

Priceless



**Clifford
Craig**
Medical
Research Trust

THE NEWS BULLETIN FOR SUPPORTERS OF THE CLIFFORD CRAIG MEDICAL RESEARCH TRUST

CCMRT Seeding Grants Contribute to Research Breakthroughs on the World Stage

Professor David Mackey, Ophthalmologist - Glaucoma Inheritance Study (GIST) and Twins Eye Study

In the same edition of one of the top ranked medical journals in the world (*Nature Genetics*) Professor David Mackey has had two papers published for research funded by the Clifford Craig Medical Research Trust.

The Glaucoma Inheritance Study Tasmania was funded by the Clifford Craig Medical Trust in 1996 for \$50,000 and the *Twins Eye Study* was funded in 2008 for \$90,000 with money raised through Ken Gourlay's *Around the World Solo Quest*.

Professor Mackey has since moved to Western Australia and the University of Western Australia recently released the following press release:

Ophthalmology Professor David Mackey of the Lions Eye Institute at the University of Western Australia achieved triple success as a genetics researcher over the weekend. Having a genetic discovery published in the prestigious journal *Nature Genetics* is a highlight of a genetic researcher's career but being a co-author on three papers published at the same time is very impressive.

The discoveries stem from over a decade of work with the *Glaucoma Inheritance Study in Tasmania (GIST)* and the *Twins Eye Study (TEST)*. Glaucoma is one of the leading causes of blindness in the world and Myopia is very common and in epidemic proportions in the cities of East Asia. Thus understanding the genetics of these two interrelated eye diseases is very important.

The new glaucoma gene *Caveolin* was identified by a team at DeCODE genetics in Iceland, an island famous for its volcanos and glaciers. Iceland is larger than Tasmania but has half the population. The DeCODE team approached Professor Mackey to collaborate as the *GIST* was one of the largest genetic studies of glaucoma in the world with over 1,700 people with glaucoma and their families enrolled over the last 16 years. With DNA from the *GIST* and the Australian Registry of Advanced Glaucoma as well as groups from Europe and Asia, the international consortium confirmed this as a major glaucoma gene. Through understanding the pathway of this gene we hope to be able to develop new treatments for glaucoma and be able to predict those at greater risk. We also used DNA from 1000 sets of twins seen in the *Twins Eye Study* to confirm which measurements that are affected with glaucoma were associated with the new genes.



Prof. David Mackey gives Ken Gourlay an eye test at the Launceston Eye Hospital

In a parallel study Twins Researchers in London and in Rotterdam identified new genes for Myopia and we used Australian twin data to confirm the association of these two new genes: GJD2 and RASGRF1 are both highly expressed in the retina suggesting that this is where Myopia originates. This will open new areas of research and treatment for short sightedness, which is reaching epidemic proportions in the cities of East Asia. Further studies on other large populations will help clarify further genes implicated in the original studies.

These results are a fantastic example of how the generosity of donors from our community can have a significant impact on research being conducted on a global scale. With relatively small seeding grants uniquely funded by the Clifford Craig Medical Trust we can all feel proud of the contribution made to the enormous puzzle that is medical research.

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Research Grants Announced

The Chairman of the Clifford Craig Medical Research Trust, Assoc. Prof. Don McTaggart, recently announced the successful applicants to receive medical research funding grants in 2011. The total value of the funding in the latest grant round is nearly \$250,000 and contains seven new projects to be conducted by researchers in Northern Tasmania.

In announcing the latest grant funding by the Trust, Assoc. Prof. McTaggart acknowledged the impact of disease and chronic illness on the lives of Tasmanians and emphasised the importance of clinical research being conducted locally in Northern Tasmania and supported by the Trust.

Assoc. Prof. McTaggart acknowledged and thanked the Trust's supporters and donors for their contribution towards funding the latest round of research. "The Clifford Craig Medical Research Trust has built a strong reputation within this community to encourage medical research, especially research which is conducted by our local hospitals, clinical schools and university researchers across the north of the State", he said.

The projects to receive funding in 2011 are;

The potential role of Human Papilloma Virus in Barrett's Oesophagus and the development of dysplasia.

