

Priceless



**Clifford
Craig**
Medical
Research Trust

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

Catriona Wows 340 Guests

Our annual International Women's Day Luncheon in Launceston was a resounding success and we have received plenty of positive feedback from many of the attendees.

National television identity, Catriona Rowntree, was a wonderful guest speaker and she simply enthralled the audience with a very honest and open insight into her life. Catriona launched her soon to be released book "A Grandmother's Wisdom: Lessons Learnt at my Nan's knee" a book which she started writing two years ago with her greatest inspiration and beloved Nan, Riria Smeeton.

A sold out audience of 340 guests attended the annual luncheon which is jointly organised by the Clifford Craig Medical Research Trust and the Community Development Division of the Department of Premier & Cabinet. The proceeds are utilised for women's medical research initiatives undertaken by the Trust.

Thank you to our Gold Sponsor – BladeRunner Hairdressing



Guest speaker Catriona Rowntree at the International Women's Day Luncheon.



Morning Tea with Jo in Bridport

The northeast community will get a unique opportunity in April to enjoy a morning tea with Southern Cross News presenter Jo Palmer.

The morning tea is being organised by the Dorset "Friends of Clifford Craig" and will be held on Monday 15th April in the Vue Restaurant at the Bridport Resort. Come along and hear from one of Tasmania's most recognised television personalities. The cost is just \$25 and the event will also include a fashion parade.

Tickets can be purchased at Sublime Hairdressing, Inspirations & Destinations, Bridport Resort, or book online at www.cliffordcraig.org.au or phone 6348 7010.

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MEDICAL RESEARCH TRUST

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Proudly assisting the Clifford
Craig Medical Research Trust

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2013 KPMG Honours Scholarship

The Clifford Craig Medical Research Trust is pleased to announce Ms Emily Ingram as the successful recipient of the 2013 Medical Student Honours Scholarship which is sponsored by KPMG.

Honours scholarships are offered by the Trust to medical students who undertake a Bachelor of Medical Science (research) Degree at the Launceston Clinical School during their training to become a doctor of medicine.

Emily's research aims to identify women who have suffered from Gestational Diabetes Mellitus (diabetes during pregnancy), determine which of those are at the highest risk of developing type 2 diabetes mellitus (DM), and the barriers to successful diabetes screening. Emily will be working on the project under the joint supervision of Dr Anne Corbould, Endocrinologist at the Launceston General Hospital and Monash Medical Centre, and Dr Kathryn Ogden, Senior Research Fellow at the Launceston Clinical School.



Honours Scholarship recipient Emily Ingram with supervisor Dr Kathryn Ogden

Background

Currently 11% of women (130-150 women per year) attending our regional antenatal service are diagnosed with gestational diabetes mellitus (GDM), a percentage that will increase significantly with the adoption of the new Australian Diabetes in Pregnancy Society guidelines. Given the significantly increased lifetime risk of developing type 2 DM in women diagnosed with GDM, post-natal

follow-up is crucial. However, post-natal follow-up of women with a history of GDM is typically limited by poor patient compliance with routine diabetes screening, and additionally in the case of our local medical service, by relative scarcity of both specialist and primary care resources for diabetes management.

Recent preliminary data show that both compliance with post-natal testing and the percentage of women with persistent abnormalities in glucose tolerance post-partum are significant issues. It was found that one third of women with GDM did not attend for an oral glucose tolerance test (OGTT) at 6-8 weeks post-natal. Of those who did attend, 12% had impaired glucose tolerance (IGT) and 10% had type 2 DM. However, in women with a Body Mass Index greater than 30 kg/m² at the booking antenatal visit, their risk of having IGT or type 2 DM at the post-natal OGTT was substantial i.e. ~55%.

Aims

The project aims to carry out a comprehensive analysis of our GDM population to determine:

- risk factors for abnormal glucose tolerance post-partum;
- adequacy of post-partum follow-up; and
- patient-perceived barriers to post-partum screening for diabetes.

