

# Priceless



**Clifford  
Craig**  
Medical  
Research Trust

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

## Treatable dementia hope stirs Northern generosity

### Appeal for funds to support research into reversible dementia off to a great start

In a wonderful show of support for world-class medical research in Northern Tasmania, our community continues to sustain the inspiring efforts of the Clifford Craig Medical Research Trust and its dedicated research team.



The Clifford Craig Medical Research Trust was recently presented \$5,000 by the Lions Club of Riverside for Professor George Razay's research into Treatable Dementia. The Club has now challenged other service clubs to also get behind the appeal and ensure the project is fully funded. Pictured here are the Trust's Michael Ferguson and George Razay together with Lions Michael Madden and Ian Main.

**Did you know? The number of Australians diagnosed with dementia is projected to quadruple, with the number of cases increasing from 245,400 in 2009 to 1.13 million cases by 2050 (Access Economics). Imagine what a difference we would make if we can improve diagnosis techniques to identify those people who have a treatable form of dementia!**

Despite the current economic climate, the Trust has embarked upon a medical research project of great importance to the entire Australian community. This research task represents the largest-ever investment in the Trust's 17 year history and tackles an area of medicine which is desperate for a medical breakthrough: dementia.

The reversible type of dementia (Normal Pressure Hydrocephalus) is quite easily treated but is notoriously difficult for doctors to recognise. Furthermore there is uncertainty as to how many people with this condition are being misdiagnosed with the non-reversible Alzheimer's disease.

Associate Professor George Razay will lead the painstaking process of working with 400 local people with memory difficulties – from which some will be offered shunting surgery. The key aims of the new research project is to establish exactly what percentage of the dementia population can be treated and to develop a new diagnostic test which can be used to properly diagnose and assist countless people around the world.

Our appeal to the community has been a great success to date, with \$213,000 of our \$315,000 target having now either been received or pledged. We still need to find an additional \$102,000 to give financial security to this essential research.

**Inside: A special story demonstrating the impact of Assoc Prof Razay's important work.**

## For the Diary

### Launceston Friends Annual Fashion Parade

The Friends Fashion Parade will be held together with a morning tea and as usual will be an enjoyable event and a chance to see the latest styles this season. Fashions by Catherine's of Newstead.

**When:** Wednesday 16th September, 10am  
**Venue:** Riverside Golf Club  
**Cost:** \$12.00  
**Bookings:** Vicki on 6326 3318

### Button-selling Fundraising Day

Our Devonport Branch is selling buttons to the public in the Latrobe, Devonport and Ulverstone areas on Friday 18th September. The ladies would be very pleased to have some more volunteers on the day. To assist, please phone Marlene Chequer on 6424 5187

### Launceston Professional Breakfast Series:

For local business and professional people looking for morning inspiration to be more productive and fulfilled. Come and hear Assoc Prof George Razay give the talk of a lifetime: **How to be Happy**.

**When:** Thursday 1 October, 7:15 for 7:30am  
**Venue:** Hotel Grand Chancellor, Launceston  
**Cost:** \$30.00  
**Bookings:** Online at [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

### Open Garden Scheme

For the first time, Brae-Meer will be open to the public and you're invited. A beautiful 1.25 ha property featuring an expansive, relaxing garden. Morning and afternoon teas will be available and there will be a wonderful raffle. All proceeds will support cancer research through the Clifford Craig Medical Research Trust.

**When:** Sunday 29 November, 10:00 am to 4:30pm  
**Venue:** Brae-Meer, 20 Atkinsons Road, Grindelwald  
**Cost:** \$6.00 per adult, children free

### Crafty Corner Craft Exhibition

The Crafty Corner group will hold their inaugural exhibition in October and have generously decided that all proceeds will be donated to the Trust. After 13 years together the group now have more than 100 crafty members who will offering their items for display and/or sale. Also there will be working demonstrations on display.

**When:** Friday 23 October to Saturday 24 October  
**Hours:** 9:30am – 4pm  
**Venue:** Trinity Uniting Church, Margaret Street, Launceston  
**Cost:** Adults \$2.00, children free

### Garden Fete at Lady Sallie Ferrall's

A wonderful day out for the whole family, young and old. Enjoy Lady Sallie's beautiful rose garden in its prime, together with entertainment, Devonshire teas and stalls including cakes, plants and fresh produce.

