

Priceless



**Clifford
Craig**
Medical
Research Trust

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

20th Anniversary of the Trust

2012 marks the 20th anniversary of the Clifford Craig Medical Research Trust, an important milestone in the development of a wonderful community organisation that was established for the benefit of Northern Tasmanians.

The founding vision was to create a medical research organisation that would benefit the community through quality research programs identifying causes and treatment of diseases affecting the population. Importantly, the objective was to provide research and educational opportunities that would help attract medical specialists, researchers and higher degree students to work in our region.

The first 20 years has seen the Trust establish a dedicated research facility at the Launceston General Hospital and award grant funding in excess of \$4 million for over 100 medical research projects.

Some of the many achievements have included;

- Created a Familial Bowel Cancer Register for Tasmania which is now saving lives.
- Funded groundbreaking research into Normal Pressure Hydrocephalus, a treatable form of dementia.
- Funded the Glaucoma Inheritance Study, voted the world's best eye research at the Paris Conference.
- Funded the world's largest and longest Asthma study conducted in Tasmania
- Funded pain relief study subsequently recognised at the World Pain Conference in Vienna.
- Funded kidney research now recognised as worlds best practice.
- Funded breakthrough research to control Hypertrophic Cardiomyopathy, a genetic heart abnormality inherited by 1 in 500 and the major cause of sudden death in young people.
- Facilitated the commencement of a Genetic Heart Registry for Tasmania.

The primary focus remains on Tasmanian health issues and the unusually high rates of disorders such as diabetes, heart disease, cancer and ageing related conditions that are prevalent here.

Founding Chairman (now vice chairman) Dr John Morris, stated in the early years of the Trust that he was sure the community's passion for research will continue to grow and produce results that will enhance Northern Tasmania's reputation as a centre of research excellence. His vision is certainly coming to fruition as the research undertaken in the first 20 years has contributed to tremendous improvements in treatment, prevention and diagnosis of health issues that affect our population.

In order to encourage the brightest young medical people to our region, research funding in recent years has extended to offer student scholarships for medical students undertaking a Bachelor of Medical Science at the Launceston Clinical School and funding for collaborative research projects between University of Tasmania researchers and clinicians at the Launceston General Hospital. A new initiative in 2013 will be the introduction of assistance for young doctors to develop their research skills through the funding of scholarships for advanced trainees in medical sub-specialties.

The Clifford Craig Medical Research Trust has come a long way from the small organisation that was kicked started 20 years ago with a small amount of capital donated by generous foundation members. In the words of Trust Chairman, Associate Professor Don McTaggart, "In the last few years I have truly seen the Trust develop and expand in many ways, ensuring it helps in the areas that it was originally established for. We have come a long way but there is still much to be done. I am sure that we can look forward to exciting years ahead".



Dr Clifford Craig

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Craig Medical Research Trust

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Clifford Craig Charity Ball

It might have been a cold wintery night outside, but there was plenty of warmth happening inside the Hotel Grand Chancellor for the 2012 Clifford Craig Charity Ball.

On Friday 11th May, close to 300 people attended the annual gala event and thoroughly enjoyed a night of entertainment, a sumptuous meal and great music from Col and the Remains.

An important event to raise awareness of the important work the Clifford Craig Medical Research Trust undertakes in the local community, the ball raised in excess of \$30,000 for the research program.

A huge thank you to everyone who attended or supported the Ball, especially our Principle partner NAB, our Gold partners Montile Tile Boutique and St.LukesHealth, and our beverage providers, James Boag & Sons and Treasury Wine Estates.

Feedback email from an attendee

"Thanks for a FANTASTIC night on Friday night, the food was fabulous, wine was delicious and the atmosphere was awesome. Think you topped last year! Everyone that went was still talking about it yesterday and they all had a great night. Hope the night was a huge success for Clifford Craig and when can we book tables for next year!"



Some of the fun captured by Photobat

With thanks to:

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Our Gold Partners:



With thanks to Event Sponsors:



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 The Sports Arena
 The Metz Cafe Bar
 Wilderness Woodworks



Comedy Hypnotist at Bridport

The "Dorset Friends of Clifford Craig" are planning an entertaining fundraiser at Bridport on Saturday 21st July which should provide a lot of laughter and a great night out for everyone.

