

# XY

YEAR IN REVIEW 2015

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## Chairman's Report

Since its inception, Andrology Australia has been a unique “centre without walls”, drawing on contributions by Australia’s leading experts in the medical, social, and public health fields, to provide quality, evidence-based men’s health programs. In each of the activities undertaken, the program aims for the improvement of men’s health.

Educating the general community and health professionals on male reproductive health disorders is the key area of focus for Andrology Australia. A significant project in 2015 was the release of an improved professional education platform, and using this new platform to release an expanded catalogue of education. These new and renewed courses will ensure that GPs, nurses, and other health professionals are equipped with the latest knowledge to respond to patients who are encouraged by our community education programs to seek help or advice.

Andrology Australia participated in a number of fruitful collaborations and partnerships in 2015.

- > our experts contributed to an expert advisory panel on PSA testing for the Prostate Cancer Foundation of Australia and Cancer Council Australia
- > we continued our partnership with Cancer Australia to develop national data set specifications for prostate cancer and testicular cancer
- > entered into a new partnership with the Australian Fertility Medicine Foundation to plan a research study aimed at finding out more about the fertility knowledge and health literacy of young Australian men, and how they seek help for fertility issues.

It has become apparent that we need to better engage with younger men. We need to know what they know and—more importantly—don’t know about their health, both now and into the future. In 2016 we are preparing to host a high level forum with organisations and experts in the men’s health space, as well as government and other stakeholders, to develop a coordinated approach to encouraging all men aged 18–25 years to undertake an early health check, delivered in a primary care setting.

Also with a view to the future, Associate Professor Doug Lording conducted a review of the management and organisational structure of Andrology Australia. A number of observations and recommendations were presented to the Board for consideration, several of which are planned for implementation throughout 2016 and beyond.

While there have been highlights for Andrology Australia in 2015, there was also sadness with the passing of our founding Chairman, Mr Mark Rayner, in May. Mark joined the Andrology Australia Advisory Board at its inception in 2000 and served continuously until his retirement from the role in 2013. A strong supporter and advocate for men’s health, he continued to support Andrology Australia after his retirement from the Board. Mark was an integral part of Andrology Australia from the very start, and the Board and staff have always valued his commitment to men’s health.

Our CEO Dr Carol Holden moved on to a new career challenge in 2015, after 15 years’ service. Carol was the first employee of Andrology Australia, appointed by Professor David de Kretser in 2000. Since then she has overseen the expansion and development of the Andrology Australia project in areas of research, professional education, and public awareness. Under her leadership, Andrology Australia has become a nationally and internationally respected model for the promotion of male health. We thank Carol for all of her great work and wish her well for the future.

Finally, we thank the Australian Government Department of Health for its ongoing commitment to men’s health in Australia. The continued support of the Andrology Australia program helps ensure that men, their families, and health professionals have continued access to evidence-based education and training about male reproductive health disorders and associated conditions.

# XY

YEAR IN REVIEW 2015

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*Five things dads need to tell their sons*

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Mr David Crawford AO,  
Chairman





# Farewell to Carol Holden

Much of the overall success of the Andrology Australia program can be attributed to Dr Carol Holden's hard work, professionalism, and dedication to raising the profile of the program and of men's health more broadly. After her 15 years' commitment to the program, we find ourselves heading into uncharted waters, without Carol's steady hand on the tiller.

Right from the start Carol was largely responsible for realising Professor David de Kretser's vision of what the program should become. She helped position the program as the peak national authority on a range of men's health issues, gaining widespread support and recognition from both her peers and the broader community.

She also made a significant contribution to raising the profile of men's health and shaping men's health policy and practice in Australia, having made major contributions to formulating inputs for policy-makers at both State and Federal levels. Her in-depth knowledge and understanding of the sector also led her to identify new and effective collaborations, which is another key to the program's success as well as helping to keep men's health on the national agenda.

Carol's absolute insistence on quality in presentation and content has been a cornerstone of many of Andrology Australia's projects. For example, the ability of Andrology Australia to effectively translate complex research evidence for both professional and community audiences is a hallmark of her leadership of the program.

A highlight, of which she can be very proud, was her work with the Andrology Australia Aboriginal and Torres Strait Islander Male Health Reference Group. Carol played an important, but unassuming role, in advocating for greater support to build future leadership and capacity for health professionals and researchers working with Indigenous males. Such work over many years can only be achieved when high levels of trust, sensitivity, and respect are apparent to build mutual acceptance and understanding, particularly in an area of health that is regarded as sensitive and confronting.

Carol's leadership has been nothing short of exemplary. She has provided the Andrology Australia program with the direction, vision and momentum that has brought it success, and we wish her the same success in her future endeavours.

**Professor Robert I McLachlan,**  
Director



## 15 years of men's health

We asked Dr Carol Holden to reflect on her time with Andrology Australia, what had changed over the years, and to name a few highlights; these are her top six.

The Men in Australia Telephone Survey (MATeS) was the first accurate picture of reproductive health in Australian men aged over 40 years.

With its high quality and professional design, the Andrology Australia orchidometer (a medical device for qualified health professionals to measure testis size) has become a symbol of Andrology Australia's commitment to quality.

Andrology Australia's first community health awareness campaign, "What every man needs to know", was more than just a successful campaign, it also gave Andrology Australia its tag line and produced A User's Guide, a health information brochure that has become the single most requested resource in the Andrology Australia catalogue.

Every year since 2005, Andrology Australia has developed a new engaging and informative men's health awareness campaign in support of Men's Health Week.

Andrology Australia's education and training for health professionals helps to improve knowledge of male reproductive health disorders and associated conditions. Online delivery ensures access for health professionals working in all settings, from city to rural and remote.

One of the most significant changes in the last ten years was the development of the first National Male Health Policy, launched in May 2010 by the Australian Government. The Policy, together with its nine supporting documents, provided a comprehensive analysis of male health issues and a framework for action to improve health outcomes for all males across Australia.

# 2015

*in summary*

MEN'S HEALTH WEEK EVENTS SUPPORTED:

**520**

CONSUMER GUIDES DISTRIBUTED TO DATE:

**16,400**

VIEWS OF MEN'S HEALTH TOPICS ON THE WEBSITE:

**700,000**

VIEWS ON THE WEBSITE:

**1,025,000**

CLINICAL SUMMARY GUIDES DOWNLOADED:

**7,000**

NEWSLETTERS DISTRIBUTED EACH QUARTER:

**16,000**

# Supporting men's health in the community

Andrology Australia is one of the few reliable sources that men can turn to for information about their reproductive health. For most men, our unbiased evidence-based information is just what they need to fill their knowledge gap.

Our free informational resources are available in the 'Your Health' section of our website ([www.andrologyaustralia.org/your-health/](http://www.andrologyaustralia.org/your-health/)), and many of the resources can also be ordered in printed form. The Andrology Australia website provides instant and anonymous access to quality information, at a time and place that's convenient for men—a great option for men who may be reluctant to discuss their health over the phone.

## Men's Health Events

In addition to Men's Health Week, Andrology Australia provided a number of high quality resources including fact sheets, brochures and consumer guides to support more than 600 local men's health events and displays across Australia throughout the entire year.

To assist with planning, delivering and evaluating events, the Andrology Australia Men's Health Education Kit continues to be a valuable resource with more than 4000 distributed to date. The Kit encourages a whole of community approach to spreading positive health messages to their local men.

