

Priceless



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



**Clifford
Craig**
Medical
Research Trust

Community asked to dig deep for *treatable* dementia

Innovative, world-leading research the biggest in Northern Tasmanian history.

At \$315,000 over three years, funding the work of Associate Professor George Razay and his team will be the largest investment in medical research ever made by the Clifford Craig Medical Research Trust.



Associate Professor George Razay provides care and treatment to patients with all forms of dementia and has pioneered a breakthrough in properly diagnosing a treatable (but difficult to detect) form of dementia called Normal Pressure Hydrocephalus. Photo courtesy The Examiner.

It all starts with dementia. This is a debilitating condition where the patient, usually an older person, loses memory function and cognitive ability. There are around 230,000 Australians living with dementia, with that number set to triple by 2050 unless there is a medical breakthrough.

Normal pressure hydrocephalus (NPH) is a treatable form of dementia - but it's notoriously difficult to diagnose. Symptoms include walking problems, dementia and urinary incontinence in the presence of enlarged ventricles on brain imaging. Treatment involves a simple operation to drain away excess fluid from the brain, with a recent review reporting an overall 59% of patients improving after surgery.

There are still no clear diagnostic criteria and the condition is often missed, with patients often being misdiagnosed with Alzheimer's disease. This also means that there are no reliable estimates of the prevalence of NPH and has led to it being viewed as a rare condition. However, it may not be rare - perhaps accounting for a significant portion of cases currently being diagnosed as Alzheimer's disease.

Over the last decade, Assoc Prof George Razay has developed a model for the diagnosis of NPH through his practice and research at the Launceston General Hospital Memory Disorders Clinic:

the Launceston Model. The diagnostic model is based on simple assessments that can be carried out in most urban and regional hospitals.

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For the Diary

2009 Baby Boomers' Ball

Be quick - very limited seating still available. Enjoy the night of your life with great company, great music, a menu inspired by that served at President Obama's Inauguration Ball all in a USA themed night.

When: Saturday 4th July, 6:30pm
Venue: Albert Hall
Bookings: 15 June at www.cliffordcraig.org.au or by phoning the Trust office on 6348 7010

Launceston Friends again ho-ho-hosting Christmas in July

Come along and enjoy this fantastic event for all ages and interests. The Friends have secured personal trainer and wellbeing coach Mark Connelley to speak on how to live a healthy life. Tickets are available for purchase at our secure site online or by posting in your payment, together with full details, to the Trust office.

Date: Wednesday, 15th July
Venue: Riverside Golf Club
Cost: \$35.00
Bookings: July 8 at www.cliffordcraig.org.au

Launceston Professional Breakfast Series

Date: July 30, October 1 and December 3, 7:15am for 7:30am
Venue: Hotel Grand Chancellor
Cost: \$30.00 per person - reservations required
Bookings: June 27 (or until sold out) at www.cliffordcraig.org.au

Winter in Paris

The Dorset Branch of the Trust will be holding a very special evening, Winter in Paris, featuring complimentary drinks and nibbles on arrival, and a fun night of entertainment over a sumptuous two course meal.

When: Saturday, 1st August, 7:00pm for 7:30pm
Venue: Bridport Hotel
Cost: \$35.00, payable at the door.
RSVP: Jenny Sattler on 0417 570 017

Golf Day - 4 Ball Ambrose Competition

Date: Sunday 23 August 2008
Venue: Mowbray Golf Club
 More information and a registration form available from the Trust office or our website.

5km Run for Heart on Father's Day

Calling anyone who can run, jog or walk a flat 5km course in Launceston! The Clifford Craig Medical Research Trust again teams up with the Rotary Club of Launceston for an opportunity to get fit, have fun and raise funds for heart research in Northern Tasmania. Full details will be advertised soon; for now, plan to *Run for Your Heart* on Sunday 6 September.

Launceston Friends annual Fashion Parade

Date: Wednesday, 16th September
Venue: Riverside Golf Club
Cost: \$12.00
Bookings: September 9 at www.cliffordcraig.org.au

Cameron's mates even manage to support research

Cameron, now in his early thirties, was diagnosed with lymphoma cancer in recent years. Fortunately, his condition was treatable and he is now back at work and enjoying good health.

Cameron had to take considerable time off work because of his illness and to endure the difficult program of treatment. This resulted in Cameron having to live on a much lower income but still having to meet many of his living costs.

That's where some great help came in. In an inspirational example of Aussie mateship, a group of friends who went back to high school days rallied around Cameron to support him financially. They formed a committee, organised several fundraising events and helped Cameron through his treatment period until he was back on his feet.

The committee decided to donate the leftover amount of \$900 to the Clifford Craig Medical Research Trust.

In passing on the donation, a close family friend said, "Well, the boys said we should pass it on to the Clifford Craig - that means more medical research benefiting the whole community. We like the Trust because it's local and the money doesn't disappear from our community. We also know that the many people who chipped in for Cameron would approve of this decision".