Assoc. Prof. Shan Rajendra \$70,000

This is an extension of a previously funded project to investigate the possible role of human papilloma virus (HPV) in the etiology and progression of Barrett's oesophagus to oesophageal adenocarcinoma. A team of multi-disciplinary researchers have been working on this project for 18 months (project funded for \$39,000 in 2009 round) and have discovered some interesting results whereby they will undertake further sampling and analysis to confirm the present findings and to extend the project with additional morphological examination, repeat biopsy in selected patients and further molecular analysis. Further results from this application, if successful, will facilitate a larger multi-centre study.

Thinking outside the (Iron) box – the vegetarian challenge

Iron is needed by the body to form the part of red blood cells that carries oxygen around the body.

A lack of iron in the diet can lead to iron deficiency which can cause symptoms such as tiredness and fatigue initially, then weakness, increased sensitivity to cold and palpitations if not addressed and iron deficiency anaemia develops.

Recommended daily iron intake	
Women aged 19-50 years	18mg
Women aged over 50 years	8mg
Men	8mg

Whilst iron is found in both animal and plant foods, animal foods tend to be richer in iron and the form of iron is more easily absorbed than the iron found in plant foods. This can make obtaining enough iron difficult when following a vegetarian eating pattern.

Iron Content in Common Foods		
Food	Serve	Iron (mg)
Beef	100g	4.0
Eggs	2 eggs	2.0
Wholemeal bread	2 slices	1.4
Breakfast cereals (with added iron)	1 cup	Varies from 3-10mg. Need to read the label
Oats	1 cup cooked	1.3
Chickpeas/Lentils/Kidney beans	100g cooked	2.0
Tofu	100g	1.2
Dried apricots	50g	1.6
Nuts	2 Tablespoons	0.6
Broccoli	100g steamed	1.0
Peas	½ cup	1.1

To boost iron intake, use wholemeal/wholegrain products as these have higher iron contents than the 'white' version and look for breakfast cereals that have iron added to them.

Including foods high in vitamin C, such as citrus, strawberries, red capsicum (or even mangoes as in the recipe below), with meals will help absorb the iron from the plant foods. For example, have a glass of orange juice with breakfast toast.

While there are some foods that boost iron absorption there are also foods that reduce iron absorption such as tea, coffee and cola drinks, so avoid drinking these with iron rich meals.

The Healthy Eating segment in each newsletter is kindly supported by the Nutrition Department and the Food Services Department at the Launceston General Hospital. Sunita Date, Senior Diabetes Dietician provided the Glycemic Index article in the previous edition and this month's article has been contributed by Tracey Denmen, Manager Nutrition Department. Food Services have prepared the dish for the newsletter photo.

Chickpea and Mango Salad

Ingredients

- 100g mixed salad leaves
- 3 cups bean shoots, trimmed
- 2 Lebanese cucumbers, peeled into ribbons
- ¼ cup mint leaves, finely shredded
- 1 ripe mango, peeled, thinly sliced
- 2 cups canned chickpeas, drained and rinsed
- 3 tablespoons of flaked/slivered almonds
- Dressing*
- 2 limes, juiced
- 2 tablespoons light olive oil/canola oil
- 4 tablespoons sweet chilli sauce
- 3cm piece ginger, grated

Method

- Place salad leave, bean shoots, cucumbers, mint leave, mango, chickpeas and almonds in a bowl. Toss to combine.
- Make dressing – In a separate bowl, whisk together lime juice, sweet chilli sauce, oil and ginger.
- Pour dressing over salad and toss gently to combine.
- Serve immediately.



Effect of acute climatic changes on blood pressure, blood vessel function and blood clotting in type II diabetes

Dr Andrew Williams \$12,355

Cardiac events, including heart attacks and strokes, are increased during summer and winter and this investigation will examine the possible link with acute exposure to high or low temperatures. Changes in environmental temperature are associated with changes in blood flow, blood pressure (BP) and blood clotting which may explain the increased risk of cardiac events in temperature extremes. Individuals suffering from Type-II diabetes mellitus (T2DM) are at an increased risk of high blood pressure (BP) and cardiovascular disease. A common consequence of T2DM is impaired nervous system function which may affect a patient's ability to regulate BP in response to acute changes in environmental temperature. To date, no information is available on the effect of acute changes in air temperature and humidity on measures of cardiovascular function and blood clotting in T2DM. This research will investigate the effect of acute changes in environmental conditions on central BP and blood clotting factors, and their association with nervous system function in 20 T2DM patients and 20 healthy individuals.