*"Loved the theme. The posters and leaflets created a lot of interest. Very well targeted"*

*"The resources were great, provided humour and information in an approachable way"*

## Men's Health Week 15 – 21 June 2015

### *Who can men talk to about sexual health?*

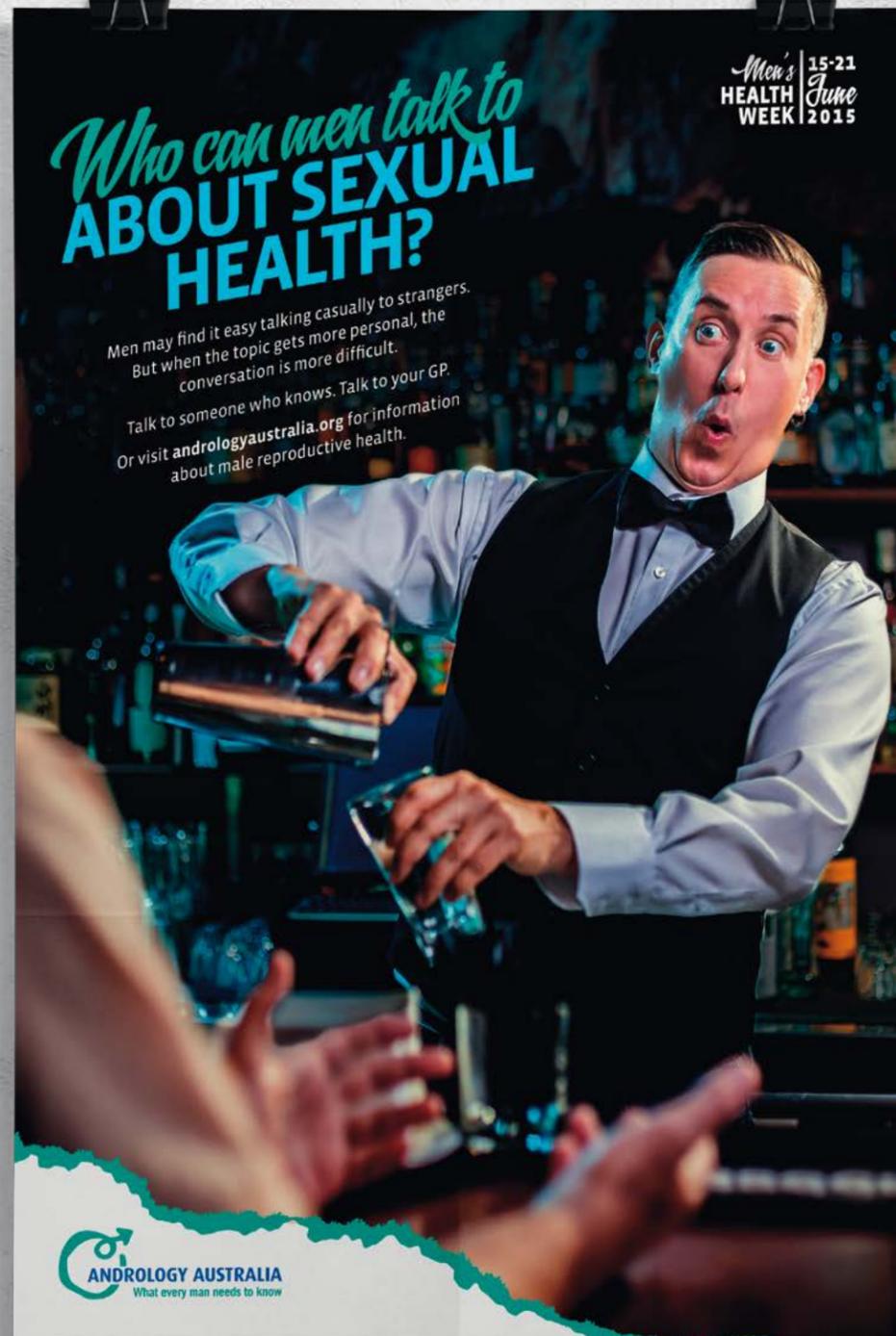
Each year, Andrology Australia provides themed resources to support individuals and organisations wanting to promote men's health during Men's Health Week in their local community and workplace.

Our theme for Men's Health Week 2015 was 'Who can you talk to about your sexual health?' with the imagery suggesting that men may find it easy talking casually to strangers but when the topic gets more personal, the conversation can be more difficult. The resources encouraged men to 'Talk to someone who knows' like their doctor for any health concerns.

In 2015 we provided 25,000 Men's Health Week themed health promotion brochures and 2,000 Men's Health Week posters to over 520 organisations running a men's health activity during Men's Health Week.

Men's Health Week activities included events and displays of men's health resources in a variety of settings, including workplaces, GP clinics, libraries and shopping centres across Australia including rural and remote regions. Feedback from event organisers was consistent with previous years, Men's Health Week resources continue to rate highly for design, content and appeal.

**Taletha Rizio**  
Education Liaison Officer



## Health promotion

Our brochure A User's Guide: What every man needs to know remains a popular resource with more than 320,000 guides distributed to date. The brochure is also available in 12 different languages that can be downloaded from the Andrology Australia website.

To date, more than 41,000 hard copies of the male fertility booklet "Your sperm and how to look after them" have been distributed. The booklet was developed by Andrology Australia in conjunction with the Fertility Society of Australia and Access Australia.

In 2015, we distributed 16,400 copies (printed and online) of our consumer guides. We have five guides that support men and their families affected by specific male reproductive health disorders. All five titles are now available as e-books, see: [andrologyaustralia.org/booklets/](http://andrologyaustralia.org/booklets/)

## Clinical resources

Our 12 clinical summary guides, on the diagnosis and management of male sexual and reproductive health conditions, support GPs and other primary health care professionals. They are easy-to-use reference tools to help with managing male patients. Clinical summary guides were downloaded over 7000 times in 2015.

The orchidometer is a medical device for qualified health professionals to measure testis size in the clinical setting. Available for purchase on the Andrology Australia website ([www.andrologyaustralia.org/orchidometer/](http://www.andrologyaustralia.org/orchidometer/)), they are also offered free of charge to GPs residing in Australia who complete one of our Active Learning Modules. More than 1300 orchidometers have been distributed to date.

## The resources catalogue

Our resources catalogue can be viewed online at [andrologyaustralia.org/order-resources/](http://andrologyaustralia.org/order-resources/) and most resources can also be downloaded from the website.

# From father to son

5 things dads  
need to tell  
their sons

From childhood, through adolescence and on into adulthood, sons look to their fathers as important teachers and role models. Here are a few key things that dads can show and tell to help their sons achieve and maintain their best possible reproductive health.



## The bits 'below the belt'

A little knowledge goes a long way, so teach the basics of male reproductive health, including preventative measures like testicular self-examination and foreskin hygiene.

## Knowledge of health history

Make sure your son knows everything in his health history, from his vaccination records and his own exposure to childhood diseases, to the health history of his close relatives.

## The doctor is there to help

The doctor is your son's best option for advice and help with health problems—both mental health as well as physical health.

## Healthy lifestyle habits

Teach and show that eating a healthy diet, taking regular physical exercise, and avoiding smoking are important lifestyle habits for health and well-being.

## Talking about it is better

Health issues can be embarrassing and confronting for both a father and a son. Being prepared to talk openly about awkward problems is the first step to finding a solution.



# Health communication

## Delivering important messages to Australian males

Andrology Australia has important messages to share with a range of 'audiences'.

Australian men and boys are our first and most important audience. We aim to help them to be more knowledgeable about their own bodies and more able to discuss sensitive health concerns with a qualified health professional.

