

# Priceless



**Clifford  
Craig**  
Medical  
Research Trust

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

## Genetic Heart Registry for Tasmania

Tasmanians will benefit greatly from an important research project being undertaken by a team at the Launceston General Hospital that will prevent fatal consequences for people who suffer from genetic heart disease.

The project will involve the creation of a state-wide genetic heart registry, which will enable greater identification of Tasmanians with genetic heart disease who are at risk of heart failure and sudden death. This is a major expansion of a pilot project conducted by two medical students in 2010 as part of a Clifford Craig Honours Scholarship.

Director of Cardiology at the Launceston General Hospital, Associate Professor Don McTaggart, will head up the research team which includes Senior Research Fellow Dr Kath Ogden from the Launceston Clinical School and medical student/researcher Jessica Kawa who was part of the original pilot study.

More than 400 young Australians (aged less than 35 years) die suddenly each year from cardiovascular disease, with an average of 8 young people dying each week. Direct relatives of people with an inherited heart disease have a one in two chance of inheriting the same genetic condition and unfortunately, sudden death can occur without prior knowledge of the inherited disease. With modern medical interventions, screening of relatives of those affected by inherited heart disease can prevent these devastating circumstances.

Associate Professor McTaggart said the most common form of genetic heart disease, Hypertrophic Cardiomyopathy, affects one in 500 Australians and it is estimated there are 1000 cases in Tasmania whereby only 200 of those have been identified.

"Cardiac registers are also being established in the other states of New South Wales, Queensland and Victoria, and the eventual aim is to enrol every Australian family with genetic heart disease on the National Genetic Heart Registry" he said.



Associate Professor Don McTaggart speaks to the media as Rotary District Governor Peter Murfett looks on.

### Rotary Tasmania kick-start project funding



The commencement of the Genetic Heart Registry project has been made possible by an \$18,000 commitment over two years from Rotary Tasmania. Rotary District Governor, Peter Murfett, announced the funding in early February and said it was pleasing that Rotary could support this type of research which has the potential to save many lives.

Expected to take four years to complete, the project will cost approximately \$50,000 and the commitment from Rotary is an excellent launch pad. The remainder of funding required for the Genetic Heart Registry will be sought by the Clifford Craig Medical Research Trust.

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Proudly assisting the Clifford  
Craig Medical Research Trust

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# Healthy eating - when good food turns bad!

Food poisoning is a serious health problem and it can cause severe illness and even death. Food poisoning is frequently caused by bacteria from food that has been poorly handled, stored and cooked. Symptoms can occur within 30 minutes of eating, or a number of hours or days later. They can include nausea, stomach cramps, diarrhoea, fever and headaches.

During warmer weather we are increasingly taking food outside the home for picnics, BBQ's or even just eating out on the veranda. Taking food out of its regular environment such as the fridge, freezer, pantry or clean kitchen for long periods of time can mean a greater risk of contamination. When eating outdoors bacteria can grow more easily as food is stored in the 'temperature danger zone' of between 5°C and 60°C, facilities for cleaning and hand washing may be inadequate, clean water is not always available and food may be exposed to contamination from insects, pests, animals and dust.

## High risk foods

Food poisoning bacteria grow more easily on some foods than others. These 'high risk' foods include:

- Meat.
- Poultry such as chicken and turkey.
- Dairy products.
- Eggs.
- Smallgoods such as hams and salamis.
- Seafood.
- Cooked rice.
- Cooked pasta.
- Prepared salads like coleslaws, pasta salads and rice salads.
- Prepared fruit salads.

## Home barbeques and outdoor cooking

Some practical hints for keeping food safe to eat when you have a barbeque at home are:

- Keep the meat in the fridge until you are ready to start cooking.
- Store raw meats and poultry separate from cooked items and underneath other food so that raw juices do not contaminate other food.
- Thoroughly cook any food made from eggs.
- Use a clean plate for all cooked meats – don't re-use the same plate or container that held raw meats.

- Take salads, pates, dips and other perishables outside only when required and then return to the fridge when that part of the meal is finished.
- Throw out any high risk food left in the temperature danger zone for more than four hours. Don't put it in the fridge and don't leave it for later.