Transient receptor potential vanilloid-1 (TRPV1): a potential novel therapeutic target in blood cancers?

Assoc. Prof. Dom Geraghty, Dr Murray Adams & Assoc. Prof. Al Khalafallah \$36,706

An estimated 9500 blood cancers were diagnosed in Australia in 2009. Although the eventual outcomes are now better for people with some types of blood cancer, conventional chemotherapy still has numerous short and long term side-effects, is prolonged, and not always successful. Hence, novel, effective and less toxic treatments are clearly needed. A novel protein (TRPV1 or 'TRiP-V1') that causes cells to die is being investigated in a range of blood cancers. The immediate aim is to determine whether TRPV1 can be targeted to kill the rogue cells from patients suffering from diseases of such as leukaemia. The longterm objective is to provide a basis to develop novel, and more importantly, less toxic treatments for blood cancers.

Influence of specific prescribing practices on the rapid emergence of antibiotic resistance in Haemophilus influenzae.

Dr Stephen Tristram \$17,200

Resistance of antibiotics is increasing worldwide and presents real problems with the management of infectious diseases. A new type of antibiotic resistance in Haemophilus influenzae, an organism that commonly infects the respiratory tract, is posing particular problems not only because the most commonly used antibiotics are no longer effective, but also because diagnostic laboratories have trouble detecting the resistance. Routine methods demonstrated that this type of resistance was present in less than 1% of strains of the organism in

Australia, but more sensitive molecular techniques show that the true rate of resistance is approximately 20%. This means that many patients are being treated with sub optimal antibiotics and opportunities to provide suitable treatment are being missed.

There are many gaps in the basic understanding of this new resistance in Haemophilus influenzae and this research project intends to unravel the molecular evolution of the resistance. This information will be used to devise strategies to increase ease of detection of the resistance and minimise its emergence by avoiding those antibiotics that more strongly promote resistance.

Evaluation of platelet activation and function, and the extracellular regulatory kinase pathway, in haematological disorders pre and post treatment using flow cytometry

Assoc. Prof. Al Khalafallah \$34,010

Although most patients with different blood cancers present with either bleeding or clotting, there is little known about how patients develop these complications and what risk factors are involved. Platelets are an essential component of blood to stop bleeding and also in the case of their activation may give rise to clots. So it is important to study the role of platelet-function and activation in those patients who are diagnosed with blood cancer and receiving treatment.

Studying platelet function and activation with various new techniques will give us a better understanding of platelet activity in a large cohort of patients with blood cancer such as leukaemia, lymphoma and myeloma who present to the LGH. Utilising a Flow Cytometer, widely considered one of the most sophisticated and efficient tools for diagnosis of blood cancers and also platelet activation and function, we are aiming to establish for the first time in Tasmania different methods of studying platelet activation and function in different blood cancers.

Blood Clots in Systemic Lupus Erythematosus: The Role of Impaired Fibrinolysis

Dr Murray Adams, Assoc. Prof. Al Khalafallah \$48,018

Patients with systemic lupus erythematosus (also known as SLE or "lupus") have a range of clinical problems, including inflammation, skin rashes, renal disorders and infections. SLE patients are also more likely to develop thrombosis ("blood clots") than the general population, but the reason(s) why are currently unknown. One possible explanation is that the body's natural way of dissolving blood clots (i.e. fibrinolysis) is impaired in some manner by the disease.

