RESEARCH IMPACT

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STOOL TRANSPLANTS TO COMBAT GUT HEALTH

RESEARCH HOPE FOR NEW BREAST CANCER TREATMENT

STROKE RESEARCH SAVES A LIFE - THREE TIMES!

Your New Lifesaving Researchers!
With your ongoing support, world-class research based in South Australian hospitals is set to save lives!

We are so proud to announce the three successful recipients of our inaugural Translational Grant Round at the Royal Adelaide Hospital (RAH).

The three projects in the vital areas of diabetes, cardiology and intensive care display a high community impact with the likelihood of translating into a therapy or improved care for patients within three years. They will save lives.

This funding was only made possible thanks to our dedicated supporters and ticket buyers in the Hospital Research Home Lottery. Thank you.

Read about the lifesaving projects below!

**DO ARTIFICIAL SWEETENERS CONTRIBUTE TO TYPE 2 DIABETES?**

Professor Christopher Rayner and Associate Professors Richard Young and Geraint Rogers will pursue new research to determine if artificial sweeteners contribute to, rather than alleviate type 2 diabetes. It is widely assumed that replacing sugar with artificial sweeteners reduces the risk of diabetes, however the research team has proved that diets high in sweeteners increase a healthy person’s risk of developing type 2 diabetes.

Whilst type 2 diabetes is a modern epidemic, effective control of blood glucose can reduce its incidence and progression. As type 2 diabetes sufferers are high consumers of artificial sweeteners, this study will prove for the first time whether sweeteners are impairing blood glucose control in type 2 diabetes patients, rather than improving it as has always been believed.

“Our study findings will drive public health policy on artificial sweetener consumption to reduce the global incidence and burden of type 2 diabetes. In the long-term, 5-10 years, our findings will have high potential to lead to the development of new anti-diabetic medications that target the mechanisms we are investigating,” Prof Rayner said.

Pictured above: Professor Christopher Rayner (left) and Associate Professor Richard Young (right) hope to improve outcomes for type 2 diabetes sufferers.
GAME-CHANGING NEW TREATMENT FOR ATRIAL FIBRILLATION

Professor Prashanthan Sanders, Dr Jeroen Hendriks and Dr Dennis Lau will be developing a specialised, multi-disciplinary clinic for Atrial Fibrillation (AF), a prevalent heart arrhythmia. There is currently no standard of care when a patient presents to hospital with AF meaning the way they are treated continues to be varied. This often results in poor outcomes for patients in the form of under treatment, recurrent hospital visits and greater complications.

Atrial fibrillation (AF) is a condition affecting the heart, making it beat out of rhythm. It was estimated in 2010 that AF affected 33.5 million patients worldwide and is on the rise. In fact, a third of strokes occur because of underlying AF.

This grant will see the team develop and implement a specialised and multi-disciplinary clinic at the RAH that has an integrated care (i-CARE) approach for the management of AF. The i-CARE clinic will combine the important care components for AF and ensure collaboration between specialists, nurses and allied professionals all while maintaining a patient-centred approach to treatment.

“We believe our clinic, enabled by this new grant, will reduce hospitalisation and mortality in patients with AF,” Prof Sanders said.

Pictured above: Professor Prashanthan Sanders (left) and Dr Jeroen Hendriks (right) say this new clinic will save lives from Atrial Fibrillation.

THE LIFESAVING EFFECT OF PROTEIN DOSE IN CRITICALLY ILL PATIENTS

Whilst recent improvements in the clinical care Intensive Care Unit (ICU) patients receive has increased survival rates, this has created new challenges due to the acute and rapid muscle wasting these patients experience.

The delivery of protein to these critically ill patients has the potential to reduce the significant muscle wasting associated with an ICU stay, however there is little evidence to help clinicians determine how much protein is appropriate to provide patients. With this new grant Professor Marianne Chapman, Dr Adam Deane and Dr Paul Young will be kick-starting a randomised controlled trial of differing protein doses to determine the ideal amount to reduce early muscle loss during critical illness and improve patients’ quality of life when they return home.

“Patients often leave the ICU having lost a significant amount of weight and in particular muscle. This research is trying to stop that muscle and weight loss so patients can get on their feet again quicker,” Prof Chapman said.