The education and training of current and future health professionals about diagnosis and management of male reproductive health disorders and associated conditions is equally important.

We also aim to reach stakeholders at other organisations, policy-makers, and researchers in the field of male reproductive health.

With all of this in mind, Andrology Australia continues to conduct targeted communication campaigns to help raise awareness of men's health issues, and to provide expert commentary in the media.

The website at [www.andrologyaustralia.org](http://www.andrologyaustralia.org) remains Andrology Australia's most important online asset. The website saw a 76% annual increase in visitors in 2015 with more than 76,000 unique page views per month.

The 'Your Health' topics ([www.andrologyaustralia.org/your-health/](http://www.andrologyaustralia.org/your-health/)) were viewed or downloaded more than 700,000 times in 2015, highlighting the importance of making evidence-based men's health information accessible online.

Andrology Australia's social media strategy aims to reach wider audiences with health awareness messages, and to develop further health promotion opportunities. Our Twitter page now has almost 1500 followers, the Facebook page has more than 850 'likes', and the YouTube channel has received more than 10,500 video views.

Many of our social media and health awareness activities are directed towards first capturing people's attention and interest, then providing more information to keep people engaged. For anyone interested in men's health and wellbeing, there is our quarterly newsletter *The Healthy Male*. With more than 60 issues published since 2001, this has developed into a cumulative reference tool for male reproductive health.

For health professionals, our e-news bulletin *Male Briefs* is published monthly. As the name suggests, *Male Briefs* is brief and to-the-point, highlighting the latest headlines in men's health news and research.

Also important for awareness and engagement with general practitioners and other health professionals is our monthly 'Understanding men' column in the *Medical Observer* magazine (a leading weekly news publication for the Australian health sector).



Trevor Gosbell  
PR & Communications Manager



# Examining the evidence

Andrology Australia is committed to knowledge translation. We examine the scientific evidence related to various aspects of men's health and translate this information into resources for a broader audience through a range of communication channels. In this way we ensure that Australians have access to high quality and unbiased information.

As part of the knowledge translation effort, Andrology Australia maintains a catalogue of evidence-based information resources, including:

- > 32 topical fact sheets
- > 5 detailed consumer guides
- > 12 clinical summary guides for health professionals
- > position statements
- > online professional education modules

As a unique collaborative project, Andrology Australia operates through generous *pro bono* assistance from medical specialists, general practitioners, and allied health professionals from around Australia.

All of our resources undergo an extensive process of analysis, development, expert review, and editing to suit specific audiences. Behind the scenes, committed men's health experts from around the country work with Andrology Australia to ensure that the scientific and clinical content of all our resources remains current, evidence-based and reflects best practice. The Andrology Australia Editorial Committee comprises a group of experts who oversee and facilitate the development and review of our information resources. In addition to undertaking reviewing tasks themselves, committee members also call on appropriate reviewers from their networks of colleagues and trainees to assist, whilst ensuring the highest professional standards.

During 2015 we developed several new fact sheets and ensured all other resources were reviewed and up to date, with a particular focus on our health professional online education modules. We are most grateful to the expert advisors who worked with us during 2015, significantly contributing to the capacity of Andrology Australia.



**Dr Veronica Collins**  
Scientific Writer



#### Editorial Committee

- Professor Rob McLachlan (Chair), Andrology Australia.
- Associate Professor Carolyn Allan, Andrology Australia.
- Dr Veronica Collins, Andrology Australia
- Dr Jeremy Grummet, Alfred Hospital and Monash University, Vic.
- Professor David Handelsman, ANZAC Research Institute and University of Sydney, NSW
- Associate Professor Doug Lording, Cabrini Hospital, Vic.
- Dr Michael Lowy, General Practitioner, NSW
- Associate Professor Peter Royce, Alfred Hospital, Vic.
- Professor Gary Wittert, University of Adelaide, SA

#### Research Advisory Group

- Professor David Handelsman (co-chair), ANZAC Research Institute and University of Sydney, NSW
- Professor Rob McLachlan (co-chair), Andrology Australia.
- Dr Jill Blackman, Monash University, Vic.
- Professor David de Kretser, Monash University, Vic.
- Dr Carol Holden, Andrology Australia
- Emeritus Professor Marian Pitts, La Trobe University, Vic.
- Professor Malcolm Sim, Monash University, Vic.
- Associate Professor Ben Smith, Monash University, Vic.
- Professor Gary Wittert, University of Adelaide, SA

## Research bites

Andrology Australia not only reviews the evidence base, but we also directly contribute through original research and best practice reports published in the peer-reviewed scientific literature and presented at professional conferences.

We publish monthly reviews of research reports to the website. These are intended as timely research updates for health professionals, but we have found that they also provide easily digested summaries of current and relevant research to an increasingly well-informed general public. In 2015 we posted 22 research reviews.

With the help of our Research Advisory Group we support and contribute to research with our collaborative partners to ensure that the important questions are being investigated to ultimately improve men's health.



# Professional education

*'This activity has played a vital role in not only refreshing my knowledge but also given me new knowledge that will be helpful for me while dealing with older male health issues.'*

GP Vic.

*'I now feel more confident that I can conduct a consultation on erectile dysfunction and understand and discuss treatment options.'*

GP NSW

*'I find these challenging issues, and feel much more confident with how I will manage these issues.'*

GP WA

*'Very useful resources and learning activities! Improves my clinical knowledge and confidence in managing patient's health towards a better outcome.'*

GP Vic.

## Developing the skills and knowledge of health professionals

Andrology Australia provides education and resources to health professionals, particularly general practitioners (GPs), to improve understanding of male reproductive health disorders and associated conditions. This program enhances the current and future workforce capacity in male reproductive health leading to improved patient care.

Our new online learning platform 'Andrology Australia eLearning' ([learn.andrologyaustralia.org](http://learn.andrologyaustralia.org)) was launched in 2015 with an updated and improved experience for health professionals. With better access for rural and remote health care workers, males across Australia will benefit from the education and resources we now provide to their health professionals.

We also expanded the list of online courses we offer, with input and expert review by our GP Education Reference Group and Practice Nurse Men's Health Education Reference Group. We thank these members and other reviewers for their time and expertise.

Our GP education is accredited through both the Royal Australian College of General Practitioners (RACGP) and the Australian College of Rural and Remote Medicine (ACRRM), including two Active Learning Modules specifically for GPs: 'Reproductive health disorders for young adult males (younger men's health)' and 'Reproductive health disorders for middle-aged and older males (older men's health)'. GPs who complete all case studies in one ALM can receive a complimentary Andrology Australia orchidometer.

The DVD 'A lot of Aboriginal men sort of keep it to themselves: communicating specific men's business' has been a popular title since its release in 2013 and is highly recommended viewing for anyone interested in 'Closing the Gap'. To improve access to this resource, in 2015 we converted it into a series of online videos, available at Andrology Australia eLearning.

Men respond well when their doctor is competent and efficient in their examination, so another important addition to our video catalogue is a short instructional video for professionals about when and how to perform a male genital examination.

The Australian Primary Health Care Nurses Association (APNA) endorsed our new course 'Primary Health Care for Men,' as a two-hour educational activity. It aims to provide knowledge, skills and communication strategies to assist primary health care nurses (or any health professional) to better engage men in the primary health care setting. It also aims to improve understanding of male reproductive health disorders, including the associations between reproductive health and chronic disease (such as heart disease and diabetes).