They will be holding a show featuring the popular comedy hypnotist, Zeikan Black at the new Performing Arts Centre at the Bridport Primary School. Zeikan Black has performed around Australia and his shows receive rave reviews as they are highly entertaining and hilariously funny.

Zeikan provides a theatrical show from beginning to end. The show relies completely upon audience participation, there are no set ups or planted people in the audience. This is real, you will experience the ultimate show, where the audience become the stars! Be the show or see the show, its up to you!

Book your tickets for a great night through the Trust office on 6348 7010 or the website www.cliffordcraig.org.au

For the Diary

Launceston Professional Breakfast Series

Next Speaker: Deborah De Williams – Tasmanian of the Year

When: Thursday 14th June 2012

Where: Hotel Grand Chancellor

Time: 7.15am for 7.30am

Bookings: Trust Office – 6348 7010 or www.cliffordcraig.org.au

Launceston Friends of Clifford Craig – Soup & Sandwich Lunch

When: Thursday 21st June 2012

Where: Kings Meadows Bowls Club

Time: 12pm - Guest Speaker: Dr Amanda Dennis

Bookings: Launceston Friends of CCMRT
Wendy 6344 3462 or Sue 6344 2573

Devonport Friends of Clifford Craig – Ulverstone Concert

When: Sunday 15th July

Where: Ulverstone Senior Citizens Hall

Dorset Friends of Clifford Craig – Hypnotist – Zeikan Black

When: Saturday 21st July 2012

Where: Performing Arts Centre – Bridport Primary School

Time: 7.30pm

Enquiries: Trust Office – 6348 7010 or www.cliffordcraig.org.au

North West Medical Research Fund – Rainbow Ball

When: Saturday 25th August (please note change of date)

Where: Burnie Civic Centre

Bookings: NW Medical Research Fund – 6440 3555

Run for your Heart – Date saver!

When: Sunday 7th October 2012

Where: Departing from Aurora stadium

What: 5km run/walk

Collecting for Research

The Clifford Craig Medical Research Trust would like to say a huge thank you to two local businesses that voluntarily collect coins to support the research program.

Matthew and Tammy Bowen from Daisy Fresh Dry Cleaners recently presented the Trust with a sizable donation from the unclaimed loose coins and notes collected in their cleaning machines over the past few years. As they explained, "If the lost money is not claimed, we like to donate to a local charity and we are strong believers in the work of the Clifford Craig Medical Research Trust".

Similarly, Davies Grand Central have been collecting coins for the Trust through their "on counter" collection box. Ken and Lynne Davies are long-term supporters of the Trust and we are most grateful. Support from businesses like these is highly valued and important to our on-going medical research program.



Matthew & Tammy
from Daisy Fresh
Dry Cleaners

Sue & Sherri from
Davies Grand Central





**Clifford
Craig**
Medical
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Dr Amanda Dennis administering an iron infusion to an expectant mum at the LGH.

International Recognition for Local Research project

The findings of a groundbreaking research project undertaken at the Launceston General Hospital, and funded by the Clifford Craig Medical Research Trust, is receiving international recognition and leading to better treatments for pregnant women.

Iron deficiency anaemia (IDA) is one of the most common disorders in the world and affects more than two billion people. Recent data shows that 17% of pregnant women in developed countries suffer from IDA and up to 56% in developing countries. In pregnancy, anaemia may lead to tiredness and poor exercise tolerance. At delivery anaemia decreases a woman's ability to cope with any blood loss and increases her chance of complications and of needing a blood transfusion. Further issues can arise following birth with increased postnatal infection, less energy and higher rates of postnatal depression.

Medical Director of Women's and Children's Services at the Launceston General Hospital, Dr Amanda Dennis and consultant haematologist, Associate Professor Al Khalafallah, conducted a two year research project which included the screening of 2645 pregnant Tasmanian women. The research outcomes have led to changes in the treatment of pregnant IDA sufferers whereby many are now given an intravenous infusion of iron instead of the previous method of iron tablets.