This initial study will focus on women diagnosed with GDM in 2007-2008 (i.e. we will assess follow-up of women ~5 years post-diagnosis of GDM). This study is uniquely feasible as our local population has low geographical mobility, all patients (public and private) attend a single hospital for delivery and all OGTTs are performed at one of only 2 local pathology laboratories, making patients and their data generally easily accessible.

Significance

Many young women in our community at high risk of developing type 2 DM post-GDM are receiving inadequate screening for diabetes with major implications for their own health, and potentially that of the offspring of their future pregnancies. This study will identify those women who have the greatest risk of developing glucose intolerance post-partum so that we can undertake studies of targeted interventions to reduce diabetes risk in these women. We will also identify barriers to successful follow-up in women with GDM. These are issues of great clinical significance in our local community that warrant urgent attention.

Gluten and Coeliac Disease

Gluten is found in grains including wheat, barley, rye and oats. It is a protein with 2 parts glutenin and gliadin. Gluten free diets are becoming increasingly popularised, but is gluten really the culprit of health problems? Dietary gluten can cause health problems in people with coeliac disease. This autoimmune condition affects up to 1% of the community, in people who are genetically predisposed. It has serious long-term health consequences if not detected or not managed well. People with coeliac disease must strictly avoid all sources of gluten as it causes an immune response resulting in the inflammation of the lining of the small intestine causing damage, maldigestion and malabsorption. While the symptoms of coeliac disease include abdominal pain, diarrhoea, mouth ulcers, headaches and fatigue, some people will have no obvious symptoms.

Some of the reasons why the general public might adopt a gluten free diet include weight loss, digestive health or general wellbeing. People may report feeling "healthier" while on a gluten free diet. Is it really the exclusion of gluten that is making the difference? The likelihood for most people is that by making a dietary change to remove gluten they are becoming more aware of their overall diet, eating less processed food and preparing a lot more food at home from fresh wholefoods. Following a gluten free diet can result in the elimination or reduction of other problematic food components such as fermentable carbohydrates (FODMAPs) which may worsen gastrointestinal symptoms in people with irritable bowel syndrome, or food chemicals (amines, salicylates, glutamine) which in sensitive people may cause a variety of symptoms including headaches and fatigue. A gluten free diet will not directly lead to weight loss. However, because it can be a restrictive diet weight loss may result from a lower total energy intake.

There is a risk that people who feel better on a gluten free diet may actually have undiagnosed coeliac disease and not receive the right diagnosis and treatment to avoid the long term consequences. If coeliac disease or sensitivity to gluten is suspected, gluten should not be removed from the diet straight away. The diagnostic tests for coeliac disease are only accurate if gluten containing foods are consumed to the equivalent of 4 slices of bread a day. If gluten has already been cut out it should be reintroduced for at least 6 weeks before testing.

The first step in diagnosis is a blood test looking for the immune reaction that is a key feature of coeliac disease. If this is positive or unclear this should be followed by a small bowel biopsy to confirm diagnosis.

If gluten is already excluded from the diet, or reintroducing gluten is not an option, genetic testing can be done. This is a screening test to check if someone is predisposed to developing coeliac disease. A negative result essentially rules out coeliac disease however, having the gene does not mean you have coeliac disease. Only 1 in 30 people who have this gene will develop coeliac disease over their lifetime; a positive genetic test result is not diagnostic. If coeliac disease is excluded other causes of the symptoms should be ruled out.

Once diagnosis of coeliac disease is confirmed it is recommended to follow up with a gastroenterologist for further advice about the condition and an accredited practicing dietitian (APD) for information on strict gluten free diet.

Useful links:

<http://www.coeliac.org.au>

<http://daa.asn.au/find-an-apd/>

This Healthy Living article was kindly written by Kirsten Langendorf from the Nutrition Department at the Launceston General Hospital.