## The benefits of Andrology Australia online courses

**Andrology Australia online courses for health professionals are:**

- > written and reviewed by experts in their field
- > accredited and/or endorsed by relevant professional organisations
- > free and accessible online anywhere
- > available for all health professionals as self-directed learning.

Online courses are well complemented by our Clinical Summary Guides ([andrologyaustralia.org/clinical-summary-guidelines/](http://andrologyaustralia.org/clinical-summary-guidelines/)) and free patient resources ([andrologyaustralia.org/order-resources/](http://andrologyaustralia.org/order-resources/)), excellent for displaying in clinics or providing to patients directly.

### GP Education Reference Group

Associate Professor Alan Wright (Chair), GP, WA  
Dr Geoff Broomhall, GP, Vic.  
Dr Peter Burke, GP, WA  
Dr Raie Goodwach, Psychotherapist, Vic.  
Dr Rob King, GP, NSW  
Taletha Rizio, Andrology Australia.  
Dr Andrew Smith, GP, Vic.  
Wendy Thomas, Andrology Australia.

### Practice Nurse Education Reference Group

Chris Enright, Cancer Council Victoria  
Del Lovett, Practice Nurse, Vic.  
Ruth Mursa, Family Planning NSW  
Professor Anthony O'Brien, University of Newcastle, NSW  
Taletha Rizio, Andrology Australia.  
Wendy Thomas, Andrology Australia.  
Julie Twomey, Practice Nurse, Qld.

**Wendy Thomas**  
Education Liaison Officer



*Profile:*

# ANDROLOGY FELLOWS

Since 2007 Andrology Australia has supported two endocrine fellows each year to undertake comprehensive training in male reproductive health. Participants in the program typically undertake a research project and reviews in andrology, and gain valuable exposure to clinical research and practice in male reproductive health. This is a crucial part of our role to develop the Australian medical workforce in men's health.

The two andrology fellows in 2015 reflect on their experiences in the program



*Sarah Catford*

I finished postgraduate medicine at The Australian National University in 2007 after previously studying Biomedical Science at Monash University, Melbourne. I completed my internship and physician training at The Alfred Hospital, Melbourne. I spent my first year of specialist training in Adult Endocrinology at Western Health in 2013 and returned to The Alfred for my second year of training in 2014. I worked as the Andrology fellow at Monash Health in 2015 for my final year of training and recently became a Fellow of The Royal Australasian College of Physicians.

I heard about the Andrology fellowship through my Endocrinology colleagues and thought it sounded absolutely fantastic. The opportunity to gain experience in male reproductive health and work closely with Professor Rob McLachlan was too good to miss.

I cannot think of a better way to have completed my training in Adult Endocrinology than a year working as the Andrology fellow at Monash. The Andrology fellowship has given me invaluable experience in male reproductive health, especially male infertility. A major highlight has been working with Professor McLachlan during his consultations at Monash IVF. This unique experience provided an intimate learning environment that greatly enhanced my knowledge and experience.

Highlights also included the variety of clinical exposure including clinics in female reproductive health, general endocrinology, diabetes and obstetric endocrinology. These additional opportunities alongside andrology clinics were fantastic in consolidating years of training.

The fellowship has markedly enriched my knowledge of male reproductive health and given me great insight into subspecialist areas. It has also further inspired my interest in research and as such I have enrolled in a PhD to commence this year.

I will be starting a PhD studying male infertility with Professor McLachlan as my primary supervisor in February 2016. Furthermore, I am extremely fortunate that I will be able to continue my clinical work in andrology as the Andrology fellow again for 2016.



*Rakesh Tyer*

I completed my primary medical degree in India and undertook basic physician and Endocrinology and Diabetes training in India, United Kingdom and Australia. During my training I was involved in several research projects, which include Chennai Urban and Rural Epidemiological Study (CURES), a large longitudinal study to assess prevalence of diabetes and its complications in the Chennai (formerly Madras) population. However, my full fledged participation in research commenced in the first year of Endocrinology Advanced Training at the Canberra Hospital where I was involved in a study to assess the utility of a new non-invasive eye assessment tool in the management of ocular health of patients with diabetes mellitus.

I have always been fascinated by male reproductive endocrinology and was considering opportunities for my elective year of Endocrinology training. When I became aware of the Andrology Fellowship through the ESA newsletter I immediately approached Professor David Handelsman and applied for the fellowship. Working with Professor David Handelsman and his team has been a wonderful, inspiring and an illuminating experience. The Department of Andrology at Concord hospital offers extensive clinical and research opportunities to Endocrinology trainees who would like to specialize in Andrology. During my fellowship, I participated in regular Andrology clinics under the guidance of Professor David Handelsman, Associate Professor Ann Conway and Dr Veena Jayadev who are excellent clinicians and are always supportive. I have been actively involved in a clinical trial to assess pharmacokinetics of testosterone applied to scrotal skin and a retrospective analysis of gonadotropin treatment in hypogonadotropic hypogonadism.

I have thoroughly enjoyed my tenure in the Andrology department and have acquired valuable knowledge, which has helped me in addressing common reproductive and general endocrine issues in men. My understanding of research, data analysis, manuscript preparation and publication has remarkably improved during this fellowship. In the future, I hope to continue my association with the Department of Andrology to pursue my clinical and research interests.

# Enhancing the education of tomorrow's doctors

Over the last several years, a group of medical educators and content experts, led by Andrology Australia, has identified gaps in medical students' knowledge and clinical skills in men's health. We believe that improved training for both medical students and junior doctors could help to address this situation. Working in collaboration with experts from medical schools at Monash University, and the Universities of Tasmania, Adelaide, and Western Australia, we have developed a new men's health curriculum framework. The framework consists of a men's health curriculum, ten core modules and associated learning outcomes, with skill-based learning resources. The curriculum framework was designed to be introduced into existing medical curricula as an 'enhancement' rather than a replacement or expansion so it is flexible and adaptable to aid this implementation strategy.

2015 was the year of implementing a pilot of the curriculum framework in the participating medical schools at Monash University, and the Universities of Tasmania, and Western Australia to date. The participating medical schools' leadership and medical educators have been very supportive and enthusiastic and the Working Group members have

been championing their respective pilots. One early lesson has been the time needed for planning for the curriculum "enhancement" strategy, so piloting will commence in term 1, 2016. This will lead to more consolidated curriculum enhancement in the longer term.

Another exciting opportunity that arose from the Monash University pilot in the Clinical School was to write online learning modules for years three to five undergraduate medical students on clinical rotations. Four modules were adapted from the curriculum framework modules and are: Lower Urinary Tract Symptoms in Men and Prostate Cancer (both authored by Mr Gideon Blecher), Klinefelter's Syndrome (authored by Professor Rob McLachlan), and Erectile Dysfunction (authored by Professor Doug Lording).

**Chris Anderson**  
Senior Project Officer



## Scientific animation

An exciting development in 2015 was the production of an animated video explaining the Mechanism of Erection and Ejaculation. This was made possible with the production skills of Will James, a scientific 3D animator from BioMotion, and scripted and narrated by Professor Rob McLachlan. This has been a very popular resource for medical teachers and students for demonstrating and explaining the complex mechanism of male erection and ejaculation and also to illustrate how chronic medical conditions like diabetes can cause erectile dysfunction.