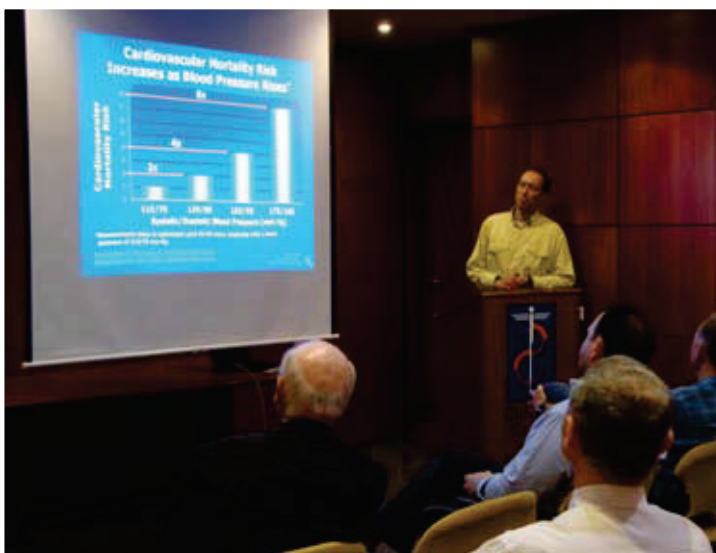
This study will therefore investigate whether fibrinolysis is impaired in SLE patients, and whether it is also associated with other changes seen in the disorder such as lupus antibodies, inflammation and blood vessel abnormalities. The knowledge gained from this project will aid in understanding how blood clots in SLE occur, which will help in the development of more target specific therapies and/or approaches to treatment.

Identification of the "non-medical" acute medical hospital admission in a regional Australian hospital

Prof. Michael Buist \$30,000

In every hospital in Australia, patients are admitted for genuine medical and surgical conditions that can only be given in a hospital setting. However, there are a large number of patients that get admitted simply because hospital admission is the only alternative care option when care at home is not viable. These patients currently receive the full medical model of care which involves multiple medical assessments from medical students to consultants, radiological and laboratory investigations and high intensity nurse and allied health care. If there was a reliable method to distinguish between these two groups of patients, it may be possible to design an appropriate care pathway for patients who do not have a true active medical condition.

The aim of this research project is to develop a predictive tool or scoring system that will allow staff in hospital emergency departments to distinguish between patients that need genuine hospital type medical care as opposed to patients that need a more problem orientated patient care management with less medical interventions.



Dr Andrew Williams Presenting his Research Project at the Launch



A Sparkling Success!

Velvety tannins, nutty liqueur characters or lingering fruity finish?

Our recent wine tasting evening was a fantastic success with close to 70 guests enjoying the fruits of many great wine ranges showcased from Treasury Wine Estates.

Wine Industry professional Stuart Heiniger and colleagues from Treasury Wine Estates (formerly the Fosters Group) and TRC Benchmark Tasmania were on hand to assist with tastings and providing their extensive knowledge on wine matching and selection. Guests were able to take advantage of the special discounted offers on wine purchased.

Due to the great success of this event, we are happy to advise the Trust will host further Wine Tasting Evenings in 2011.

Thank you to our sponsors, Treasury Wine Estates and the TRC Hotel who are very generous to the Clifford Craig Medical Research Trust.



Colin Moore

VALE – Colin Douglas Moore

Colin Moore became a committed and loyal volunteer for the Trust from 1992 and together with many other community organisations, the Trust was deeply saddened by his sudden passing on the 29th September.

Together with his wife Margaret he was a dedicated supporter and was Treasurer of the then PR and Projects Committee for some years.

Colin's willingness to assist in any capacity, despite his many other interests and busy lifestyle was outstanding.

Colin and Margaret have always been there to support each other in their respective and combined interests. The LGH Central Auxiliary (Kiosk), together with the Trust, was fortunate to be two of

their many diverse community activities.

We shall all miss Colin's ready smile, good humour and his wonderful contribution to the Trust.

Our deepest sympathy is extended to Margaret and his family.

Yes, I would like to help the Clifford Craig Medical Research Trust

I would like to make a one-off donation of \$ _____

I would like to have monthly donations of \$ _____ deducted from my credit card.

All donations over \$2 are tax deductible.

Please complete the following details:

Title/s: Mr / Mrs / Miss / Other _____

Given Name/s: _____

Surname: _____

Address: _____

Postcode: _____

Telephone: () _____

Email: _____

Please accept my donation/s in the form of:

Cash Cheque/Money Order*

*Payable to the Clifford Craig Medical Research Trust

OR

Please debit my:

Visa Mastercard

Credit Card No.: _____

Expiry Date: / _____

Name on card: _____

Signature: _____

Please send me information on remembering the Trust in my Will.