## Preparing food for a picnic or packed lunches

When planning a picnic, making packed lunches or preparing for any other occasion where you are eating away from home, be aware of the basic food safety rule – keep hot foods hot and cold foods cold. You should also:

- Store any raw meat in an insulated cooler, away from other food.
- Place containers with raw meat or other high risk foods into separate leak-proof containers and then in the bottom of the cooler.
- Make sure all cooked foods are completely cooled before you pack them in the cooler.
- Use plenty of ice or cold packs around the food. Frozen drinks can serve as icepacks, especially in packed school lunches.

## General cleanliness tips

Cleanliness is always important, but it's especially important when you're preparing food outside the home. Remember to:

- Wash your hands before and after handling raw foods. Wash your hands with clean water and soap, and dry hands with clean towels or disposable towels.
- Consider using disposable wipes or a hand sanitiser if there is no safe water.
- Keep the outdoor area or campsite as clean as possible.
- Keep food sealed and covered – birds, insects and animals can be a source of food poisoning bacteria.

## Things to remember

- Always keep perishable foods well refrigerated until needed.
- Avoid handling food in the outdoors by cutting or preparing it before you leave home.
- Always use separate plates and equipment to handle raw foods.

Content based on information obtained from Better Health Channel [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

*This Healthy Living article was kindly written by Louise Pryke from the Nutrition Department at the Launceston General Hospital.*

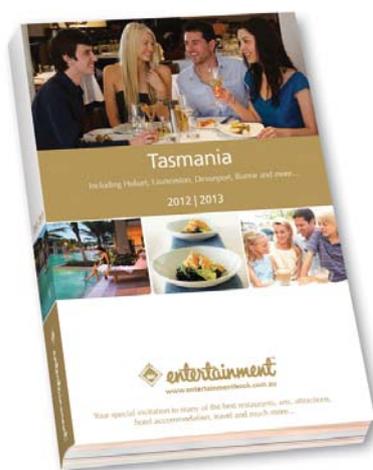
# 2012-2013 Entertainment Book

We are pleased to advise the Clifford Craig Medical Research Trust will again be an outlet for the *Entertainment Book* and we are now taking orders for the brand new 2012-2013 book.

The *Entertainment Book* is a local restaurant and activity guide providing hundreds of discounts and offers from the best restaurants, cafés, attractions, theatres and accommodation.

Better still, it only costs \$60, with \$12 from each book sold going to the Trust as fundraising income.

For more information on what's offered in the book and how you can purchase your copy please visit our website [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au) or contact the Trust office.



## Remember the Medical Research Trust in your Will

We all long for the day where illnesses and diseases such as diabetes, cancer or asthma are a thing of the past. The truth is, medical research is the best hope we have to wipe them out. The Clifford Craig Medical Research Trust is playing its part in adding pieces to the complex puzzles of medical research and we are proud of our achievements to date.

Our work is made possible by the generosity of the community and an important source of funding is through our supporters who leave a planned gift for the Trust in their Will.

If you are considering naming the Clifford Craig Medical Research Trust in your Will we would like to acknowledge your generosity and invite you to become a member of the John Morris Society bequest group. The Society meets three times per year for lunch and membership is automatically offered to those who notify us of their intentions.

If you would like further information about leaving a bequest to the Trust, please ask for a bequest leaflet or contact our Chief Executive, Peter Milne, for a confidential discussion.

## For the Diary

### Launceston Professional Breakfast Series

Next Breakfast Guest Speaker: Dr Rosemary Stanton, OAM

**When:** Friday 30th March 2012

**Where:** Boathouse on Northbank

**Time:** 7:15 am for 7:30 am

**Bookings:** Trust Office – 6348 7010 or [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

### International Women's Day Lunch

**When:** Thursday 8th March 2012

**Where:** Hotel Grand Chancellor

**Time:** 12.15 pm sharp

**Bookings:** Trust Office – 6348 7010 or [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

### Devonport Friends of Clifford Craig - Soup & Sandwich Lunch

**When:** Friday 27th April 2012

**Where:** Pinegrove Reception Centre - Devonport

**Time:** 12 noon

**Bookings:** Devonport Friends of CCMRT – 6424 5187

### Clifford Craig Charity Ball

**When:** Friday 11th May 2012

**Where:** Hotel Grand Chancellor Launceston

**Bookings:** Trust Office – 6348 7010 or [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

### Rainbow Ball (NW Medical Research Fund)

**When:** Saturday 26th May 2012

**Where:** Burnie Civic Centre

**Bookings:** NW Medical Research Fund – 6440 3555

### John Morris Society

The dates for our JMS Members' Luncheons are **Tuesday March 27th**, **Tuesday July 17th** and **Tuesday December 4th**. The John Morris Society is exclusively for supporters who have remembered the Trust in their Will. For more information please contact the Trust office.