Pictured above: Professor Marianne Chapman (right) with dietitian Lee-anne Chapple (left) who is helping determine the right amount of protein to provide patients to reduce muscle loss after an ICU stay.
In December last year we said a fond farewell and thank you to Ms Melinda O’Leary, our Chair of three years. As a member of The Hospital Research Foundation (THRF) Board for the last seven years, Ms O’Leary has been a passionate and dedicated leader, making an invaluable addition to the Board and bringing a wealth of insight and experience to her role.

Ms O’Leary’s contribution has been extensive, leading the organisation through an incredible period of growth and she’ll be sorely missed.

We’re thrilled to announce existing Board Member Dr Stephen Rodda, Chief Executive of UniSA Ventures Pty Ltd has been appointed our new Chair.

"Having served on THRF’s Board for four years I feel immensely proud of the researchers we support and the outcomes they achieve. But this is only possible because of you; the donors and ticket buyers in our lottery who are integral to our success," Dr Rodda said.

"In 2018, we anticipate a year that will deliver even more hope and impact to the lives of South Australians through our ongoing support of research projects and patient care advancements that are truly lifesaving."

We’re very excited to welcome Dr Rodda to his new position and look forward to working together to continue to expand our support to vital research and patient care initiatives in our South Australian hospitals.

Pictured above: Ms Melinda O’Leary and Dr Stephen Rodda.

THE HOSPITAL RESEARCH HOME LOTTERY IS BACK!

That’s right…you have another life-changing chance! Don’t miss out!

Our first Hospital Research Home Lottery of 2018 sold out in record time. Thanks to your amazing support, we can continue to fund research dedicated to saving lives and improving the care you and your family receive in hospital.

With so many South Australians missing out on the opportunity to buy tickets earlier in the year, we are delighted to announce the Hospital Research Home Lottery is back and bigger than ever before!

Your dream home is waiting for you! Don’t miss out!

The Malvern Grand Prize Home, with $1million in cash is the largest prize ever offered, worth over $3million – a truly life-changing moment for the lucky winner! With over 18,025 prizes and a 1 in 10 chance of winning a prize, this is an opportunity not to be missed.

In our first lottery of 2018, Antoinetta and her sisters Donna and Lucy had their lives changed forever when they walked away with this stunning Henley Beach Home and $1million cash!

This lottery also has an incredible 17 cars on offer, including our Bonus Draw featuring eight Audi Q3’s and the Early Bird Draw where you can win a Porsche 911 or $250,000 cash!

Get your tickets and support lifesaving medical research and patient care in our hospitals: homelottery.com.au
Professor John Beltrame from The Queen Elizabeth Hospital (TQEH) has received a NHMRC grant for his research into changing the way patients undergoing elective coronary stenting are treated in South Australia. He will be identifying the factors responsible for ongoing chest pain after elective stenting to ultimately improve patient outcomes and reduce the need for unnecessary surgery.

“Coronary stenting is a lifesaving procedure after an acute heart attack but when performed as an elective procedure in patients with chronic chest pain its benefits are less clear. The main purpose for the procedure is to reduce chest pain yet more than 40 per cent of patients continue to experience pain after,” Prof Beltrame said.

This vital research will enable cardiologists to predict which patients are most likely to benefit from elective stenting along with identify potential treatments for ongoing chest pain.

THRF recently provided $75,000 in funding to Associate Professor Natasha Harvey at the Centre for Cancer Biology (CCB) to support her research into halting the spread of common cancers and the condition of lymphoedema.

This funding ensured A/Prof Harvey and her team could continue their lifesaving research, enabling them to make crucial discoveries and achieve three highly competitive grants from NHMRC. A/Prof Harvey and her team’s goal is to better understand the growth and development of lymphatic vessels, commonly used as a ‘highway’ for cancer cells to spread through the body.

“Now having this national funding, we’ll be able to continue our work for the next four years and better understand how lymphatic vessels operate to help cancer spread and give rise to lymphoedema. We hope we can near closer to designing a therapeutic to treat lymphoedema but also find a way of blocking the spread of cancer through these vessels,” A/Prof Harvey said.
Thanks to our wonderful ambassador Jenni Eyles, THRF’s Under Our Roof project has received an amazing boost to continue providing a place of comfort and solace for country cancer patients and their families in Adelaide.

Last year Jenni was nominated as one of six influential Australian bloggers by Newman’s Own Foundation, the independent foundation created by the late actor and philanthropist Paul Newman. As part of this nomination, Jenni picked THRF as her charity of choice to receive a US$100,000 grant from Newman’s Own Foundation to ensure our Under Our Roof homes can continue to run for the next two years.