Please send me information on making an annual gift using your courtesy reminder service.

Please apply my gift to the North West Medical Research Fund.

Thank you for your support.

Please post to:
CLIFFORD CRAIG
MEDICAL RESEARCH TRUST
PO Box 1963
Launceston
Tasmania 7250

Charity Christmas Cards



Purchase your Christmas cards through the Clifford Craig Medical Research Trust and support medical research in Tasmania.

Card designs by Robert Boldkald, Academy Gallery Volunteer Scholarship Recipient - Academy of the Arts, Launceston.

**12 Cards + Envelopes
\$15 per pack (4 designs)**

Yes, I would like to purchase Christmas Cards @ \$15 each pack (12 cards per pack).

Postage and handling:

1 pack	\$4.65
2 packs	\$5.80
3 or more packs	\$7.70

Number of packs	<input type="text"/>	\$	<input type="text"/>
Postage and handling		\$	<input type="text"/>
TOTAL		\$	<input type="text"/>

Please forward to:

Title/s: Mr / Mrs / Miss / Other _____

Address: _____

Postcode: _____

Telephone: () _____

Email: _____

I wish to pay by:

Cash Cheque/Money Order*

*Payable to the Clifford Craig Medical Research Trust

OR

Please debit my:

Visa Mastercard

Credit Card No.: _____

Expiry Date: / _____

Name on card: _____

Signature: _____

Thank you for your support.

Please post to:
CLIFFORD CRAIG
MEDICAL RESEARCH TRUST
PO Box 1963
Launceston
Tasmania 7250



Message from the Chief Executive Officer



2010 is drawing to a close and it marks a personal milestone as it is just over 12 months since I commenced as Chief Executive of the Clifford Craig Medical Research Trust.

It really has been a whirlwind year at the helm of such a wonderful organisation which provides enormous benefit for Northern Tasmania and is highly regarded in local community.

When the Trust was established in 1992, the primary objective was to fund medical research which would benefit the Launceston General Hospital, the Launceston Clinical School and the northern campus of the University of Tasmania. This vision has since broadened with the establishment of the North West Medical Research Fund to

support medical research at the North West Regional Hospital and Mersey General Hospital.

Our research program in 2010 has certainly met these objectives with many of the funded research projects being undertaken at the LGH or the School of Human Life Sciences, both individually or as joint inquiries. Our first scholarship initiative with the Launceston Clinical School has seen two medical students undertake an honours year to conduct an individual research thesis whilst also establishing a Tasmanian branch of the National Cardiac Register. To further strengthen the significant research being conducted by the Trust across Northern Tasmania is the recent announcement of an important project to be undertaken by Ass. Prof. Michael Buist at the North West Regional Hospital.

Congratulations to the successful applicants for research funding in 2011 and we look forward to bringing regular updates of each project in future editions of *Priceless*.

The Festive Season is fast approaching and on behalf of the Trust I would like to wish all our supporters a happy and safe Christmas, and an enjoyable New Year. We thank you for your support and encouragement during 2010.

Peter Milne

CEO

Golden Coin Club Winners

Congratulations to two members of our Golden Coin Club who have each won a case of wine to enjoy for Christmas. All Golden Coin Club members are entered into the annual draw and this year's winners are both Launceston General Hospital employees, Elizabeth Sowter from the Medical Library and Joan Byrne, an emergency department nurse.

Golden Coin Club membership provides an easy method for people wishing to contribute to medical research through their payroll and has raised many thousands of dollars since it commenced in the mid 1990's. The membership includes Social Workers, Catering and Cleaning Staff, Nurses, Doctors and Admin Staff at all levels throughout the Tasmanian workforce.

Members simply donate \$1 (or more) each week through a payroll deduction and we will provide a tax deductible receipt each year for the total of their donations. If you would like to know more or even enrol, please contact the Trust office.





Clifford Craig Spring Ball

The inaugural Spring Ball was held at the Hotel Grand Chancellor in Launceston on Friday 15th October whereby 200 people enjoyed a great night of quality entertainment whilst showing their support for medical research in the local community.

The response from the guests has been very encouraging with many people already booking tables for next year.

