of the General Practice Rural Incentive Committee, member of the Andrology Australia Aboriginal and Torres Strait Islander Reference Group.

Previously, Chair of the Indigenous General Practice of Registrars Network, advisory board member of the former Hunter New England Area Health Advisory Committee, advisory board member of General Practice Rural Incentive Program, advisory board member of the National Aboriginal Faculty of the RACGP, board of the AIDA.



Associate Professor Kevin McGeechan
Role: Advisory Board Director
Appointed: 2017

Background and experience: Kevin is a Senior Lecturer in Biostatistics at the School of Public Health, University of Sydney and an active researcher in sexual and reproductive health. He is currently involved in funded projects on the use of long-acting reversible contraception and issues surrounding diagnosis. In 2013 he oversaw the production of the statistical report 'Reproductive and Sexual Health in Australia'.

Other roles: Consultant Statistician for Family Planning NSW.



Professor David Handelsman AO
Role: Advisory Board Director
Appointed: 2000

Background and experience: David is Australia's first Professor of Reproductive Endocrinology and Andrology and has long held an interest in all aspects of male reproductive health, medicine and biology.

Other roles: Director of the ANZAC Research Institute, Head of Department of Andrology at Concord Hospital.



Professor Robert McLachlan AM
Role: Medical Director
Appointed: 2000

Background and experience: Rob has been an integral part of Andrology Australia since its inception in 2000 and has held the role of Medical Director since 2006, as well as Acting CEO from August 2015 to September 2017. Rob specialise in the area of male reproductive medicine and has made significant contributions to the research in endocrinology, infertility and andrology.

In 2016, he was made a Member of the Order of Australia for services to medicine in the field of endocrinology, particularly in men's reproductive health, and to medical research.

Other roles: NHMRC Principal Research Fellow at the Hudson Institute of Medical Research, Deputy Director of Endocrinology at the Monash Medical Centre, consultant to the World Health Organisation on male infertility regulation.

Previously, former president of the Fertility Society of Australia, former Secretary of the International Society of Andrology.



Mr Simon von Saldern
Role: Director & CEO
Appointed: 2017

Background and experience: Simon's diverse experience ranges from strategy and planning to communication and stakeholder engagement, sales and marketing, financial risk and compliance management.

Previously, General Manager of Development and Business Services at Musculoskeletal Australia (formerly, MOVE – Muscle, Bone and Joint Health).

MANAGEMENT GROUP MEMBERS

Professor David de Kretser AC

See 'Advisory Board'.

Associate Professor Doug Lording

See 'Advisory Board'.

Professor Robert McLachlan AM (Andrology Australia Medical Director)

See 'Advisory Board'.

Professor Gail Risbridger (Resigned 2018)

Gail is Deputy Dean (Special Projects) and Head, Prostate and Breast Cancer research program in the Department of Anatomy and Development Biology at Monash University.

Associate Professor Peter Royce (Resigned 2018)

Peter is the Director of Urology and Senior Consultant Urologic Surgeon at the Alfred Hospital, Senior Consultant Urologic Surgeon at Cabrini Hospital, and Adjunct Clinical Associate Professor for the Department of Surgery at Monash University.

Associate Professor Ben Smith

Ben holds over 20 years' experience in the design and evaluation of disease prevention and health promotion strategies, and has an extensive history of research into health behaviours and their determinants. He is based at the School of Public Health and Preventative Medicine at Monash University.

Mr Simon von Saldern

See 'Advisory Board'.

SCIENTIFIC & CLINICAL (SAC) COMMITTEE

The Scientific and Clinical (SAC) Committee, historically the Editorial Committee, are a sub-committee of the Advisory Board. Members of the SAC committee are experts in male reproductive and sexual health and their remit is to ensure the scientific and clinical integrity of content produced and views expressed by Andrology Australia.

The SAC committee provide advice, guidance and assistance with the development and review of Andrology Australia's evidence-based content and the identification of external clinical expertise or resources to facilitate this.

Professor David Handelsman AO

Endocrinologist

Dr Michael Lowy

Sexual Health Physician

Associate Professor Kevin McGeechan

Senior Lecturer – Biostatistics

Professor Robert McLachlan AM (Andrology Australia Medical Director)

Endocrinologist

Dr Ian Vela

Urologist

Professor Gary Wittert

Endocrinologist

Financial REPORT

We are supported by funding from the Australian Government under the Public Health and Chronic Disease Grant Program (2017-2020) administered by the Department of Health. Continuous funding is imperative to ensure the continued improvement of male health.

During the 2017–2018 financial year funding was expended to achieve the outcomes illustrated in the 2018 Year in Review to improve the health of specific at risk groups, inform health policy and improve health professional practice and raise awareness of men's health. These outcomes, and more, form part of our funding agreement with the Australian Government.

Government funding also assists us continue to provide a strong evidence-based organisation that has rigorous governance and provides information and resources to consumers and health professionals across Australia, in both traditional and digital formats.

15%

Raise awareness and provide male health information to the community

11%

Inform health policy and improve health professional practice in male health

14%

Improve the health of specific sub-groups of males across the lifespan

61%
Support platform



Andrology Australia
Monash University
553 St Kilda Road
Melbourne Vic 3004

Andrology Australia (The Australian Centre of Excellence in Male Reproductive Health) is supported by funding from the Australian Government Department of Health and is administered by Monash University.

