

Priceless



**Clifford
Craig**
Medical
Research Trust

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

National Media Spotlight on Dementia Research

The national media spotlight was recently focussed on Associate Professor George Razay's dementia research at the Launceston General Hospital.

Funded by the Clifford Craig Medical Research Trust, the preliminary outcomes of the three year dementia research study indicate that 15 percent of Australia's 300,000 diagnosed dementia patients may actually be suffering from the treatable form of dementia, Normal Pressure Hydrocephalus (NPH). To date, NPH has proven difficult to diagnose and is often mistaken for Alzheimer's or Vascular Dementia, however better diagnosis could lead to many thousands of Australian dementia sufferers having their condition reversed by a simple life-changing operation.

We recently provided the media with an update on the project and arranged access to two participants in Professor Razay's NPH research study, David Williams and Bob Mainwaring from Launceston.

The resultant media coverage was excellent and included newspaper articles in the Examiner and Mercury, news coverage on ABC TV, Southern Cross Television and WIN Television, plus an extensive statewide interview on ABC Local Radio. The story was also telecast nationally and internationally on ABC News 24 and the Seven Network came to Tasmania to record a story for their national public affairs program Today Tonight.



The Today Tonight Crew interviewing Bob Mainwaring

It is not often that a local medical research project attains such extensive media coverage, however it is certainly deserved recognition of Professor Razay's groundbreaking research into dementia and the enormous potential impact that it could have on the future diagnosis of this condition.

The Today Tonight and ABC News 24 stories can be accessed on our website at www.cliffordcraig.org.au

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Research Update - Melanoma early detection in a population at high risk of melanoma

A huge number of skin cancers are removed from Australian people with well over 300,000 removed each year. This is far in excess of the total number of all other cancers combined (about 100,000). In comparison, the next most common cancers are prostate (16,000 each year) and breast (12,000 each year).

A relatively small proportion of the population is responsible for the vast bulk of skin cancers and a research study being undertaken by Dr Phillip Clarke, (dermatologist) at the Launceston General Hospital, will enable accurate identification and quantification of risk factors for melanoma. High risk people in the general Tasmanian population may then be identified and offered screening so that a potentially deadly cancer can be diagnosed at an early and curable stage.

The project involves data collection of all skin cancers diagnosed at Launceston Pathology and the Launceston General Hospital, and comparing those diagnosed with melanoma with a control group of 600 adults from the general population. The history and examination findings will be used to determine the relative risk of melanoma for each patient. This will also allow identification of other people in Tasmania at high risk of melanoma prior to them developing melanoma.



These high risk people may then be offered regular skin inspection with the aim of identifying melanoma at an earlier stage, when treatment is most likely to be curative.

Dr Clarke has recruited medical students from the Launceston Clinical School to assist with the two year study and their research will also help to determine the feasibility of whole of population screening for melanoma, which would be a world first.

The project has been funded by the Craig Medical Research Trust.

Advanced Trainee Scholarship

Dr Srikanth Koneru has been awarded the inaugural Advanced Trainee Scholarship from the Clifford Craig Medical Research Trust.

Dr Koneru came to the Launceston General Hospital from Brisbane to undertake his sub-specialty training in cardiology. He is also undertaking an Interventional Cardiology Fellowship and has elected to complete a PHD as part of his cardiology training under the supervision of Associate Professor Brian Herman and Professor Tom Marwick. The scholarship will provide Dr Koneru will a \$5,000 grant to assist his research activity during his training, whereby he is undertaking a study to ascertain if the main extract of red wine promotes new blood vessel growth in the Heart.

The extract, Resveratrol, is a natural polyphenol found in red wine and the aim of the study is to demonstrate the therapeutic potential of resveratrol in improving the collateral vessel formation in cardiovascular disease patients with chronic coronary artery blockages. The study will also assess the feasibility of demonstrating the improved micro vascular function by non-invasive echocardiographic methodology.



Dr Srikanth Koneru

Demonstrating the angiohenic benefits of resveratrol in patients with chronic coronary artery blockages could potentially improve long term mortality and morbidity, by reducing the incidence of recurrent heart attacks and heart failure.

The Clifford Craig Medical Research Trust offers three Advanced Trainee Scholarships per year with the intention of attracting top class trainees to Northern Tasmania to undertake their sub-specialty training at the Launceston General Hospital.

Is it Food Allergy? Read this and be in the know.