**Australian Medical Curriculum on Men's Health Working Group**

**Professor Rob McLachlan (Chair)**  
*Andrology Australia*

**Christopher Anderson**  
*Andrology Australia*

**Professor Ben Canny**  
*Monash University, Vic.*

**Dr Veronica Collins**  
*Andrology Australia*

**Dr Carol Holden**  
*Andrology Australia*

**Associate Professor Elizabeth Molloy**  
*Monash University, Vic.*

**Professor Richard Turner**  
*University of Tasmania, Tas.*

**Professor Gary Wittert**  
*University of Adelaide, SA*

**Professor Bu Yeap**  
*University of Western Australia and Fremantle Hospital, WA*

**Ming Yong**  
*Australian Medical Students Association*



### Aboriginal and Torres Strait Islander Male Health Reference Group

Associate Professor Mark Wenitong (Chair),  
Apunipima Cape York Health Council, Qld.

Dr Mick Adams, Australian Indigenous  
HealthInfoNet, Edith Cowan University, WA

Jason Bonson, Department of Health, NT

Associate Professor Noel Hayman,  
Inala Indigenous Health Service, Qld.

Jack Bulman, Mibbinbah Ltd, Qld.

Dr Christopher Lawrence, University  
of Melbourne, Vic.

Dwayne Pearce, National Aboriginal & Torres  
Strait Islander Health Worker Association, ACT

Dr Carol Holden, Andrology Australia

Dr Liza O'Donnell, Andrology Australia (casual)

## Supporting Aboriginal and Torres Strait Islander men's health

**Andrology Australia's Aboriginal and Torres Strait Islander Male Health Reference Group is our longest-running working group, having been established in 2002 to advise on how best to make programs and activities relevant to the needs and aspirations of Aboriginal and Torres Strait Islander males. The Reference Group aims to identify the barriers that affect the way Indigenous males engage with the health system and access health services, particularly for more culturally sensitive health issues such as sexual and reproductive health.**

To address these barriers, a major focus for the Reference Group has been to support health services and primary health care professionals with strategies to better engage Aboriginal and Torres Strait Islander men, leading to practices that support positive help-seeking behaviours and accessing of health services.

In 2015, significant attention was given to preparation of the Active Learning Module (ALM) Engaging Aboriginal and

Torres Strait Islander males in different primary health care settings, to be launched on [learn.andrologyaustralia.org](http://learn.andrologyaustralia.org) in the first quarter of 2016. The ALM, which is primarily intended for general practitioners (GPs) will provide knowledge, skills and communication strategies to assist health professionals in the primary health care setting. Focusing on a range of culturally appropriate strategies, the ALM will guide GPs on how to initiate dialogue and improve the ability of Aboriginal and Torres Strait Islander male patients to disclose sexual and reproductive health concerns.

Andrology Australia acknowledges the pledge by the Men of Malvern ([menofmalvern.com.au](http://menofmalvern.com.au)) to fund the current scholarship for a PhD student to investigate health service access for Aboriginal and Torres Strait Islander males. This is the second such scholarship in Indigenous health provided through Andrology Australia to support PhD students conducting research into male reproductive health.

# Partnerships & collaborations

Andrology Australia enters into strategic collaborations to extend its reach and to build on complementary work being done elsewhere. This approach avoids duplication of effort and ensures that the best quality information is made available to health professionals and the public. Such agreements also improve knowledge sharing and build capacity for the improvement of men's health in Australia.

[Collaborations have been formalised through working agreements with the following agencies >](#)

## Australian Fertility Medicine Foundation

Andrology Australia is working in partnership with the Australian Fertility Medicine Foundation (AFMF) to plan a new research study aimed at finding out more about the fertility knowledge and health literacy of young Australian men (18–40 years), and how they seek help for fertility issues.

## Australian Men's Sheds Association

Andrology Australia has formalised an agreement with the Australian Men's Sheds Association (AMSA) to work collaboratively to promote the health and wellbeing of men across the country. Andrology Australia will continue working with AMSA to identify future collaborative projects.

## Australian Primary Health Care Nurses Association

Andrology Australia participates in an expert working group to develop a family planning education program for practice nurses.

## Cancer Australia

Andrology Australia continues to work with Cancer Australia to develop endorsed minimum data sets (the minimum set of data elements agreed for mandatory collection and reporting at a national level) for prostate cancer and testicular cancer. In 2015 the focus of attention was the pilot testing of a minimum data set for diagnosis and treatment of testicular cancer.

## Cancer Council Australia and Prostate Cancer Foundation of Australia

Andrology Australia was a member of the working group, led by Cancer Council Australia and Prostate Cancer Foundation of Australia, to develop clinical practice guidelines on PSA testing and early management of test-detected prostate cancer.

## Fertility Coalition

The Your Fertility Project is a collaboration between Andrology Australia, the Victorian Assisted Reproductive Treatment Authority (VARTA), Jean Hailes for Women's Health, and the Robinson Institute (University of Adelaide) that develops and maintains a national public education campaign to raise awareness of the prevention and treatment of involuntary infertility.

## James Cook University

Andrology Australia has an agreement with the James Cook University to administer the studies of the PhD candidate supported by the Andrology Australia scholarship for an Indigenous researcher to focus on Aboriginal and Torres Strait Islander male health research.

## Movember Foundation

Andrology Australia is a member of the collaborative A Survivorship Action Partnership (ASAP) to improve outcomes of men diagnosed with prostate cancer.

## Content partnerships

Andrology Australia is the content partner for 13 health topics on the popular Better Health Channel (Vic.) website. Andrology Australia also continues to disseminate evidence-based material from other agencies, including Hormones and Me: Klinefelter Syndrome (produced by Serono Symposia International with the Australian Paediatric Endocrinology Group), Sex After Treatment (produced by Cancer Council Queensland), and Boys and Puberty (produced by the Government of Western Australia Department of Health). Andrology Australia also promotes selected titles published by the Prostate Cancer Foundation of Australia, beyondblue, and the Cancer Council.



## "In-house" collaborations

Andrology Australia's administrative centre is located within Monash University's School of Public Health and Preventive Medicine (SPHPM), which opens up the possibility for "in-house" research collaborations. One such collaboration in 2015 was the project, headed by Associate Professor Dragan Ilic, to examine the options for support for men to make informed choices about prostate cancer screening.

Current evidence-based guidelines recommend that men interested in getting screened for prostate cancer discuss the benefits and risks of screening with their health professional before making an informed decision on the matter.

Andrology Australia is working with researchers in the School of Public Health and Preventive Medicine (SPHPM), Monash University to examine what role practice nurses (PNs) could play in educating men about the benefits and risks of screening for prostate cancer. A series of focus group interviews was held with GPs, practice nurses, and men about their attitudes on how PNs could contribute to educating men about prostate cancer screening.

Results from the study demonstrated a favourable attitude towards this initiative – with the suggestion that men interested in screening discuss their options with a PN before seeing a GP for a final decision. A manuscript is currently being prepared for publication.



# About Andrology Australia

## Mission statement

Andrology Australia (The Australian Centre of Excellence in Male Reproductive Health) will undertake a program of activities that will enhance the reproductive health of males through community and professional education programs and building the evidence-base and research capacity in male reproductive health.

## Goals

*Andrology Australia will undertake those measures that will enhance the reproductive health of males by:*

- > Building the evidence-base on preventive health, health promotion and education needs in male reproductive health and associated conditions;
- > Providing evidence-based health information and best practice guidelines on male reproductive health disorders to the public and professional communities through knowledge translation and transfer activities targeted to a range of settings;
- > Enhancing current and future workforce capacity in male reproductive health through the development and dissemination of education and training programs for health professionals; and
- > Developing collaborations and partnerships to maximise the use of financial resources to support the above objectives.