New Scholarships for Advanced Trainees

A new scholarship program for advanced trainees at the Launceston General Hospital has been introduced by the Clifford Craig Medical Research Trust in 2013. The intention of the scholarship program is to support the research requirements of the advanced trainees who are undertaking their sub-specialty training at the LGH.

Advanced trainees are senior doctors who are training to graduate as medical specialists in a chosen field of medicine, such as cardiology, surgery, or oncology etc.

As an accredited teaching hospital, the Launceston General Hospital conducts a broad sub-specialty program and the new scholarship program will provide a competitive edge to attract the top class trainees to Northern Tasmania. Ultimately, they may decide to stay and become specialists at the LGH.

Three scholarships of \$5,000 will be offered each year and the successful applicants for 2013 will be announced in April.

Too Late to Say Thank You

Norma was a wonderful donor and long time supporter of the Clifford Craig Medical Research Trust. She first became involved with the Trust in 1997 when she joined the 500 Club fundraising appeal.

When she passed away last year she left a small gift in her Will to support our medical research program because she believed in the important role we undertake here in Northern Tasmania. It was a welcome surprise to us because we had no idea she had written the Clifford Craig into her Will. Unfortunately though, we could not discuss with her the areas of research she would like the money allocated to, plus we were unable to acknowledge her whilst she was alive.

The saddest issue for us though, was that it was too late to say "Thank You".

Bequests are the fastest growing source of philanthropic support in the world today. As people live longer and their children also become independently wealthy, more and more people are supporting their favourite charities by leaving a gift in their Will. It is often the largest and most important gift they can make and is an incredibly powerful way to support the causes that matter most.

If you have done that for the Clifford Craig Medical Research Trust, please let us know. We would like to be able to discuss with you how you would like us to use the gift and, most importantly, we want to say "Thank You".

We would love to invite you to become a member of our special bequest group, the John Morris Society. This enables you to attend our regular luncheons and receive a small item of recognition.

Or, if you are considering a bequest for the Clifford Craig Medical Research Trust and would like to discuss your intentions, please contact our Chief Executive, Peter Milne at the Trust office on 6348 7010.

In Memoriam 2012

We gratefully acknowledge gifts donated during 2012 in memory of:

Margaret McMillam	Shirley Paine	Lorna Crompton
Guido Veronese	Peter Fraser	Marjorie Ransley
Albert McDougall	Valda Frost	Anthony Meacher
Eric Soull	Debbie Burke	Ian Gibson
Daryl Badcock	Margaret Nield	Coral Sherriff
Veda Rigby	Susan Chapman	Eunice Pattison
John Rice	Charles Wilcockson	Elizabeth Hanson
David Crowden	Steve Bauld	
John Smith	Joy White	

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

For the Diary

Morning Tea with Jo Palmer, hosted by the Dorset Friends of Clifford Craig

When: Monday 15th April 2013
Where: Bridport Resort – Vue Restaurant
Time: 10.30am
Bookings: Trust Office – 6348 7010 or www.cliffordcraig.org.au

Professional Breakfast Guest Speaker: Sarah Hirst – Leaning Church Vineyard

When: Tuesday 7th May 2013
Where: Hotel Grand Chancellor
Time: 7.30am
Bookings: Trust Office – 6348 7010 or www.cliffordcraig.org.au

Launceston Friends of Clifford Craig Mothers Day Lunch

When: Thursday 9th May 2013
Where: Tasmanian Polytechnic College
Time: 12.00pm
Bookings: Trust Office – 6348 7010 or www.cliffordcraig.org.au

Clifford Craig Charity Ball

When: Friday 17th May 2013
Where: Hotel Grand Chancellor Launceston
Bookings: Trust Office – 6348 7010 or www.cliffordcraig.org.au

Rainbow Ball (NW Medical Research Fund)

When: August 2013 (TBC)
Where: Burnie Civic Centre
Bookings: NW Medical Research Fund – 6440 3555

Devonport Friends of Clifford Craig Soup & Sandwich Lunch

When: Friday 7th June 2013
Where: Pinegrove – Steele St, Devonport
Bookings: 6424 5187

John Morris Society

The dates for our JMS Members' Luncheons are, Tuesday 9th July and Tuesday 10th December. The John Morris Society is exclusively for supporters who have remembered the Trust in their Will. For more information please contact the Trust office.