## Clifford Craig Charity Ball

Join us in celebrating our 20th year of Medical Research in Roaring 20's style.

**When:** Friday 11th May 2012

**Where:** Hotel Grand Chancellor

**Cost:** \$140 pp or table 10 - \$1400

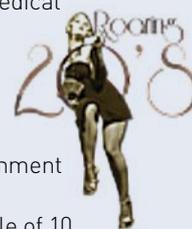
3 course dinner, beverages and entertainment included.

Special early bird offer – Purchase a table of 10 and pay for only 9 (offer valid to 12/03/2012)

To reserve your table call the Trust office or email [enquiries@cliffordcraig.org.au](mailto:enquiries@cliffordcraig.org.au)



Principle Partner





*Orthopaedic surgeon, Mr David Edis with researcher Cameron Adams*

## Medical student to present at spinal conference

The outcomes of a study conducted by medical student, Cameron Adams, into spinal fusion techniques using synthetic proteins has resulted in him being invited to an international conference in Amsterdam to present his findings.

A recipient of a Clifford Craig Research Honours Scholarship, Mr Adams undertook the research study in 2011 under the supervision of orthopaedic surgeon at the Launceston General Hospital, Mr David Edis.

The aim of the research was to evaluate the effectiveness and safety of synthetic bone morphogenic protein (BMP-2), a relatively newly available commercial compound used to achieve bone fusion in primary lumbar interbody fusion surgery, by comparing it with the alternative technique of using posterior element bone graft from the patient. The outcomes examined were radiological fusion rates, clinical outcomes, complications and cost effectiveness.

Bone morphogenic proteins (BMPs) are proteins found in bone that are capable of inducing new bone growth when implanted in other soft tissue. As spinal fusion surgery is used to treat back and leg pain caused by unstable movement between vertebrae and compression of nerves, BMPs can be added to the procedure to induce bone growth between vertebrae and the fuse segments. The use of the synthetic bone morphogenic protein (BMP-2) has been increasingly used in recent years to assist bone formation for spinal interbody fusion surgery, however there have been a number of unique complications reported when BMP-2 has been used.

Mr Adams' research was a retrospective cohort study that compared patients who underwent lumbar fusion using BMP-2 and those that didn't. The results of the research have shown there was no improvement in the rates of successful fusion or clinical outcome using BMP-2, however there was a significant increase in complications that could be attributed to the use of the synthetic protein.

Mr Adams will present his findings at the Spine Week 2012 Conference in late May in Amsterdam.

### 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



## Inspirational garden

The loss of a sister from ovarian cancer was the inspiration for a very successful fundraising event at the home of Heather and Charles Eleveld in November.

Heather's sister passed away in 2010, just three months after being diagnosed with the deadly disease. Having had such a direct association with the illness, she and Charles decided to take a positive approach and joined with the "Friends of Clifford Craig" to host an open garden at their property "Brae-mere" at Grindelwald.

The picturesque garden was a wonderful location for the fundraiser and garden lovers flocked to the event over the two day weekend. Thank you to Charles and Heather for their hospitality and initiative to take action against ovarian cancer.

Statistics from Ovarian Cancer Australia reveal that three women in Australia are diagnosed with ovarian cancer every day. There is no early detection test and the Pap test does not detect the disease.

Every woman needs to know the symptoms of ovarian cancer. Make sure you do.

The four most common symptoms of ovarian cancer include:

- Abdominal or pelvic pain.
- Increased abdominal size or persistent abdominal bloating.
- Needing to urinate often or urgently.
- Difficulty eating or feeling full quickly.

## Message from the Chief Executive Officer



2012 marks an important milestone in the history of the Clifford Craig Medical Research Trust as it will be 20 years since this wonderful organisation was established for the benefit of the local community and the hospitals across Northern Tasmania.

During the past 20 years we have funded over 100 medical research projects with a total commitment of over \$4 Million. Most importantly, the research and educational opportunities that we have provided over this time have helped attract medical specialists, researchers and higher degree students to work and study here in Northern Tasmania.

There is no doubt that medical research is an expensive business, but the benefit it produces far outweighs the costs. Our researchers and their colleagues in other organisations are working to find answers to diseases and illnesses so that future generations can live in a world where preventions, treatments and cures can ensure a long and healthy life.