## Priority areas

*The targeted areas of male reproductive health currently include:*

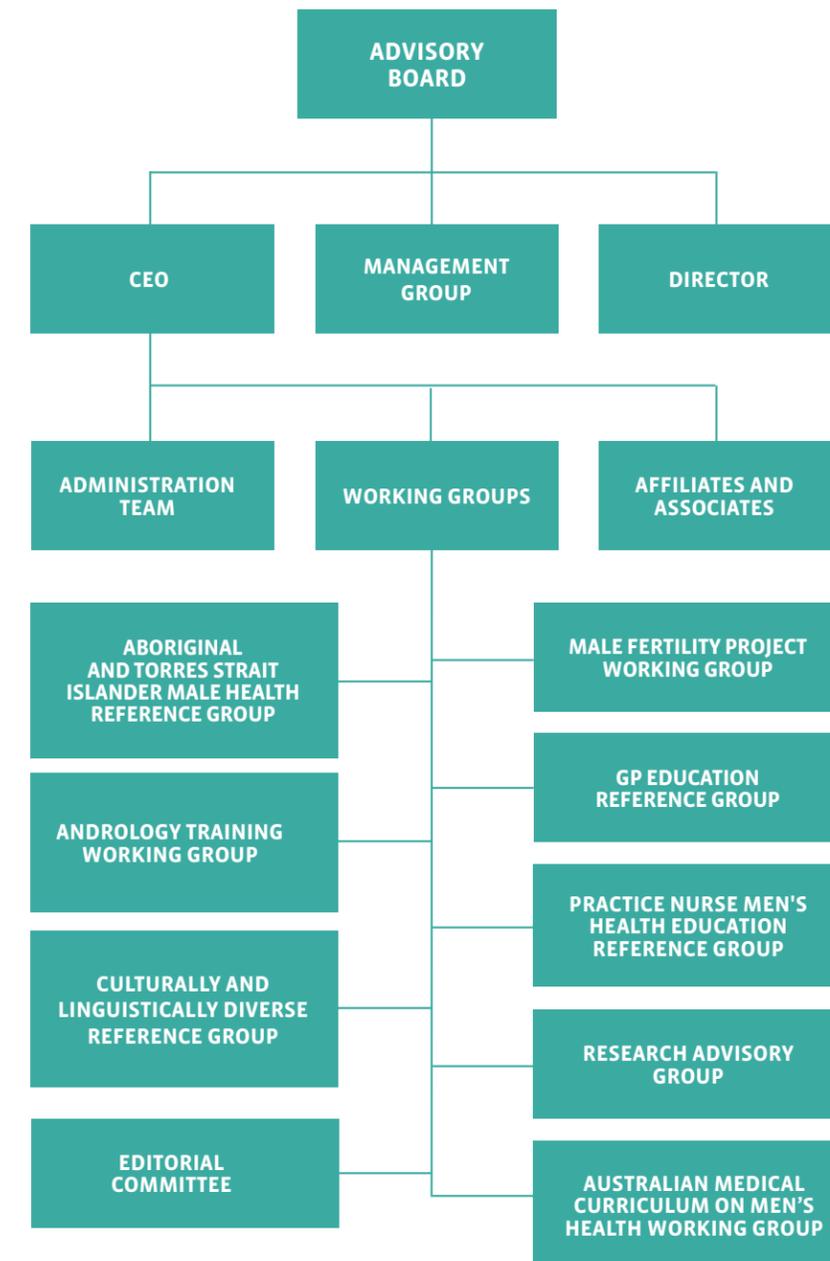
- > Sexual dysfunction including erectile dysfunction
- > Androgen use and abuse
- > Male infertility
- > Prostate disease including prostate cancer
- > Testicular disorders including testicular cancer

Andrology Australia (The Australian Centre of Excellence in Male Reproductive Health) is funded by the Australian Government Department of Health and is administered by the School of Public Health and Preventive Medicine at Monash University.

Andrology Australia was established in 2000 at the Monash Institute of Medical Research, with funding from the Australian Government.

The Andrology Australia program is a unique centre that operates nationally and brings together health and education experts from across Australia to develop collaborative strategies to raise the awareness of male reproductive health disorders and their associations with chronic disease.

## ORGANISATIONAL STRUCTURE



# Advisory Board



**Professor RA 'Frank' Gardiner AM (Qld) 2005-**

Robert Alexander 'Frank' Gardiner is an academic urologist, School of Medicine, The University of Queensland. He is based at the UQ Centre for Clinical Research at the Royal Brisbane and Women's Hospital where he is a Consultant Urologist. He is also an adjunct Professor at Edith Cowan University, Western Australia.

**Professor David Handelsman (NSW) 2000-**

David is Foundation Director of the ANZAC Research Institute and Department of Andrology at Concord Hospital. He is Australia's first Professor of Andrology (University of Sydney) and has long had interest in all aspects of male reproductive health, medicine and biology.



**Associate Professor Doug Lording (Vic.) 2000-**

Doug is an endocrinologist and andrologist in private practice at Cabrini Hospital, Melbourne. Doug has a 35-year interest in sexual medicine and testosterone use in men, and is a national expert in erectile dysfunction.

**David Parkin OAM (Vic.) 2013-**

David is a former Australian Rules footballer, a premiership captain, and four-time premiership coach, educator, media commentator, consultant and author. He retains his position as an Adjunct Professor at Deakin University, in the School of Exercise and Nutritional Science.



**Dr Ray Warner (Qld) 2013-**

As a GP, Ray has worked as a locum in rural and remote regions of Western Australia, Tasmania and Queensland, and as medical officer to the Australia Indigenous Doctors' Association. He is currently enrolled in the Fellowship Chapter of Addiction Medicine (FACHM) attached to the Hunter New England Lower Health District in Newcastle. Ray is proud of his family background in the Awabakal and Kamilaroi Nations of Lake Macquarie NSW and Mungundi Queensland.

**Dr Alan Wright (WA) 2000-**

With a significant interest in GP education in the area of men's health, Alan has worked in general practice in Western Australia since 1983. He is currently Chief Medical Officer of the PerthGP group.



**Mr Geoff Walsh AO (Vic.) 2008-**

Geoff is a government relations and communications advisor. After a career spanning politics, government and the media he was Director of Public Affairs at BHP Billiton and a Special Advisor to the CEO of BHP Billiton. He was also National Secretary of the Australian Labor Party (2000-2003) and a senior advisor to Australian Prime Ministers Bob Hawke and Paul Keating, and to Victorian Premiers Steve Bracks and John Brumby.



**Mr David Crawford AO, Chairman (Vic.) 2013-**

David is a former Partner and National Chairman of KPMG and is the current Chairman of Lend Lease Corporation Limited, Chairman of South32 and Chairman of Australian Airports Corporation Limited.

His past roles include a Director of BHP Billiton Limited, Chairman of Foster's Group Limited, Chairman of National Foods Limited, Chairman of The Australian Ballet and Director of Westpac Banking Corporation.



**Professor Alexandra Barratt (NSW) 2013-**

Alexandra is a Professor of Public Health in the School of Public Health, University of Sydney. She has led research projects in breast and prostate cancer screening over the last 20 years.



**Professor David de Kretser AC (Vic.) 2011-**

David was instrumental in establishing Andrology Australia, serving as inaugural Director from 1999 to 2006. He returned to Monash University after his term as the 28th Governor of Victoria, a position he held until April 2011. He continues to serve on the Advisory Board and Management Group of Andrology Australia.

