

From: Spanner in the Works? | Men's health research no-reply@malehealth.org.au
Subject: Working to connect everyday Australians and researchers for life changing research.
Date: 3 August 2021 at 10:01 am
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www.malehealth.org.au

August Research and Surveys e-news

Medical research helps improve and save lives. So, we're working to help connect everyday Australians and researchers for life changing research.

Not long ago we introduced you to **Step Up for Dementia Research**, an organisation looking to build a network of volunteers to assist with dementia research.

Step Up have been grateful for the promotion of their program, and especially to those who have signed up to be contacted for dementia research projects.

We're excited to announce our new partnership with **Join Us.**

Join Us is a simple online register that helps researchers prevent, treat and find cures for disease.

With these new partnerships, we will no longer send this quarterly newsletter. You will continue to receive our monthly eNews, which will include information and opportunities from Step Up and Join Us.

Please take time to read and consider participating in the research and survey projects in this final Research & Surveys newsletter.



**Adults with
Type 2 Diabetes**

**Participate
in a new
16-week online
program**

PARTICIPATION IS FREE

DETAILS: T2DietStudy.com.au/register

*This study has received Deakin University ethics approval (reference number: 2020-349)

Calling Men with **Type 2 Diabetes**

Join a New Web-Based Nutrition Program

If you're over 40 with type 2 diabetes, you're invited to join a new 16-week online program/ study, aimed to improve blood sugar levels and health.

It's all online so you can participate from the comfort of home or anywhere you are! There is no cost to participate.

Get all the details and join at: T2DietStudy.com.au/register

Please get involved in this important new research. Help us, help you, and others with type 2 diabetes in the community. We can't do it without you, plus you get to enjoy the benefits too.

Any questions, contact Jedha Dening. E: deningje@deakin.edu.au

P.S. Know someone else with type 2 diabetes? Please pass on the details.



Creative Ageing Survey

Why is the research being done?

The aim of this research is to examine whether older adults' level of engagement in creative and physical activities impacts their level of cognitive and mental wellbeing.

Who can participate in the research?

We are seeking men and women aged older than 60 years who do not have a major mental health diagnosis or severe hearing impairment and are fluent in English.

What do you need to do to participate?

If you have any questions or would like to participate, please contact one of the researchers via email or phone and they will send you the information statement:

creative-ageing@newcastle.edu.au | (02) 4921 7161

Dr Michelle Kelly

Michelle.Kelly@newcastle.edu.au

(02) 4921 6838



Research + community = results

Australia has world class health and medical researchers who have been responsible for many life changing breakthroughs that have benefitted the Australian and international community.

But the ability to conduct this research in Australia depends on being able to recruit enough people into studies which can

 to save lives and improve the health of all Australians



joinus.org.au

take many months and sometimes hundreds of thousands of dollars to do. Many studies fall over at this hurdle because they just don't get enough people to participate.

That's why **The George Institute** (an Australian medical research institute) in partnership with the University of New South Wales has launched a register called Join Us, which aims to recruit a million Australians who agree to be contacted if there is a study that might be appropriate for them.

To register or find out more visit www.joinus.org.au.






Step Up for Dementia research

Dementia is the second leading cause of death in Australia. Almost everyone knows someone who has been diagnosed with, or has cared for someone with, the disease.

Being able to help people living with dementia to have a better quality of life, being able to diagnose the disease earlier, and the search for ways to prevent dementia all depend on research. There are many ways you can contribute, from participating in clinical trials to serving a healthy control or through citizen science.

Sign up today at

stepupfordementiaresearch.org.au/SignUp



Spanner in the Works?
Check your symptoms

healthdirect

Feeling unwell and not sure if you need a doctor? The *Health Direct Symptom Checker Tool* can help you decide what to do next.

Get started with the Symptom Checker.



**SPANNER
IN THE WORKS?**

*A men's health initiative by the
Australian Men's Shed Association and Healthy Male*



GET IN TOUCH info@malehealth.org.au

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