Having been booked out for 89 per cent of the 2016/17 year, the need for family style accommodation for country cancer patients in Adelaide only continues to grow and thanks to Jenni and Newman’s Own Foundation we can continue to meet this need.

Loving mother of five, 33-year-old Felicity Plew stayed in our Bendigo Bank home with her husband and children while receiving treatment for stage four glioblastoma, an aggressive and currently incurable brain cancer.

Living in a remote town out of Darwin called Nhulunbuy, Felicity was forced to fly to Adelaide to undergo lifesaving open brain surgery to remove the tumour and receive ongoing treatment.

“It was the middle of the night when I flew into Adelaide. My son Jesse, had to be born first at 33 weeks old and then I had to wait a couple of weeks until I was stable enough to have surgery to remove the tumour,” Felicity said.

After the surgery to remove the tumour, Felicity was told the surgeons were only able to remove 80 per cent without damaging her brain function.

“I was in hospital for seven weeks. During that time, Simon and our children were staying in a caravan park.”

Jenni with Felicity, Simon and little Jesse.

The Under Our Roof homes continue to be a home away from home for country cancer patients.

The caravan park was only the first of four different accommodations that Simon, Felicity and their children stayed in. Luckily, their fifth accommodation turned out to be Under Our Roof which provided a much-needed family-style sanctuary.

“We’re so grateful to have had the opportunity to stay in this wonderful home designed specifically with families in mind. It truly took away some of the stress in what has been such a difficult time for our family.”

If you would like to support Under Our Roof to ensure accommodation continues to be available to families like Felicity’s, please visit hospitalresearch.com.au.
We're thrilled to announce a new five year partnership with the Jodi Lee Foundation to help raise vital national awareness around bowel cancer.

The Jodi Lee Foundation was established in honour of Jodi Lee who sadly lost her battle with bowel cancer at the age of 41-years-old. The Foundation’s mission is to empower people to take active steps to prevent bowel cancer and live healthy lives. The passionate team spread this awareness through a number of national initiatives that encourage Australians to screen regularly, know their family history, act quickly on symptoms and maintain a healthy lifestyle.

THRF’s exciting new partnership will support the Jodi Lee Foundation in the development of new Education Toolkits for their national Workplace Prevention Program. This program is a vital and successful way of helping businesses to educate their employees about bowel cancer by providing them with simple screening tests to be completed in each individual’s own home. Additionally, THRF’s support through this partnership will help the Jodi Lee Foundation in furthering their awareness and reach to ensure all Australians are aware of bowel cancer to prevent the heartbreak the disease can sadly bring.

For over 50 years, THRF has been supporting renal transplant research and in the last 10 years has supported Prof Coates and his world-class team’s islet transplantation program which is also revolutionising treatment for type 1 diabetes.

THRF in partnership with our charitable affiliate Kidney, Transplant & Diabetes Research Australia is thrilled to direct $330,000 to ensure more pancreatic islet auto-transplants can take place at the RAH, saving the lives of people living with severe and hereditary pancreatitis.

Since 2015, thanks to support from THRF, five pancreatic islet auto-transplants have already been performed at the RAH, cementing it as the only hospital in Australia that offers this procedure. The procedure involves removing the diseased pancreas, then extracting the insulin-producing islet cells from the pancreas and re-infusing these back into the liver. This procedure treats the patient’s severe pancreatitis whilst also giving them back their islet cells to reduce their risk of developing diabetes.

Director of Kidney and Islet Transplantation at the RAH, Professor Toby Coates is grateful for the funding from THRF, which will ensure himself and his team can continue performing this lifesaving procedure.

“Without this funding the procedure would not go ahead in this country meaning people across Australia who suffer from hereditary pancreatitis would endure severe abdominal pain, which can lead to rare and painful cancer,” Prof Coates said.

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GETTING TO THE BOTTOM OF GUT HEALTH

Can you imagine a faecal transplant saving your life?

Enabled by THRF thanks to your support, Adelaide researchers have established the first public stool bank in Australia, designed to treat severe and chronic bowel conditions. Pioneering this life-changing work are Gastroenterologists based at The Queen Elizabeth Hospital, Dr Sam Costello and Dr Rob Bryant.

Dr Costello and Dr Bryant have discovered the benefits of using faecal transplants to treat two common bowel conditions, Clostridium Difficile infection and Ulcerative Colitis.

This revolutionary and somewhat unique treatment is now changing the lives of everyday people living with these debilitating diseases. People like young Stephanee Hermsen.