# MANAGEMENT GROUP



## Professor Robert I McLachlan (Director)

Rob has been at Andrology Australia since 2000 and its Director since 2006. He is an NHMRC Principal Research Fellow at the Hudson Institute of Medical Research and is Deputy Director of Endocrinology at the Monash Medical Centre. He specialises in male reproductive medicine and has made significant contributions to research in endocrinology, infertility and andrology.

## Dr Carol Holden (CEO)

Carol joined Andrology Australia at its inception in 2000 and has more than 20 years' experience in male reproductive health education and research.



## Professor David de Kretser AC (Vic.)

David was instrumental in establishing Andrology Australia, serving as inaugural Director from 1999 to 2006. He returned to Monash University after his term as the 28th Governor of Victoria, a position he held until April 2011. He continues to serve on the Advisory Board and Management Group of Andrology Australia.

## Associate Professor Doug Lording (Vic.)

Doug is an endocrinologist and andrologist in private practice at Cabrini Hospital, Melbourne. Doug has a 35-year interest in sexual medicine and testosterone use in men, and is a national expert in erectile dysfunction.



## Professor Gail P Risbridger (Vic.)

Gail is Deputy Dean, Special Projects, Faculty of Medicine Nursing & Health Sciences, Research Director, Monash Partners Comprehensive Cancer Consortium (MpCCC) and Head, Prostate Cancer Research Program in the Department of Anatomy and Developmental Biology & Biomedical Discovery Institute, Monash University.

## Associate Professor Peter Royce (Vic.)

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



## Associate Professor Ben Smith (Vic.)

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



## ANDROLOGY TRAINING WORKING GROUP

Professor Rob McLachlan (Chair), Andrology Australia  
 Professor David Handelsman, ANZAC Research Institute and University of Sydney, NSW  
 Dr Sanjeev Bandi, Urologist, Qld.  
 Professor Mark Frydenberg, Monash Medical Centre and Monash University, Vic.  
 Mr Greg Malone, Urologist, Qld.  
 Professor Peter Illingworth, IVF Australia, NSW  
 Mr Darren Katz, Urologist, Vic.  
 Dr Veena Jayadev, Concord Hospital, NSW  
 Dr Carol Holden, Andrology Australia

## CULTURALLY AND LINGUISTICALLY DIVERSE REFERENCE GROUP

Peter Todaro (Chair), NSW Multicultural Health Communication Service, NSW  
 Zhihong Gu, Ethnic Communities Council of Queensland (ECCQ), Qld  
 Dr Carol Holden, Andrology Australia  
 Associate Professor Sundram Sivamalai, Federation of Ethnic Communities Councils of Australia, Vic.

## MALE FERTILITY PROJECT WORKING GROUP

Professor Rob McLachlan (Chair), Andrology Australia  
 Dr Karin Hammarberg, Monash University, Vic.  
 Dr Carol Holden, Andrology Australia  
 Dr Andrea Johannessen, Australian Fertility Medicine Foundation, NSW  
 Emeritus Prof Marian Pitts, La Trobe University, Vic.  
 Associate Professor Ben Smith, Monash University, Vic.  
 Dr Kate Taylor, Melbourne University, Vic.



## ADMINISTRATIVE STAFF

Dr Carol Holden, CEO [to September 2015]  
 Associate Professor Carolyn Allan, Medical Advisor  
 Chris Anderson, Senior Project Officer  
 Chesley Campbell-Juresko, Administrative Assistant  
 Dr Veronica Collins, Scientific Writer  
 Trevor Gosbell, PR & Communications Manager  
 Taletha Rizio, Education Liaison Officer  
 Liz Rowell, Executive Assistant  
 Wendy Thomas, Education Liaison Officer  
 Kate Young, Scientific Reviewer

## ANDROLOGY AUSTRALIA AFFILIATES AND ASSOCIATES

Andrology Australia would like to acknowledge and thank all affiliates and associates in 2015, including those listed elsewhere in this Report, for their contributions to the program, acting as educational facilitators at professional workshops, speaking at community events, reviewing drafted education material and/or acting as general advisors on relevant topics of men's health information:

Professor John Aitken, Newcastle University, NSW  
 Dr Emma Beardsley, Frankston Hospital and Monash Cancer Centre, Vic.  
 Dr Andrew Beveridge, Ord Valley Aboriginal Services, WA  
 Dr Gideon Blecher, Alfred Health and Western Health, Vic.  
 Professor Suzanne Chambers, Griffith University, Qld.  
 Associate Professor Eric Chung, AndroUrology and Princess Alexandra Hospital, Qld.  
 Professor Judith Clements, QUT, Qld.  
 Associate Professor Ann Conway, Concord Repatriation General Hospital, NSW  
 Professor Peter Ebeling, Monash University, Vic.  
 Dr David Elder, Southern Specialist Centre, SA  
 Dr Michael Gillman, General Practitioner, Qld.  
 Dr Mathis Grossman, Austin Health, Vic.  
 Professor John Hutson AO, University of Melbourne, Vic.  
 Associate Professor Dragan Ilic, Monash University, Vic.  
 Dr Phillip Katelaris, Prostate Cancer Rehabilitation Centre, NSW  
 Mr Adam Landau, Eastern Health, Vic.  
 Associate Professor Dr Peter Liu, Woolcock Institute of Medical Research, NSW  
 Professor Marita McCabe, Deakin University, Vic.  
 Mr Brett McCann, Impotence Australia, NSW  
 Emeritus Professor Brian Morris, University of Sydney, NSW  
 Dr Anthony Morrow, Consultant Endocrinologist, NSW  
 Professor Moira O'Bryan, Monash University, Vic.  
 Emeritus Professor Doreen Rosenthal, University of Melbourne, Vic.  
 Dr Ie-Wen Sim, Monash IVF and University of Melbourne, Vic.  
 Professor Rodney Sinclair, Epworth Healthcare and University of Melbourne, Vic.  
 Associate Professor James Smith, Charles Sturt University, NT  
 Mr Graeme Southwick, OAM, Melbourne Institute of Plastic Surgery and Hudson Institute of Medical Research, Vic.  
 Dr Kate Taylor, University of Melbourne, Vic.  
 Associate Professor Sanjiva Wijesinha, Monash University, Vic.  
 Dr Addie Wootten, Royal Melbourne Hospital, Vic.



## Conference presentations: 2015

### Invited Speaker

Holden, C.  
**Andrology Australia: What every man (and woman) needs to know.**  
Monash University Finance Department Seminar, Clayton, Victoria  
June 2015.

McLachlan R.  
**Endocrinology impacting society: Andrology Australia: What every man (and health professional) needs to know.**  
The Annual Endocrine Society of Australia Seminar 2015, Sydney, NSW  
May 2015.

### Other conference presentations

Anderson CJ, Holden CA, Collins VR, McLachlan RI, on behalf of the Andrology Australia Medical Curriculum Working Group.  
**Formative evaluation of an undergraduate medical curriculum framework designed to better prepare doctors for men's health practice.**  
Primary Health Care Research Conference, Adelaide, SA, July 2015.

Collins VR, Holden CA, Anderson CJ, McLachlan RI, on behalf of the Andrology Australia Medical Curriculum Working Group:  
**Formative evaluation of an undergraduate medical curriculum framework designed to better prepare doctors for men's health practice.**  
Population Health Congress, Hobart, Tasmania, September 2015.

Collins VR, Holden CA, McLachlan RI, on behalf of the Andrology Australia Prostate Cancer Advisory Group.  
**PSA testing for prostate cancer - a case study of the muddied waters surrounding screening policy.**  
Population Health Congress, Hobart, Tasmania, September 2015.