Do you know someone who is “allergic” to dairy, seafood, bananas or chocolate? In Australia, 1 in 20 children and around 1 in 100 adults have a food allergy. Interestingly, other adverse food reactions, which include food chemical intolerances and enzyme deficiencies, present more frequently than allergy. Currently there is no specific evidence to explain why the incidence of food allergy is rising.

FOOD ALLERGEN ALERT!

peanuts, seafood, cow’s milk, eggs, sesame, soy, wheat

An allergic reaction occurs when the immune system overacts to a protein (allergen). Chemicals (histamines) are then released into the body leading to a variety of symptoms. Although most allergies are mild, some can be severe, leading to a life threatening reaction known as anaphylaxis.

BEWARE!

Unorthodox ‘allergy tests’

- Not scientifically based
- Misleading
- Potentially harmful

The term **allergy** is often misunderstood and used to refer to any adverse food reaction. Other adverse food reactions can produce similar symptoms to allergy, however, while these symptoms may be irritating, they are not life threatening. This is due to a different mechanism of action behind the food reaction, for example, nerve irritation in food chemical intolerance.

Several unorthodox allergy ‘tests’ exist, such as: cytotoxic food testing, vega testing, kinesiology, iridology, and pulse testing. These tests can lead to unnecessary food avoidance or prolonged restricted diets. Unlike the RAST blood test and skin prick tests, these tests are **not** rebated by Medicare.

Adverse Food Reactions	Example	Food examples
Food intolerance	Natural food chemicals (salicylates, amines, glutamate) Food additives (colours, preservatives, flavour enhancers, antioxidants) Irritants (caffeine)	Chocolate, banana, tomato, onion, herbs and spices, tea Vinegar, dried fruit, wine Coffee
Enzyme deficiency	Lactose intolerance – deficiency of the enzyme lactase	Cow’s milk
Coeliac disease	Autoimmune response to gluten	Wheat, oats, barley, rye

Non-allergic food reactions can vary from mild to severe reactions and may lead to chronic illness (e.g. diarrhoea) if not correctly identified and managed. Allergy testing is unreliable for confirming other food sensitivities. Diagnosis of food intolerances requires dietary investigation supervised by an Accredited Practising Dietitian (APD). This usually involves a short term elimination diet followed by food challenges to determine the dietary factors involved.

	Allergy	Intolerance
Age of onset	Infants, young children	Any age
Symptoms	Eczema, rash, hives, vomiting, breathing difficulty, anaphylaxis	Hive, stomach upset, changes in bowel motions, headache, mouth ulcers, fatigue, sinus congestion
Reaction time	Acute (immediate) minutes → 1-2 hours, Reproducible reaction	Hours → days Variable reactions
Mechanism	Immune system (IgE antibodies)	Non-immune (irritation of nerve endings)
Food triggers	Proteins	Natural or added food chemicals
Diagnosis	Skin prick tests, blood test (RAST)	Elimination diet Food chemical challenges
Dietary Management	Complete avoidance of allergen	Individualised modified diet according to food chemical threshold

This Healthy Living article was kindly written by Caryn Batchelor, Accredited Practising Dietitian, Nutrition Department at the Launceston General Hospital.

Information adapted from ASCIA website <http://www.allergy.org.au>, accessed July 2013. *Elimination Diet Handbook, Allergy Unit, Royal Prince Alfred Hospital, 2011.*



Fun Run/Walk for Everyone

The winter blues are receding and the pleasures of spring are beginning to embrace our activities and lifestyle. The more pleasant weather also turns our thoughts to becoming healthy and active in readiness for summer.

Why not set yourself a healthy and active commitment on the first Sunday of October and participate in Run for your Heart, our annual 5km fun run and walk at Aurora Stadium in Launceston.

People of all ages and fitness levels are encouraged to participate in the 5km event from Aurora Stadium, through Heritage Forest and return. There is also an 800 metre event for the young ones.

Money raised from Run for your Heart will be allocated by the Clifford Craig Medical Research Trust for clinical research into heart disease, which affects 1 in 6 Australians or 3.7 million.

An active lifestyle can help reduce the risk of heart disease, so grab a friend or two and join us on Sunday 6th October and Run or Walk for Your heart.

What: Run for Your Heart – 5km run/walk

When: Sunday 6th October – 10.00am
Kids 800m start at 9.30am

Where: Aurora Stadium, Inveresk

More Info: www.cliffordcraig.org.au

Farewell

The Annual General Meeting of the Clifford Craig Medical Research Trust in June saw the retirement of Mr John Lord and Professor Madeleine Ball from the Board of Directors. Both have made a significant contribution to the Trust and their expertise has been beneficial in the development of the Trust. Professor Ball was also a member of the Scientific and Research committee.