Thank you to Brett Macdonald, Tony Benneworth, Dr Kim Rooney and David Daking for their contribution towards a very successful event. The Spring Ball would not have been possible without generous corporate support, including our major sponsors Montile Tile Boutique, Treasury Wine Estates and J Boag & Son.

2010 SPRING BALL SPONSORS – THANK YOU

Allan's Garden Centre	Launceston Aquatic	Tamar Marine
Autobarn	Mark Connelly EFM Health Club	Tamar River Cruises
Begents	Montile Tile Boutique	Tas Chainsaws & Mowers
Bunnings	Newstead Hair	The Hotel Charles
Charles Street Hardware	Peppers Calstock	Treasury Wine Estates
Country Club Resort	Phil Hughes Office Solutions	Turners Furniture
Crystal Cleaning	Phillip Kuruvita	V8 Supercars
Curves	Phillip Wise	Victoria's Cosmetic Clinic
Daisy Fresh Drycleaners	Photobat	Wills
East Devonport Fellowship Group	Pretty Woman	Harvey Cuthill, Kings Meadows
Examiner Newspaper	RC Caravans	Capital Chemist
Foot & Playsted Fine Printers	Richard Klekociuk	Launceston Mitsubishi
Garry Harper Garage Doors	Richard Sherriff Agency	National Australia Bank
Gunns Timber and Hardware	Southern Cross TV	OAMPS
J Boag & Sons	Sports Authority	Peter Bond, Riverside Capital
Jenerick	Sportsman's Hall Hotel	Chemist
Jessups Retrivation	Staging Connections	Shadforth's
Judy's Body Fashion	Stallards Camera House	Tasmanian Perpetual Trustees
LAFM	Stillwater Restaurant	Grant Thurlow, Tas Petroleum



Lady Sallie with members of the event committee

Fairies performing in the garden

Fairies in the Garden at Lady Sallie's

The forecast had been threatening all week but the weather Gods were kind for this year's Garden Fete at Elphin House. Hosted by Lady Sallie Ferrall, the fete has been a major event for the Launceston Friends of Clifford Craig for the past three years and has continued to grow in popularity.

People of all ages turned out for the special opportunity to admire the beautiful garden at Elphin House, purchase produce from the stalls and enjoy a Devonshire Tea. A feature of the day was the *Fairies in the Garden* performance by more than 50 children dressed as fairies, including some dressed as pirates, lady birds and a bumblebee.

The hard working Launceston Friends committee and Lady Sallie had spent many weeks planning the Garden Fete and their hard work certainly paid off with this year's event being most successful.

The funds raised from Lady Sallie's Garden Fete will be used to fund research into Diabetes, a cause which is strongly supported by her son, Senator Guy Barnett.

For the Diary

International Women's Day Luncheon

When: Tuesday 8th March 2011

Volunteers Valued by Researchers

Volunteers from the Launceston community were recently treated to an afternoon tea in appreciation of their commitment to future discoveries in health related research.

Researchers from the School of Human Life Sciences at the University of Tasmania invited over 200 volunteers to participate in the event held at the Sir Raymond Ferrall Centre at the Newnham Campus on 19 October.

Study participants have been involved in either one or multiple studies led by researchers and academics within the School. The focus of these studies has been on nutrition (tomatoes, olive oil, chillies, and chickpeas) and/or exercise and its effect on various risk factors for heart disease. Results from these studies are regularly presented at national and international conferences and published in various internationally renowned scientific journals.

The Clifford Craig Medical Research Trust has been the key supporter of these studies with the Chief Executive Officer, Peter Milne attending the event to address guests.

Community involvement is highly appreciated by the researchers as without this support, the studies would not be possible. The relationship between community members and the University is mutually beneficial - the University has the advantage of access to volunteers for their research and participants benefit from the knowledge they have contributed to finding answers to health problems.

Research studies are conducted throughout the year with a register available for interested volunteers to submit their contact details for involvement in future studies. Further information is available on the UTAS School of Human Life Sciences website www.hls.utas.edu.au or from Dr Kiran Ahuja on 6324 5478.



From Left: Dr Kiran Ahuja, Peter Milne, Prof. Madeleine Ball, Dr June Hazlewood, Dr Andrew Williams, Jane Pittaway, Dawn Bruinewoud, Keith Bruinewoud, Anne Young.