Women who receive the infusion have shown much higher iron levels before and after giving birth. Subsequently, the LGH has administered over 1000 iron infusions over the last 5 years and has been recognised as a national and international leader in the management of IDA in pregnancy with the hospital having the lowest transfusion rates of comparable hospitals in the Women's Hospitals Australasia network.

The research is being taken up internationally and now forms part of the British Guidelines for Treatment of Anaemia and the U.S. based Journal of Pregnancy has commissioned a review article on the research.

The research has also provided a cost savings impact for the health budget due to the reduction in blood transfusions reduces the amount of time in hospital for the patient.

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



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Mark Connelley giving Peter some tips in preparation for his fundraising ride

Around the Bay for Clifford Craig

Riding a bike around Port Phillip Bay in Victoria doesn't sound like a lot of fun for many people however Chief Executive Peter Milne has committed to the test of endurance in October to raise funds for the Clifford Craig Medical Research Trust.

A keen recreational cyclist, he is going to participate in the Around the Bay in Day bike ride which is a 210 kilometre journey from Melbourne to Sorrento, across to Queenscliff on the ferry and returning to Melbourne via Geelong.

Peter began cycling two years ago when he was encouraged to improve his health and fitness by personal trainer Mark Connelley from EFM Health Clubs. "Riding a bike for approx 8 hours sounds like hard work but it is a challenge that I am looking forward to and hopefully I can also raise some funds for our research program whilst I am pedalling" he said.

Another 29 riders from Peter's regular riding group will join him when they travel to Melbourne for the event on 21st October and many are undertaking a training program under the guidance of Mark Connelley.

If you would like to sponsor Peter's ride and leave a word of encouragement, simply visit the Clifford Craig website – www.cliffordcraig.org.au

Message from the Chief Executive Officer

I recently had an interesting, and somewhat disturbing, telephone conversation with a local businessman whereby he questioned the value of medical research and intimated that it consumed money for very little return.

When considering how I should respond to his ill-informed opinions, I thought of three recent research projects that have been funded by the Clifford Craig Medical Research Trust and how they could personally benefit not only himself, but any one of us.

- He might have an elderly relative who suffers from dementia, but due to the groundbreaking research of Associate Professor George Razay, his condition may be diagnosed as the treatable form of dementia, normal pressure hydrocephalus. Therefore, further treatment will provide a return to an improved quality of life.
- He may have a pregnant wife or daughter who suffers from iron deficiency during her pregnancy however, due to the breakthrough research by Dr Amanda Dennis and Associate Professor Al Khallafallah at the LGH, she is able to undergo a single intravenous infusion of iron and reduce her suffering, potential need for blood transfusions, less days in hospital care and potentially avoid post natal depression.
- Or, he may have a friend or relative who was unaware he suffered from a genetic heart condition but only became aware of the potentially fatal consequences due to the Genetic Heart Register being created by a team of researchers under the guidance of Launceston cardiologist, Associate Professor Don McTaggart.

When the vital work of research organisations such as the Clifford Craig Medical Research Trust are put into this simple context, the views of my local businessman look rather silly and I feel sure he will alter his opinion when we sit down for a chat over a coffee in the very near future.

As we celebrate the 20th anniversary of the Clifford Craig Medical Research Trust, we are very proud of the important role we have undertaken in those first 20 years to improve the lives of our fellow Tasmanians. This has been achieved entirely through the generosity of the community in the form of donations, bequests, corporate support and in-kind support.

Thank you and we look forward to the next 20 years.

Peter Milne
CEO



Leaving a Bequest

One of the most effective ways to help us continue our valuable work is to include a simple clause in your Will, making a gift to the Clifford Craig Medical Research Trust. You can direct an asset of any nature such as a specified amount or percentage of an estate, a specific item of real estate or a life insurance policy. Furthermore, you may wish to leave a gift to medical research into a specific illness of your preference such as diabetes or paediatrics, or you might like to support further dementia research.

Whatever you choose, your gift will ensure that future generations will benefit from your generosity and foresight.