**When:** Saturday 28 November, 10:00 am to 4:00pm  
**Venue:** Elphin House, 3 Olive Street, Newstead  
**Cost:** \$5.00 per adult, children free

### The famous Melbourne Cup Lunch

Get in early as this event is always a sell-out: because of the fun atmosphere, light wagering and great food and liquid refreshment! Gather a table together and watch 'the race that stops the nation' on our big screen.

**When:** Tuesday 3 November, 12 noon for 12:30pm  
**Venue:** Drysdale House (Polytechnic), Charles Street Launceston  
**Cost:** \$40.00

### John Morris Society

The pre-Christmas date for JMS members' luncheon in 2009 is 17 November. The John Morris Society is exclusively for supporters who have remembered the Trust in their Will.

### Antiques Show and Tell

Ever wondered what your antiques and valuables are really worth? Come along to the Antiques Show and Tell, jointly hosted by the Launceston Friends of Clifford Craig Medical Research Trust and the Friends of Franklin House. Your entry fee gives you access to Franklin House, its lovely gardens and the opportunity to have up to 3 items valued by an antique specialist. While you're there, enjoy lunch or afternoon tea on the back verandah.

**Date:** Saturday 3 October from 12 noon to 4pm  
**Venue:** Franklin House, Hobart Rd, Youngtown  
**Cost:** Adults \$10.00, children free.

### Dorset Branch Annual Art Exhibition

This annual art exhibition is a favourite for locals and summer holiday makers alike. Featuring selected artists of the Dorset Municipality who were born, raised or now live in the area, including: John Gibb, Janet Cairns, Leonie Duff, Fay Ralph and Jenny Pixley. Craftsmen's work featuring pottery and woodwork. Hon Sue Napier will officially open the exhibition on 28 December at 2pm – entry for this event \$5.00

**When:** Monday 28 December to Saturday 2 January  
**Hours:** 9:30 am to 4:30 pm each day (closing 3pm Sat 2/1)  
**Venue:** CWA Hall  
**Cost:** Gold coin donation

## From the Chief Executive Officer



Your Clifford Craig Medical Research Trust is pleased with the amazing progress we have made within our organisation. We are able to report on running a leaner, more outcomes-focussed office; improving relationships with more supporters; pursuing new opportunities in communications, data handling and building our research networks. The best measure of our performance right now is the record amount of world-leading research in which we are investing. This is the most pleasing news, because facilitating medical research in our own region and for our own people is the reason we exist.

The community-wide response to our recent appeal for dementia research has been a most humbling experience indeed. While we're still not quite there, we've made significant progress toward our target - thanks to our devoted supporters like you.

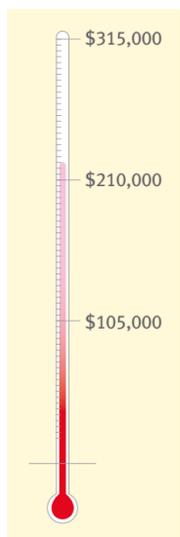
I'd like to gently remind our supporters that the \$315,000 cost of our flagship project into treatable dementia is in addition to our normal research program into other topics of need as we don't want our ongoing research efforts into other key areas to suffer.

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.

Thank you for your continuing support.

**Michael Ferguson**  
CEO



## Some changes to our board

The Trust recently saw the departure of a valuable contributor on our honorary board, Mr Phil Leersen, who has provided his professional expertise and wise counsel as a Director since 2006. Phil has pledged his ongoing support and advocacy for the future and we pay tribute to him for his service and wish him very well. We are fortunate to have been able to secure the services of an enthusiastic replacement Director, Mr Michael Roberts. Michael is the manager of Information Technology at The Examiner newspaper. We know that Michael will be the source of valuable ideas and advice which will strengthen our organisation.

### 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



## Heartbreak has a positive outcome

By Rachael Brain

Watching a family member enter a slow decline from the effects of dementia can be a heartbreaking experience.

But knowing that their loved one has made a difference to other dementia sufferers helped to ease the pain for one Launceston family. Michael Percy and his sister Debbie Castley lost their mother, Betty Percy, in 2002. Once a vivacious, active woman, Mrs Percy was diagnosed with dementia in the late 1990s, but through pioneering research by Professor George Razay, her quality of life improved beyond expectation after surgery.

In her earlier years, Mrs Percy had been a boating enthusiast, was active in her children's school mother's club, was an avid reader, enjoyed card games and crosswords and even authored a book, *The Tamar Boats*, in 1993.