We have also farewelled a long standing member of the Investment & Allocations Committee with the recent retirement of Mr Alan Cohen.

We are very grateful for the valuable commitment that John, Madeleine and Alan have each made to the Trust over many years. We wish them well in their retirement.

Profile - Our Medical Professionals

Dr Anne Corbould

Endocrinologist, Launceston General Hospital and Monash Medical Centre

Senior Clinical Lecturer, School of Medicine, University of Tasmania



Dr Anne Corbould

What does your role entail at the Launceston General Hospital?

As an Endocrinologist, I look after diabetes in the patients that range from adolescents through to old age. The areas include type 1 & 2 diabetes, pregnancy related diabetes, and we undertake clinics with respiratory doctors because there is cystic fibrosis related diabetes. The general endocrinology role also involves looking after patients with thyroid disease (a very common problem here locally), osteoporosis, pituitary disease and adrenal disease.

Which illness has the biggest impact on your work?

As far as numbers go it is certainly diabetes because it is true that there is a diabetes epidemic. We are now seeing much larger numbers of people with diabetes than when I was undergoing my training. In those days we didn't see type 2 diabetes occurring in adolescents or people in their 20's but that is quite common now. Gestational diabetes is also a major growth area because more women are overweight and are having their babies later in life.

Tell us about your passion for research

Dual training in clinical endocrinology and basic science has enabled me to take a bedside to bench view of research. Prior to having children, I worked in a laboratory as a scientist looking at the way insulin worked in cells and my interest in this area stemmed from my PHD studies where I looked at fat metabolism. I also had a wonderful opportunity to go to Harvard Medical School in 1999 before returning to work at Prince Henry's Institute in Melbourne. Nowadays I am enjoying the clinical side of research, especially here at the LGH where I am working with medical students and answering questions related to how we can best run our services in Launceston.

What attracted you to work in Tasmania?

The Launceston General Hospital is a fantastic location to work as a clinician because the hospital has a wonderful collegial feel about it. We have a highly skilled diabetes team at the LGH which includes Dr Joanne Campbell and Dr Amanda Dennis and we are able to offer a very good service to patients who suffer from diabetes. Most importantly, the close community nature of working in a region such as Northern Tasmania allows us to work closely with many of the local GP's, which is important with diabetes treatment.

For the Diary

Run for Your Heart – 5km Run/Walk

When: Sunday 6th October 2013
Time: 10 am (Kids 800m run/walk 9.30am)
Where: Aurora Stadium, Inveresk
Entries: www.cliffordcraig.org.au

Professional Breakfast

Guest Speaker: James Tomkins
– Olympic Rowing Gold Medallist

When: Date To Be Confirmed – Early October
Where: Hotel Grand Chancellor
Time: 7.30am
Bookings: Trust Office – 6348 7010 or
www.cliffordcraig.org.au

Launceston Friends of Clifford Craig – Melbourne Cup Lunch

When: Tuesday 5th November 2013
Where: Tasmanian Polytechnic College
Time: 12pm
Bookings: Trust Office – 6348 7010 or
www.cliffordcraig.org.au

Launceston Friends of Clifford Craig – Garden Fete

When: Saturday 16th November 2013
Where: "Oakfield"
44 New Ecclestone Road, Riverside
Time: 10 am – 4 pm
Enquiries: Trust Office – 6348 7010 or
www.cliffordcraig.org.au

Christmas Guest Speaker Lunch

Guest Speaker: Maggie Beer
When: Monday 2nd December 2013
Where: Hotel Grand Chancellor
Time: 12.15 pm
Enquiries: Trust Office – 6348 7010 or
www.cliffordcraig.org.au

Clifford Craig Charity Ball

When: Friday 16th May 2014
Where: Hotel Grand Chancellor Launceston
Bookings: Trust Office – 6348 7010 or
www.cliffordcraig.org.au

Message from the Chief Executive Officer

In my role as Chief Executive of a medical research organisation, I occasionally get the opportunity to meet some of the people who have benefitted from the medical research projects that are facilitated by the Clifford Craig Medical Research Trust here in Northern Tasmania.

Recently, I had the pleasure of meeting David Williams from Legana, a participant in Associate Professor George Razay's research into the treatable form of dementia, Normal Pressure Hydrocephalus. David's future outlook was bleak before he was selected to participate in the study. He had no memory recall and he would regularly fall over and often couldn't get up without help.

Having been selected to participate in the study, he was diagnosed with NPH and underwent a small surgical procedure to remove fluid from around his brain. Within weeks David's memory and his balance had improved significantly and he is now back enjoying life back in his garden and happily spending time with his wife Vilma.