When Stephanee was 16-years-old she was diagnosed with kidney reflux, where urine travels up to the kidneys and damages them. With her kidney function only eight per cent, a kidney transplant was inevitable and Stephanee’s loving mother put up her hand.

It was after the transplant that Stephanee was diagnosed with Clostridium Difficile infection, a consequence of antibiotics and the anti-rejection medication she took after the transplant.

“All my gut flora (good bacteria) was destroyed, I was extremely sick and ended up back in hospital,” Stephanee said.

Stephanee was soon referred to see Dr Costello who restored her gut health with a revolutionary faecal transplant.

“The faecal transplant provides healthy gut microorganisms that can out compete the Clostridium Difficile infection in the bowel and rejuvenate the damaged gut ecosystem. In doing this it prevents Clostridium Difficile from causing infection,” Dr Costello said.

“Stephanee had tried many courses of traditional antibiotic therapy that had not been able to eradicate her infection and so a faecal transplant was the last remaining option for her.”

In December 2016 Stephanee underwent a stool transplant, becoming the first Australian patient to have both a kidney and faecal transplant. The transplant was successful and restored Stephanee’s normal bowel function.

“I was back to normal the day after my faecal transplant and had regained my energy. I’m so glad I had the operation and I hope this will work for others in a similar situation as myself – it’s been life-changing!”

THRF is thrilled to be working with Dr Costello to operate BiomeBank, the first ever public stool bank in Australia to treat severe bowel conditions. To donate either faecal or money (entirely up to you!) visit our website: hospitalresearch.com.au.
Triple negative breast cancer is the most heartbreaking form of breast cancer, with no current therapies available for the disease. Now thanks to researchers at the Basil Hetzel Institute for Translational Health Research, there is hope.

Patients with triple negative breast cancer are currently treated by chemotherapy but there is no guarantee of success – and unfortunately for patients that fail chemotherapy the survival rate remains only 12 months. Sadly, unlike the other breast cancer types, there are currently no targeted therapies for triple negative breast cancer in patients who fail chemotherapy.

PhD student Joseph (Joe) Wrin knows the heartbreaking impact breast cancer brings after losing his beloved wife Leanne to this devastating disease. Thanks to your support, The Hospital Research Foundation in partnership with charitable affiliate Australian Breast Cancer Research is funding Joe, working under the supervision of Associate Professor Wendy Ingman to investigate new possible treatment methods.

The duo’s research evolved from previous studies exploring how immune system cells called macrophages function during a woman’s menstrual cycle, which A/Prof Ingman explains can play a role in a woman’s breast cancer risk.

“We developed the idea that the immune system has different roles during times of a woman’s menstrual cycle and there may be a window of breast cancer risk that opens up at a particular stage of the cycle,” A/Prof Ingman said.

This research led to the discovery that a protein made by macrophages, called C1q, guides the immune system towards tolerance of breast cancer cells.

“We’ve discovered C1q is an important protein in helping cancer evade an immune system attack, allowing the cancer to progress,” A/Prof Ingman said.

“As triple negative breast cancer doesn’t have a targeted treatment, our approach is to develop an antibody that prevents the action of C1q that can be used together with radiotherapy or chemotherapy, to help break immune tolerance to the breast cancer.”

Being a research assistant for over 30 years and now undertaking his PhD with a focus on saving lives from breast cancer, Joe has become instrumental in this research.

“C1q promotes an immune tolerant environment in the breast during a woman’s menstrual cycle which unfortunately makes the breast vulnerable to cancer growth. I am hopeful my PhD can lead to a novel cancer treatment that will end the heartache women and their loved ones experience from breast cancer,” Joe explained.

If you would like to support lifesaving breast cancer research like this, please fill in the enclosed coupon and send to us in the reply paid envelope. Thank you for helping to save lives.
Our charitable affiliate the Centre for Creative Health continues to spread joy and create a calming and relaxed atmosphere for patients and their families at our hospitals. There are several initiatives underway that are helping to revolutionise patient care and ensure your stay at hospital is the most comfortable it can be.

CHILDREN ACTIVITY PACKS FOR EMERGENCY DEPARTMENT

Facilitated through the Centre for Creative Health, the loving ladies from Ashbrook Craft Group are putting together activity packs for children who may be in need of entertainment during a long stay in the Royal Adelaide Hospital Emergency Department.

The packs each contain a teddy bear, coloured pencils, colouring in books and a story book to keep children entertained for what could be anything from an hour to a day’s wait in the emergency department. Staff or volunteers in emergency are equipped with these packs and are able to hand them out at their discretion when a child appears in need.