From the Chief Executive Officer



Urgent appeal to make Treatable Dementia study happen

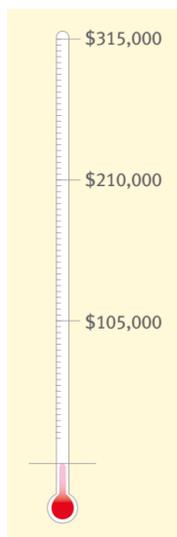
We need help to find \$315,000 over the next three years to make this essential research happen.

This is in addition to our normal program as we don't want our ongoing research efforts into other key areas to suffer.

Will you play your part to help us find the extra \$105,000 each year?

How you can help:

- 1. Make a pledge**, enabling your giving to be planned over the next three years. You nominate the amount to be donated and your preferred timing. We will contact you when your payment becomes due using our courtesy reminder service.
- 2. Make a one-off gift** of whatever amount you can afford.
- 3. Join our monthly giving club**, where your monthly donation of an affordable amount is automatically deducted from your credit card each month. We will send you a comprehensive receipt in early July each year so that you can claim the full amount as a tax deduction. You are free to alter or cancel at any time.
- 4. Make a bequest**, naming the Clifford Craig Medical Research Trust in your Will. We encourage discussion with your family and the advice of a legal practitioner and have a brochure which describes the correct wording to use.



Needless to say, this project is a huge commitment from an organisation and community of our size. However we strongly believe in Assoc Prof Razay's life-changing work. This is because we've seen what he's already achieved and also share his frustration at potentially many dementia patients not having proper diagnosis and treatment. We are determined to give George Razay and his dedicated team the support they need.

As the board wishes Associate Professor Razay to commence his 3-year research project as soon as possible in 2009, the Clifford Craig Medical Research Trust sincerely asks for your close consideration of this urgent appeal.

Thank you for your continuing support.

Michael Ferguson
CEO

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 our courtesy reminder service.

Thank you for your support.



Please post to:
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 MEDICAL RESEARCH TRUST
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 Tasmania 7250

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Proudly assisting the Clifford
Craig Medical Research Trust

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Community asked to dig deep for treatable dementia *continued*

Using the Launceston Model, up to 10-15% of LGH Memory Disorders Clinic patients may have NPH, compared with around 1% of patients reported elsewhere using traditional diagnostic criteria. Importantly, most patients diagnosed with NPH at the LGH using this model have benefited from treatment. Combining this with the estimate of 200,000 Australians currently having dementia [Access Economics, 2005], it is estimated that there may currently be 20,000 people with dementia in Australia who have missed out on being diagnosed with (and treated for) NPH.

Associate Professor Razay says that the promise of funding support from the Clifford Craig Medical Research Trust, if funds can be raised, is an incredible sign of belief in the work he has been doing at the LGH.

"I feel so happy and thankful. I've devoted the last 13 years of my life to my patients at the memory clinic. We've achieved some wonderful breakthroughs and I am quietly very confident that this study will really change the way that we care for the growing number of people with dementia. I humbly ask everyone in the community to be as generous as possible in supporting the Clifford Craig for this appeal – by working together we are doing something very, very special", Assoc Prof Razay said.

Clifford Craig Medical Research Trust Chairman Don McTaggart said that although the Trust was finding the current economic climate very challenging, it felt duty-bound to support this research and launch this appeal for needed funds.

"For the first time, this research will bring proper diagnosis, save families and save many precious lives from distress and despair.



Don McTaggart, George Razay and Michael Ferguson at the recent appeal launch.

We have good reason to be optimistic because we know how effectively this research is designed. We're taking a big step. Now, all that remains is for the generous Northern community to answer our urgent call to help make this essential research happen", Associate Professor McTaggart said.

Trust CEO Michael Ferguson agreed – saying that the economic downturn was no excuse for us to walk away from a clear responsibility to support research which we know will benefit the community.

"Funding this project presents some challenges but you can sense the genuine enthusiasm and anticipation from everyone in the Trust because of what we're doing. I believe that the findings of George's research may well turn out to be one of most significant gifts Northern Tasmania has ever given to itself - and indeed the people of the world," Michael said.

Sources for this article include: Hakim and Adams, 1965; Hebb and Cusimano, 2001; Vanneste et al, 1992; Boon et al, 2000; Maramou et al, 2005; Gallia et al, 2006; Clarfield, 2003.

Research update: Preventing future heart attacks and maintaining better health after a cardiac arrest



Long-time supporter of the Clifford Craig Medical Research Trust and now research participant Russell Brownlie participates in this world-leading research under the care and instruction of PhD researcher Joe McCullagh



How your donations and the Clifford Craig Medical Research Trust are playing a key role in research into cardiac rehabilitation.