Your support has been essential over the past 20 years and it gives great comfort to everyone associated with the Clifford Craig Medical Research Trust that the community is interested in our work, appreciates our responsible and ethical approach to research, and supports our endeavour with donations, large and small.

The Trust was named in honour of Dr Clifford Craig, who was an outstanding surgeon and administrator at the Launceston General Hospital, and I am sure that he would be extremely pleased with the important contribution the organisation has made to the Tasmanian community in its first 20 years.

**Peter Milne**

CEO

## Golden Coin Club winner



Congratulations to this year's winner of the Golden Coin Club annual prize draw. Anne Elliott from Viewpoint, Mental Health Service North, is the lucky winner and has won a case of wine.

The Golden Coin Club is a payroll donation program and last year raised \$10,386 to support our medical research projects.

Members include Social Workers, Catering and Cleaning Staff, Nurses, Doctors and Admin Staff at all levels throughout the Tasmanian workforce. The Golden Coin Club has raised many thousands of dollars since it commenced in the mid 1990's.

Members simply donate a pledge of \$1 (or more) each week through a payroll deduction and we 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.

# Type 2 diabetes study participation

Volunteers are being sought for a unique study into the effects of extreme temperature changes on the cardiovascular system, specifically those who suffer from type 2 diabetes.

Climate change scientists are predicting increases in extreme weather events such as cold snaps and heatwaves in the future. Sudden exposure to hot or cold climates causes adjustments to the circulation that maintain a steady body temperature. But people living with chronic conditions, such as type 2 diabetes, may be less able to regulate their body temperature when faced with extreme temperature changes.

Several large overseas studies have highlighted a link between the peaks in numbers of heart attacks and strokes occurring world-wide during sudden temperature changes such as cold and hot weather spells, but there is little information on why or how these peaks occur.

A new study by researcher, Sibella King, at the School of Human Life Sciences, and funded by the Clifford Craig Medical Research Trust, will investigate the associations between exposure to environmental temperature and humidity variations and health consequences for people with type 2 diabetes. At the moment, there is very little information on what effects sudden climate change will have on the cardiovascular function of people living with type 2 diabetes.

Ms King is currently calling for volunteers to join this new study. Participants will need to be over 18 years of age and have stable type 2 diabetes (no insulin use). During the study, participants will undergo height and weight, blood pressure and body temperature measurements and have blood collected by trained university researchers.

All study participants will gain information about their blood pressure, heart and nervous system function, and also their blood sugar and cholesterol status. Additionally at the end of the study, participants are eligible to participate in a FREE "lifestyle makeover" program, run by accredited Exercise Physiologists and Nutritionists, including exercise and nutritional counselling, a take-home exercise prescription and the opportunity to attend group exercise classes at UTAS.

Please contact Sibella King on: (03) 6324 3688 or email: [Sibella.King@utas.edu.au](mailto:Sibella.King@utas.edu.au) for more information.



## Dr Rosemary Stanton visit

Tasmanians will get two opportunities to hear from renowned nutritionist Dr Rosemary Stanton when she visits Launceston at the end of March.

Dr Stanton is being brought to Tasmania by the Tasmanian Group of Nutrition Society of Australia and will speak at a **Clifford Craig Professional Breakfast on Friday 30th March at 7.30am** at The Boathouse. Tickets can be purchased through the Trust office on 6348 7010 or visit the website.

On **Saturday 31st March at 1.00pm**, she will participate in a free 3 hour public meeting on **Nutrician, Weight Control and Health at the Sir Raymond Ferrall Centre, UTAS Launceston**. This public meeting will also include Judy Seal from Public Health Nutrition Tasmania and Prof Robert Glew from the University of New Mexico, USA. Simply advise your attendance to the public lecture on 6324 5458.

Dr Stanton is a tireless crusader for eliminating junk food from our diet and has written 33 books on food and nutrition. These are two great opportunities to learn from a professional who has dedicated her career to making a difference with encouraging healthy diets.

## Are you looking for a guest speaker?

If you are looking for a guest speaker at a future meeting of your community or business group, then please contact us at the Clifford Craig Medical Research Trust. We are aware of the strong interest in our work and we welcome the requests we receive to speak on the research program being facilitated by the Trust for the benefit of the community. If you would like to arrange a speaker please contact the Trust office on 6348 7010.