Message from the Chief Executive Officer

One of the reasons we seek your kind support to fund medical research is to ensure we contribute to the pursuit of providing the best possible health outcomes for patients here in Northern Tasmania and the broader Tasmanian community.

One of the ways of achieving these outcomes is providing a competitive edge to attract quality doctors to work at our local hospitals, and provide opportunities to ensure the brightest medical students and medical researchers undertake their studies in our region.

An example of this mission is the new scholarship program launched by the Clifford Craig Medical Research Trust in 2013 to support advanced trainees who undertake their sub-specialty training at the Launceston General Hospital. Three scholarships of \$5,000 each will be offered per year to assist with the research requirements of their training to become a specialist. The scholarships will give the LGH a competitive edge to attract the top level advanced trainees, which is sometimes difficult due to the direct competition from mainland teaching hospitals.

Another example of attracting the brightest and best is the KPMG Honours Scholarships which we offer to medical students who undertake their training at the Launceston Clinical School at the LGH. This year's recipient is Emily Ingram and we feature her research study in this edition of Priceless.

Additionally, there is every possibility that once we attract these clever people to work and study in our hospitals, they may decide to stay and work here when they complete their training. Furthermore, the research studies they undertake during their training will quite often eventuate into larger and more significant research projects.

Whichever way you choose to support the Clifford Craig Medical Research Trust, whether it's through attending our fundraising events, donating, regular giving or leaving a gift in your Will, you are having an important impact on your community. Together we can improve the health and medical outcomes which affect the people of Tasmania, and more specifically those that live here in our region.

Thank you for your continued support.

Peter Milne
CEO

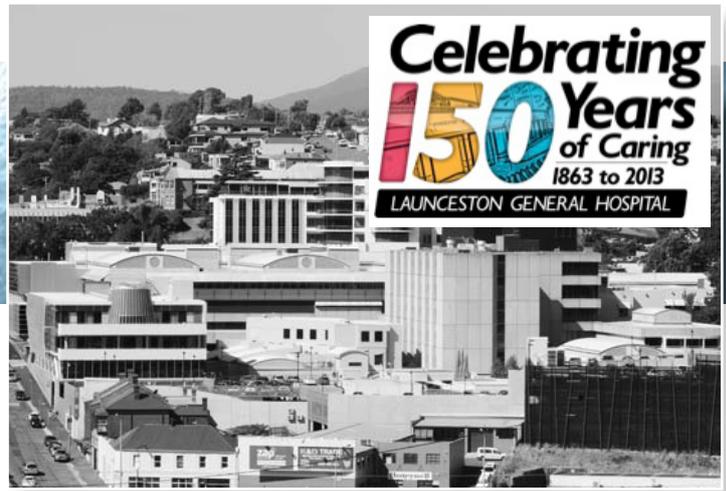
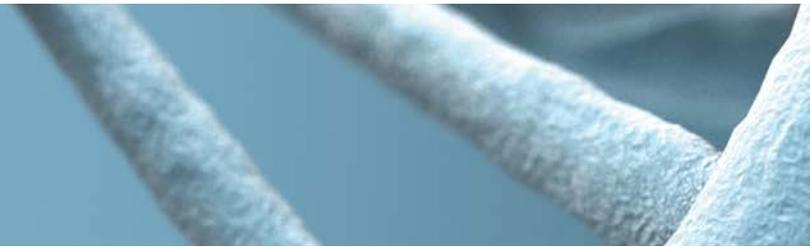


Vale Miss Jane Craig (1929 – 2013)

Jane Craig, the daughter of Dr Clifford Craig, passed away on Monday 11th February 2013.