Work is well underway by Dr Andrew Williams, Dr Bhuwan Singh and PhD researcher Joe McCullagh for this important study focussed on optimising outcomes for heart attack survivors through cardiac rehabilitation.

Exercise physiologists give exercise advice and coaching for patients suffering from chronic heart disease. However, to date there is little research available to confirm the worth of this support in improving the health of patients. In cardiac rehab, patients undergo exercise rehabilitation combined with education, to promote their long term future health and life span. While the benefits of cardiac rehabilitation are already clear, there is a shortage of proven literature regarding the best way to deliver a successful exercise program.

This research, which now includes 55 volunteer heart-patients, will determine the value of extra support from an exercise physiologist to a hospital-based cardiac rehabilitation program.

This example shows the importance of research into diseases of particular local relevance done in Tasmania and supported by the Clifford Craig Medical Research Trust.

Launceston Professional Breakfast Series:

We were delighted to welcome more than 100 people for breakfast nice and early to hear one of Tasmania's leading businesswomen Keryn Nylander give a personal and inspirational account of overcoming adversity and reaching your potential.

The next breakfast will be on July 30 and features world-famous photographer, Philip Kuruvita, who will share with us a slide-show talk:

No Guts No Glory - Pursuing Your Passion. To book your place, go to www.cliffordcraig.org.au

This breakfast series was commenced by the Trust as a service to our local business and professional community with the goal of offering fun, worthwhile professional development.



The John Morris Society – people giving the gift which lasts forever

A Bequest is the one donation that lasts forever and the Trust has been extremely fortunate to have received several significant donations through Bequests since we began in 1992. We have a leaflet explaining how to leave a Bequest, the correct wording to use and who to contact for advice when preparing your Will.

We encourage discussion with your family and recommend advice from a qualified legal advisor or trustee officer. If you would like further information about leaving a Bequest or donation to the Trust, please send for our leaflet today or contact our CEO Michael Ferguson for a private and confidential discussion.

Individual membership to the John Morris Society is automatically available to supporters who have named the Clifford Craig Medical Research Trust in their Will. The society meets for luncheons with an interesting guest speaker three times per year in a most convivial atmosphere. Please send for our JMS leaflet and let us know of your wishes so that we can recognise and thank you.

There are many ways you can support Clifford Craig Medical Research Trust

Have you ever thought, "My gift won't make much difference"? If the answer is "yes", then let us pleasantly surprise you.

Your gift, however small or large, is important and valued by the Clifford Craig Medical Research Trust.

There are many ways you can show your support for the Trust, which will allow us to invest much-needed funds for medical research here in our region.

- One-off donation to our research fund.
- Monthly donation by credit card payment.
- Promise to give a "recurring gift" through regular instalments (eg \$1,000 per year) using our courtesy reminder service.
- Special appeal, allowing large gifts to fund specific new projects.
- Giving to one of our designated funds: North West Medical Research Fund; cancer research; heart research; child health research; gerontology research; or kidney research.
- Your Bequest, allowing your gift to be provided for in your Will. At the Trust we handle gifts by bequest with special sensitivity and show our gratitude by offering complimentary membership to the *John Morris Society* which meets for occasional luncheons in Launceston.

Remember, because our work is recognised by the Commonwealth Government, your gift is fully tax deductible.

Please consider what gift you can make, return the reply form in the envelope provided and allow us to contact you to express our appreciation for your generosity.

Thank you.

Secure, online giving

We've upgraded the Clifford Craig Medical Research Trust website to allow our supporters to make easy, secure, credit card payments online.

This helpful service is provided by a major bank, not an internet provider, which allows you to confidently make a donation or pay for a Trust event whenever it suits you.



You are invited to the

Baby Boomers' Ball

4th July, 2009

Bookings through www.cliffordcraig.org.au or 6348 7010 by 15 June

Research Update: What diet is best for your health?

Is a diet low in simple sugars (Low GI) more beneficial than one of moderately high protein for its effects on blood pressure, blood vessel function, blood glucose and cholesterol levels?

Professor Madeleine Ball with her team of Dr Kiran Ahuja and Susie Shaw are currently undertaking a Clifford Craig Medical Research Trust funded project with the University's School of Human Life Sciences in Launceston to find answers to this question.

The aim of this project is to investigate and compare the effects of three different meals with differing GI or protein content using tests such as: Glucose, insulin and triglyceride levels in the blood; gastric emptying time; and blood vessel measurements and pressures.

If you are interested in participating in this project, we are looking for people:

- Between the ages of 18-80 years;
- Are not taking any medication for hypertension, diabetes, kidney or liver disease;
- Are a non smoker, with no allergies to eggs or gluten;

Participants need to be able to make three visits of approximately 2 ½ hours each morning after an overnight fast. Blood cholesterol and glucose results will be provided to you at the completion of the study.

For further information please contact either Susie on 6324 5466 or Kiran on 6324 5478; or send an email to: hls.gistudy@utas.edu.au