ART IN PALLIATIVE CARE

Palliative Care Art Therapist Estelle Chapple is thrilled to welcome over 60 new art pieces to The Queen Elizabeth Hospital (TQEH) to create the hospital’s first Palliative Care Art Library.

Transported from the old Royal Adelaide Hospital, patients staying in the palliative care ward at TQEH now have the opportunity to choose an art piece they would like displayed in their room.

“Patients will be able to rotate the art in their room as they please. Our patients often spend many days and weeks on the ward as they access specialist care. As well as making the room more aesthetically pleasing to them personally, it will also offer an opportunity for staff and visitors to consider an aspect of the patient that they may not know or have considered beyond their medical illness,” Estelle said.

SOUNDS OF THE FLUTE SERENADING THE RAH

“In that moment when I’m playing the flute for patients, we are making music together even if they are only humming or singing along. It’s really nice.”

Ernastina Lippett and her flute wander around the RAH serenading patients and their families with a wide variety of music. By spreading music, Ernastina is helping to create a calming and relaxed atmosphere for both staff and patients.

Would you like to learn more about how you can support the Centre for Creative Health and brighten up your local hospital? Visit creativehealth.org.au or call (08) 7002 0877.
Fighting fit for all his life, 86-year-old Alan Cooper has suffered three strokes in the last four years, with the most recent one only a few short months ago.

“All three times, I couldn’t move, stand up or speak. It’s a terrible feeling,” Alan said.

“When I had my first stroke I had an electrician at my home doing some work, I was lying down in my bed and couldn’t get up. I knew he was about to leave so I fell off the bed and tried to get to the door, just managing to open it so he could call the ambulance.

“The second time I was preparing food in the kitchen for some friends who were coming over and I collapsed. I had to drag myself into the lounge room so I was within sight and my friends could see me. The last stroke a few short months ago I was gardening and luckily one of my family members found me.”

The good news is, Alan is here today thanks to world-class research making incredible advances in the treatment and care of stroke patients. This is why we’re so proud to introduce you to our newest charitable affiliate to join the THRF Group, Cure for Stroke Australia which is dedicated to funding vital research to improve treatments and find a cure for stroke for people like Alan.

On each occasion Alan was rushed to the Royal Adelaide Hospital (RAH) where he was immediately seen by the world-class stroke team, led by Head of Stroke Unit Associate Professor Tim Kleinig.

Whilst treated for all three strokes with thrombolysis, a procedure to dissolve the blood clot, during his last stroke in December 2017 Alan was also involved in a clinical trial testing an advanced clot busting drug. The most common form of stroke is caused by a clot blocking a vessel, but not all clots dissolve with the current approved medication. This trial is testing a newer medication which researchers hope will be more effective at unblocking arteries, while lessening the risk of bleeding into the brain (a rare but important side-effect of these treatments).

This is only one of many clinical trials the world-class stroke team have underway at the RAH’s Clinical Trial Centre, which we are so proud to support.

Now with the support of THRF and Cure for Stroke Australia, A/Prof Kleinig and his team are thrilled to continue their groundbreaking research in the hopes of saving more lives like Alan’s.

“Alan is a walking testament to modern stroke medicine and the power of research to improve patient treatments and outcomes,” A/Prof Kleinig said.

Whilst Alan has suffered permanent damage from his strokes, including losing function in his right hand that makes it difficult to write and damage to his vocal cord, he is incredible grateful to A/Prof Kleinig and the expert team for not only saving his life, but also giving him a quality of life.

“It’s quite miraculous how they treat strokes now. They told me in the hospital that a third of my brain was affected by my last stroke so if they hadn’t got to it quickly I would have been a vegetable,” Alan said.

“I consider myself very lucky.”

If you would like to learn more about lifesaving stroke research and how you can support Cure for Stroke Australia please visit cureforstrokeaustralia.com.au or call (08) 7002 0855.

Alan has survived three strokes thanks to innovative stroke research.
GO BEHIND THE SCENES OF RESEARCH

We’re delighted to be hosting tours of the Basil Hetzel Institute for Translational Health Research where lifesaving research and patient care initiatives are underway.

You’ll have the opportunity to meet talented researchers and have a private tour of the laboratory. This is your chance to see where the research you support comes to life!

To make a booking or find out more contact us on events@hospitalresearch.com.au or (08) 8244 1100.

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