Miss Craig was a founding member of the Trust which was named in honour of her father, Dr Craig. She was a regular attendee at the John Morris Society functions until the onset of poor health over the past two years.

She is survived by her two brothers John and Warren who both live in Victoria.



Activities to Celebrate 150th Anniversary of the LGH

The Launceston General Hospital turns 150 in May and the preparations are well underway to get the party started.

The LGH Historical Committee has been working for close to 12 months to come up with a series of events which will run from Sunday 12th May to Saturday 19th May.

Historical records show: "On the 5th May 1863 the name was changed to Launceston General Hospital and on 14 May 1863, the new hospital was officially opened with 102 beds".

The week will open with International Nurses' Day on Sunday, 12th May. The State Secretary of the ANF, Neroli Ellis will deliver a keynote address at a breakfast function in the hospital cafeteria, followed by a chapel service and lunch, at which Mrs Cathy Austen, LGH Assistant Director of Nursing (Medicine) will speak.

Later in the day there will be tours of the LGH and the old nurse's homes.

A new art space and exhibition specifically curated to mark the hospital's 150 milestone will be officially opened by the Minister for Health, Michelle O'Byrne MP on Monday 13th May.

The "Artrium", as it will be known, is in the Northern Integrated Care Service building

and will host an exhibition with the theme of "Medical History through Art - Colonial Tench to Launceston General Hospital" throughout the birthday celebrations. Twenty-four Tasmanian artists will contribute one or two pieces of work based on the theme to the exhibition.

The Historical Committee has also been successful in commissioning sculptor Peter Corlett to create a bronze of Sir John Ramsay (an early surgeon and superintendent of the hospital from 1898 – 1912). This will be unveiled at the exhibition and Artrium opening. The James and Diana Ramsay Foundation has supported the project.

The Historical Committee will also present a lectern to the LGH as a 150th birthday gift. This has been commissioned from Simon Ancher, Head of the School of Fine Furniture at the University of Tasmania.

Other activities planned for the week include tours of the "old" LGH, now The Charles Hotel, and the launch of a commemorative book, "Launceston General Hospital, 150 Years of Caring" by the Premier of Tasmania, Lara Giddings MP. A number of writers including past and present staff have contributed to the book.

From Wednesday 15th May, the LGH will host a Sesquicentenary Medical and Historical Research seminar which will be opened by His Excellency, The Honourable Peter Underwood, AC, Governor of Tasmania.

A number of interstate as well as local speakers will address the seminar which will run over three-days. It will incorporate a scholarly lecture by Professor Len Harrison, who is a senior principal research fellow with the National and Medical Research Council Australia. He also heads the Autoimmunity and Transplantation Division of the Walter and Eliza Hall Institute of Medical Research in Melbourne.

Other invited speakers include Professor Peter Choong who is an international leader in the fields of musculoskeletal oncology and orthopaedic surgery and Professor Peter Collingnon, who works as an Infectious Diseases physician.

The week will wrap-up with the Clifford Craig Medical Research Trust ball on Friday 17th May and a conducted medical walk with Dr Dan Huon in and around Launceston's Princes Square on Saturday 18th May.

For more information about the 150th celebrations contact Lou Partridge on 6348 8035.

Oriental Nights

The annual Clifford Craig Charity Ball is getting closer and will be held on Friday 17th May at the Hotel Grand Chancellor Launceston.

This event has grown into a very popular night on the social calendar and is limited to 320 guests. "Oriental Nights" is this year's theme, so why not organise a table of friends and come along for a taste of the orient.

The 2013 Charity Ball will held on the week of the 150th Anniversary of the Launceston General Hospital, the home of the Clifford Craig Medical Research Trust.

Tickets are available via our website www.cliffordcraig.org.au or call the Trust office on 6348 7010.