We understand that your Will is a very personal consideration. But if you do intend to leave a gift to the Clifford Craig Medical Research Trust, please consider letting us know because we like to show our appreciation through the John Morris Society, a special group of people who have remembered the Trust in their Will.

If you would like further information or wish to discuss your bequest intentions, please feel free to contact us to arrange a confidential discussion with our Chief Executive, Peter Milne.

Are You Drinking Enough?

Heading into the colder months in Tasmania it can become difficult to maintain an adequate fluid intake. Unfortunately thirst doesn't seem to be triggered as much by cold weather and consuming cold drinks becomes less appealing on cold days. It's timely to look at why you need to drink, how much you need each day and to share some tips on how to boost your fluid intake.



Why do you need to drink?

Water is essential for life. You need water to absorb nutrients from food, transport them around the body, to flush away waste products and to help regulate body temperature through perspiration. Where fluoride is added to tap water this also helps maintain strong teeth and bones.

How much do you need to drink each day?

Regular drinks replace water lost from the body during the day through sweating, breathing and going to the toilet. Whilst this amount varies from person to person, the following table gives the amount that is generally recommended.

Group	Age	Daily Amount
Boys & Girls	1-3	1.0 litres (about 4 cups)
	4-8	1.2 litres (about 5 cups)
Boys	9-13	1.6 litres (about 6 cups)
	14-18	1.9 litres (about 7-8 cups)
Girls	9-13	1.4 litres (about 4-5 cups)
	14-18	1.6 litres (about 6 cups)
Men	19 onwards	2.6 litres (about 10 cups)
Women	19 onwards	2.1 litres (about 8 cups)
Pregnancy		Additional 1 cup
Lactation		Additional 2-3 cups

You will need to drink more if you have lost fluid through sweating, perspiration or if you have been vomiting, have diarrhoea or have a fever.

What are the effects of not drinking enough?

Not drinking enough each day can lead to dehydration. Dehydration, even mild dehydration, can cause physical and mental tiredness and particularly in the elderly can increase the risk of falls. Dehydration can reduce saliva production and decrease oral health. Inadequate fluid intake can also lead to constipation.

In the long term, dehydration can increase the risk of developing kidney stones and may increase the risk of cancer of the urinary tract – the bladder, prostate and kidney.

What should you be drinking?

Water	Water is the best fluid for your body. It provides fluid without the added kilojoules.
Milk	Reduced fat milks are a good source of fluid. Soy milks are a suitable alternative but should be fortified with calcium and vitamin B12. Take care with flavoured milks as these can contain a lot of added kilojoules.
Coffee/tea	Both black and green tea contain antioxidants which can help promote good health. Tea also has less caffeine than coffee. Any added sugar means added kilojoules, so have in moderation.
Fruit juice	Whilst fruit juice is a good source of fluid and some vitamins, it does contain kilojoules, so have in moderation. Try diluting it with water or ice for added fluid.
Sports drinks/ cordials/soft drinks	These are high in kilojoules when sweetened with sugar. These drinks are not recommended for regular intake.
Alcohol	Alcohol contributes kilojoules with minimal nutritional benefit, so this is not recommended as a source of fluid.

Tips for increasing fluid intake

Barrier to drinking enough	Ideas to assist in overcoming barrier
Decreased sensation of thirst	<ul style="list-style-type: none"> • Don't wait until you get thirsty to drink. • Make having drinks a regular part of your daily routine. • Keep a bottle of water handy on your desk or in your car, bag or backpack. • Have a jug of water on the table at all meals.
Dislike the taste of water	<ul style="list-style-type: none"> • Try having it chilled. • Add a slice of lemon or lime. • Have decaffeinated beverages, or low fat milk instead.
Increased urine output due to diuretic effect of caffeine	<ul style="list-style-type: none"> • Try decaffeinated beverages. • Replace some tea/coffee with water. • For every tea/coffee have a glass of water as well.
Increased exercise	<ul style="list-style-type: none"> • Always take a drink bottle when going to do some exercise.
Lack of safe drinking water	<ul style="list-style-type: none"> • If you live in flood prone areas ensure you keep plenty of bottled water as part of your emergency pack.