"She was a calm, caring, loving and supportive mother" Mrs Castley said. "Mum and Dad did a lot of boating, and when they were away one year it was discussed that there should be a reference book of all the boats built on the Tamar" Mr Percy said. "She did it the old fashioned way, with a typewriter, and included the index, and it's a complete reference book.

"It was something that was done before she began to suffer (from dementia)." Aged in her late 60s, Mrs Percy was diagnosed with dementia, and had also suffered from a number of unrelated illnesses. "It was a gradual process," Mrs Castley said. "I noticed that her memory was patchy, but it was quite a while before it was actually diagnosed.

Article reprinted courtesy of the Launceston Examiner, 2 June 2009.

Michael Percy and his sister Debbie Castley look through a family photo album. Picture: PAUL SCAMBLER



"After a referral to Prof. Razay, Mr Percy said his mother was diagnosed with normal pressure hydrocephalus — a condition in which the cerebral ventricles are enlarged.

The cerebral ventricles are cavities in the brain that contain cerebrospinal fluid. But Prof. Razay's pioneering research saw Mrs Percy undergo the surgical insertion of a shunt to drain the fluid.

Before her operation, Mr Percy said, his mother had been unable to walk unaided. Afterwards, he said, she was able to go back home and enjoy a "normal" life for another 12 months. While Mrs Percy eventually died due to unrelated illnesses, Mr Percy said Prof. Razay's research had a huge impact on his mother's quality of life. Prof. Razay is undertaking a three-year study to gauge the extent of people in Northern Tasmania with memory problems.

Mr Percy and Mrs Castley urged Tasmanians to donate to the Clifford Craig Medical Research Trust to aid Prof. Razay's research. For more information, visit [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

## Recommendations for cancer prevention



These recommendations are based on the findings of the World Cancer Research Fund / American Institute for Cancer Research report (2007).

The report is the result of a five-year process that saw a team of scientists examine 500,000 studies on the link between cancer and diet, physical activity and weight, before identifying the 7,000 most relevant.

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Limit consumption of energy-dense foods (foods high in fats and/or added sugars and/or low in fibre) and avoid sugary drinks.
4. Eat more of a variety of vegetables, fruits, wholegrains, and pulses such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don't use supplements to protect against cancer.
9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.
10. After treatment, cancer survivors should follow the recommendations for cancer prevention.

And, always remember – do not smoke or chew tobacco.

For more information go to [www.wcrf.org](http://www.wcrf.org)

## Clifford Craig researcher recognised abroad

Congratulations to a dedicated member of the Trust's research team, Professor Shan Rajendra, who has been selected to join the Editorial Board of World Journal of Gastroenterology in 2010-2013. Prof Rajendra received this invitation in recognition of his "outstanding contributions to research on gastroenterology and hepatology".

The World Journal of Gastroenterology is a weekly, open-access, peer-reviewed journal supported by an editorial board of 1126 experts in gastroenterology and hepatology from 60 countries.

For any findings that come from medical research to be adopted into clinical practice by doctors and medical schools, they must first pass the test of peer review (scrutiny from one's colleagues) and published in a recognised medical journal. Peer-review is the key process that ensures the academic quality of published research. In fact as a quality measure, the Clifford Craig Medical Research Trust has a specific requirement of its funded researchers that their final work should be published. After all, there's no point making a discovery if it's not shared!

Prof Rajendra is leading research which is investigating a possible link between the (cervical cancer-causing) human papillomavirus and cancer of the oesophagus – all funded by community donations through the Trust.

## 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.**

## 2009 Baby Boomers' Ball

The annual Baby Boomers' Ball was again a great success for the Clifford Craig Medical Research Trust. 280 guests attended the event at the Albert Hall and raised \$21,000 for our essential work.

Thanks to our wonderful volunteer committee, our very funny MC Peter Murphy and the talented Freddie Todman and Orchard Road who all contributed to a great night for a great cause.



Photos courtesy of [www.photobat.net](http://www.photobat.net)

## Launceston Professional Breakfast Series:

We were delighted to welcome our loyal breakfast supporters for breakfast nice and early to hear one of Tasmania's leading landscape and portrait photographers Phil Kuruvita give a personal and inspirational message on personal fulfilment and living a significant life with the assistance of his beautiful pictures.

The next breakfast will be on October 1 and features a special talk from a man we believe will one day be credited with saving countless lives from the trauma of dementia. Hear Associate Professor George Razay give a life-changing talk: **How to be Happy**. To book your place, go to [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

The breakfast series is as a service from the Trust to our local business and professional community with the goal of offering fun, worthwhile professional development.



## 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.