To listen to David's life-changing experience and see the pleasure on his face is simply inspiring and it certainly provides a rewarding experience to work for an organisation such as ours. This is just one example but I hope that you also take great pleasure out of stories such as David's because your support enables us to fund important medical research that makes a difference to healthcare outcomes in our community.

Peter Milne
CEO



Visit our website

Don't forget that you can keep up to date with Clifford Craig activities through our user-friendly website at www.cliffordcraig.org.au

The website contains articles on many of the medical research projects, plus information on upcoming events and fundraising activities.

You can also access previous editions of our newsletter *Priceless* and view media stories from our media centre archive.



How our Community benefits from Local Research - thanks to friends like you

The Clifford Craig Medical Research Trust is a key player in hospital-based research. The collaborative effort of our medical doctors and researchers means research findings can be translated into new treatments for patients, and that means better health outcomes for the whole community.

The objective of the Clifford Craig research program takes the community aspect to another level whereby we aim to provide three very important outcomes that will benefit the Northern Tasmanian community. These being;

To Attract, Retain and Recruit Medical expertise

- Fund research initiatives that are undertaken by local doctors, nurses, researchers and health care professionals who work at our hospitals.
- Provide research scholarships to attract the brightest medical students and trainee doctors to undertake their training at our hospitals.

Important Local Research

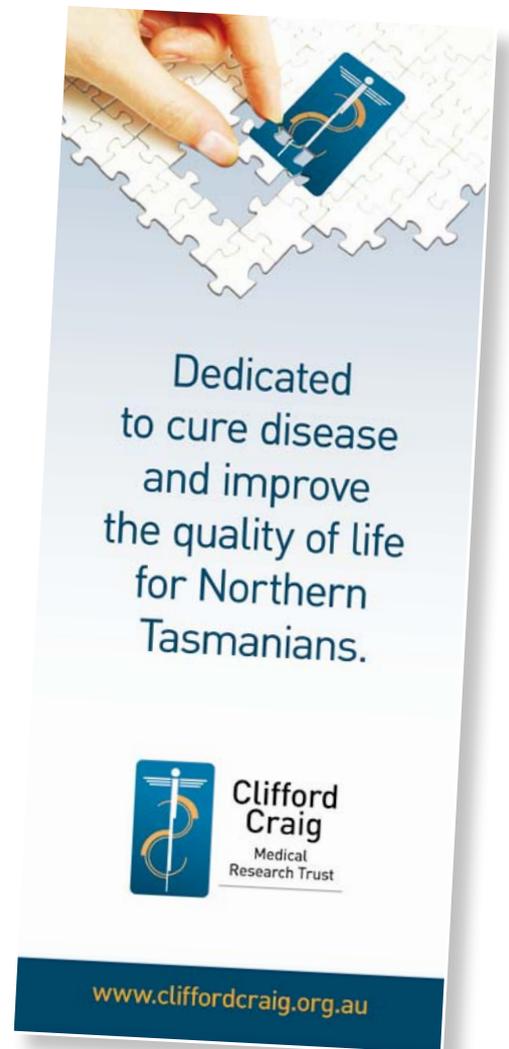
- Allow locally funded innovative research to be undertaken into the health issues that affect the Tasmanian community.
- Support research initiatives that contribute to better health outcomes whilst also advancing medical expertise at a local level.

Community Benefit Outcomes

- Provide Northern Tasmania with a competitive edge in regional Australia to attract and retain quality clinicians, thus allowing and enabling the community with better local access to medical specialists.

The generosity of Clifford Craig supporters has meant the Trust has been able to support nearly 120 research projects since 1992 with over \$4 million allocated to research programs.

This funding ensures that important research projects continue at a local level and the medical talent of tomorrow will flourish through scholarship funding.



Bequests - Gift of a Lifetime and Beyond - and it costs nothing now

A bequest is your gift to the people and causes that meant the most to you during your lifetime and live on in your Will.

If you would like to leave a lasting legacy for the benefit of future Tasmanian generations, please consider making a bequest to the Clifford Craig Medical Research Trust. This can be a gift with a fixed cash amount, a bequest of property, a bequest of a percentage of your estate or a residual bequest.

Whatever amount you may decide to bequeath, your gift will make a difference and contribute to lasting benefits for future generations.

If you would like to discuss making a bequest or an "In Memorium" gift in honour of a loved one, please contact the Trust office 6348 7010 to arrange a confidential discussion with our CEO Peter Milne.