Collins V, Holden C, McLachlan R.  
**PSA Testing for Prostate Cancer - A Case Study of the Muddied Waters Surrounding Screening Policy.**  
Alfred Research Week Poster display. The Alfred Hospital, Melbourne, October 2015.

Hammarberg K, Holden CA, Young K, McLachlan RI, on behalf of the Andrology Australia Male Fertility Project Working Group.  
**Male fertility knowledge and help-seeking behaviour.**  
Population Health Congress, Hobart, Tasmania, September 2015.

Hammarberg K, Zosel R, Comoy C, Deeks M, Holden C, Robertson S, Johnson L.  
**Fertility-related knowledge and information-seeking behaviour among people of reproductive age: a qualitative study.**  
Fertility Society of Australia, Canberra, ACT, September 2015.

Hammarberg K, Holden C, McLachlan R.  
**Men's fertility-related knowledge, attitudes and experiences - An explorative qualitative investigation.**  
Fertility Society of Australia, Canberra, ACT, September 2015.

Hammarberg K, Holden C, Young K, McLachlan R.  
**Male fertility-related knowledge, attitudes and help-seeking behaviour.**  
Fertility Society of Australia, Canberra, ACT, September 2015.

Holden CA, Young K.  
**Health service access by men: connecting research to policy.**  
Primary Health Care Research Conference, Adelaide, SA, July 2015.

Holden CA, Young K.  
**Health service access by men: connecting research to policy.**  
Population Health Congress, Hobart, Tasmania, September 2015.

Thomas WJ, Holden CA, Rizio T, on behalf of the Andrology Australia Practice Nurse Reference Group.  
**Men's Health Training for Rural Primary Health Care Nurses.**  
13th National Rural Health Conference, Darwin NT, May 2015.

### Community Presentations and Booths

Where possible, Andrology Australia arranges speakers and trade booths at community events to help promote the men's health message at a local level.

McLachlan R. Testosterone in the Ageing Male.  
Men's Health @ The G. Melbourne, VIC, March 2015

Allan C. Men's health: What every man needs to know.  
Men's Health Week seminar. Monash University, Clayton Vic., June 2015

Katz D. Erectile Dysfunction and Penis Problems.  
Men's Shed Cluster Meeting, Sunshine, Vic., October 2015.

### Professional Education Seminars and Workshops

Andrology Australia provides experts in specific areas of men's health to speak at seminars and workshops to GPs, Practice Nurses and allied health professionals to facilitate their learning.

Seminar for Doctors' Certificate Course in Sexual and Reproductive Health, Family Planning Victoria (G. Broomhall. Men's Sexual Health, August 2015).

HealthEd:  
General Practice Education Day, Sydney, NSW (R. McLachlan. The testosterone debate, August 2015).

HealthEd:  
General Practice Education Day, Melbourne, Vic. (R. McLachlan. The testosterone debate, October 2015).

HealthEd:  
General Practice Education Day, Adelaide, SA (R. McLachlan. The testosterone debate, October 2015).

HealthEd:  
General Practice Education Day, Brisbane, Qld (R. McLachlan. The testosterone debate, October 2015).

HealthEd:  
General Practice Education Day, Perth, WA (R. McLachlan. The testosterone debate, November 2015).

### Symposium support and conference exhibitions

Andrology Australia provides symposium support and arranges exhibition booths at a range of professional meetings and conferences to further raise the awareness of Andrology Australia in the professional sector.

National Rural Health Alliance.  
13th National Rural Health Conference, Darwin, NT (May 2015).

Australian Men's Shed Association (AMSA).  
6th National Conference, Newcastle, NSW (October 2015)

HealthEd:  
General Practice Education Day, Melbourne, Vic. (October 2015)

HealthEd:  
General Practice Education Day, Adelaide, SA (October 2015)

HealthEd:  
General Practice Education Day, Brisbane, Qld (October 2015)



## GIFT GIVING

*Helping make  
ideas reality*

### Gift giving

With an ongoing need to maintain and expand our activities, Andrology Australia is very grateful for all individuals, families, community groups, companies, and other organisations who support us by arranging donations and fundraising efforts.

Future initiatives that will be supported by donations include: redevelopment of the Andrology Australia Education Kit, professional scholarships to support andrology training for specialists, and the development of men's health awareness campaigns.

### Individuals and families

Donations are received from individuals and families; sometimes these are made out of personal interest, or in memoriam for a loved one, or simply in appreciation of our newsletter or our information resources.

### Network Ten: A dose of 'reality'

We received an exciting donation in 2015 from Network Ten, following the appearance of Merv Hughes on the reality TV show *I'm a Celebrity...Get Me Out Of Here!* The retired Test cricketer and former Andrology Australia Ambassador kindly offered prize money from his participation in the show as a donation to Andrology Australia.

We were delighted to have been nominated as one of Merv's beneficiary charities. Merv has long been a strong advocate for men's health, and we thank him for this generous gesture.

### Monash University: Stepping up to the challenge

Twice a year Monash University holds its Global Walk/Run to raise awareness of men's health issues. This year, more than 600 Monash staff and students walked or ran their way across all Monash campuses and sites to support men's health and the work of Andrology Australia.

The event is organised by Wellbeing at Monash together with Team Monash and Monash Sport and encourages staff and students to come out in their lunch break to take a step toward better health, as well as inviting donations to Andrology Australia.

### Darwin Golf Club: Staying in the swing

Darwin Golf Club has become a strong supporter of men's health in recent years, and this continued in 2015, with the Club holding men's health awareness activities and raising funds for Andrology Australia.

## *You can help*

Andrology Australia relies on the support and goodwill of community groups, health professionals and individuals across the country to extend its reach and advance public awareness of men's health. Government funding provides support for Andrology Australia's core activities, but there is much more that needs to be done to achieve the aim of improving the health of all males and achieving equal health outcomes for population groups of males at risk of poor health.

*You can help in one or more of  
the following practical ways:*

### Order resources

Andrology Australia resources are provided free of charge to individuals and organisations within Australia. Pass them on to partners, friends, and family members. Display them in your waiting rooms, treatment rooms, workplace notice boards. [www.andrologyaustralia.org/order-resources](http://www.andrologyaustralia.org/order-resources)

### Subscribe

Stay informed about men's health issues with Andrology Australia's monthly e-bulletin *Male Briefs* and quarterly newsletter *The Healthy Male*. [www.andrologyaustralia.org/newsletter/](http://www.andrologyaustralia.org/newsletter/)

### Run an event

No experience is necessary, just enthusiasm for promoting men's health in your community. Andrology Australia's Men's Health Education Kit can guide you through the event planning process. [www.andrologyaustralia.org/mens-health-promotion/](http://www.andrologyaustralia.org/mens-health-promotion/)

### Donate

Your support is essential in continuing the important work of Andrology Australia and improving the health and wellbeing of all Australian men and their families, from helping to maintain the Andrology Australia resource information line to supporting a strong research program in male reproductive health by helping to sponsor PhD students. [www.andrologyaustralia.org/donate](http://www.andrologyaustralia.org/donate)

### Spread the word

Get a conversation going. Follow us on Twitter @AndrologyAust, like us on Facebook, and tell your friends and family about Andrology Australia's quality, evidence-based health information resources for Australian males. [www.andrologyaustralia.org/your-health/](http://www.andrologyaustralia.org/your-health/)





**ANDROLOGY AUSTRALIA**  
www.andrologyaustralia.org



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Andrology Australia (The Australian Centre of Excellence in Male Reproductive Health) is supported by funding from the Australian Government under the Health System Capacity Development fund, and is administered by Monash University.

