

Priceless



**Clifford
Craig**
Medical
Research Trust

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

International Conference Presentation



Associate Professor George Razay at the Paris Conference

Launceston physician, Associate Professor George Razay, travelled to Paris in July for the International Conference on Alzheimer's Disease where he was invited to present his research into dementia.

More than 5000 scientists from around the world gathered at the 2011 Alzheimer's Association International Conference in Paris to share the latest ideas, thoughts and theories in the field. The conference was addressed by the President of France, Nicolas Sarkozy, and captured global media attention as the world's leading experts explored innovative ways to further Alzheimer's research.

Associate Professor Razay undertook three presentations at the conference and has since received several requests for information and future collaboration about his research that is being conducted here in Tasmania at the Launceston General Hospital. Whilst overseas, he also visited Oxford University to participate in a longitudinal study into the role of cholesterol in cognitive dysfunction and dementia.

Associate Professor Razay is currently undertaking a major three year study which is funded by the Clifford Craig Medical Research Trust into a treatable form of dementia, Normal Pressure Hydrocephalus.



Run for Your Heart

Now in its 4th year and organised in conjunction with the Rotary Club of Launceston, the annual *Run for Your Heart* run and walk is a great way to be active and raise money for clinical research in Northern Tasmania.

Run for Your Heart starts at Aurora Stadium at 10am, with the 5km course travelling along the North Esk flood levee, into Heritage Forest and returning to the finish line at Aurora Stadium. Principle sponsors are RACT Health Insurance, Vos Constructions and Rae & Partners.

The aim of the event is to encourage people to undertake some physical activity to improve their health. It will also be a great lead-up test for people who are training for the Burnie Ten which is held just 2 weeks later.

To register or for more information visit www.cliffordcraig.org.au or call the Trust office 6348 7010

Date: Sunday 2nd October 2011

Time: 10am

Venue: Aurora Stadium

Cost: \$15 per adult, \$8 under 16,
\$35 per family

CLIFFORD CRAIG
MEDICAL RESEARCH TRUST

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The Common Cold



Following several months of wintery weather many of us have suffered from a common cold or, as some unkind females describe it to their male partners, a dose of the "man flu". There are many myths about what causes a cold and how it should be treated, so we have included the following information from the *Better Health Channel* which explains the common cold in simple terms.

Summary

Colds are very common, usually during winter. Most colds are caused by a virus. Symptoms can be relieved with warm drinks or lozenges, nasal sprays and paracetamol. Antibiotics will not help a cold. Aspirin should not be given to children as it can cause a serious illness called Reye's syndrome.

Colds, or upper respiratory tract infections, are the most common cause of illness in children and adults. Most colds are caused by a virus and there are over 200 types of viruses that can cause the common cold, which is why it's not possible to be immunised against a cold.

Colds are more common in the winter months. Cold weather by itself does not increase the chance of getting a cold. People are in closer contact with each other at this time of year, because they stay indoors, and so are more likely to infect each other. The viruses that cause colds are spread by sneezing, coughing and hand contact.

Symptoms of colds

The symptoms of a cold include various combinations of:

- A stuffy or runny nose
- Sneezing
- Sore throat
- Cough
- Headache
- Red eyes
- Swelling of lymph glands
- Fever (occasionally)
- There may be loss of appetite and, sometimes, nausea and some vomiting.

The actual symptoms will vary from person to person and from illness to illness. Usually, the symptoms will last from a few days to a week or more and the person recovers fully without any ongoing problems.

There is no cure but symptoms can be relieved

There is no cure for the common cold. There is no specific treatment that will make the cold go away more quickly.

Symptoms can be relieved in a number of ways:

- Paracetamol can be given in appropriate doses if fever is present.
- Warm drinks will ease a sore throat and dry mouth.
- Nasal drops or spray will ease a blocked nose.
- Lozenges – the cheapest ones from the milk bar are equally as good as the expensive ones from the chemist.

Children with a cold don't need bed rest

There is no need for bed rest if your child has a cold – let the child decide how much activity they want to take part in. Although children are unlikely to be hungry, make sure they drink lots of fluids. Appetite will return as the child starts to feel better.

Don't use medications

These treatments are not necessary and should be avoided:

- **Antibiotics** – colds are caused by a virus and antibiotics will not help, even though they are often prescribed.
- **Cough medicines** – these are of no benefit. The cough is caused by irritation of the trachea (windpipe) or excess mucus, and cough medicine does not affect either of these symptoms.
- **Cold remedies and tablets** – preparations that can be bought over the counter at the chemist are usually not helpful and should be avoided.
- **Aspirin** – do not give children aspirin as it may lead to a serious acute illness called Reye's syndrome.

When to see the doctor

Virtually all upper respiratory tract infections get better without any specific treatment. See the doctor if the child or adult:

- Refuses to drink fluids
- Vomits frequently
- Complains of intense headache
- Is pale and sleepy
- Has difficulty breathing
- Has a high fever that does not respond to paracetamol
- Shows no improvement in 48 hours
- Shows any other signs that you are worried about.

Prevention

It is virtually impossible to avoid getting upper respiratory infections. There is no value in giving vitamins in the mistaken belief that this will increase resistance.

Where to get help

- Your doctor
- Pharmacist

Things to remember

- There is no cure for the common cold but symptoms can be relieved.
- Most people recover in about a week.
- Don't use medications like antibiotics or cough mixtures.



Research Update

The Potential Role of Human Papilloma Virus in Short and Long Segment Barrett's Oesophagus and the Development of Dysplasia



Professor Shan Rajendra

A preliminary landmark study being undertaken by Gastroenterologist, Professor Shan Rajendra, has provided the first evidence of the presence of Human Papilloma Virus (HPV) infection in the oesophagus.

Funded by a grant from the Clifford Craig Medical Research Trust, Professor Rajendra and his team of multi-disciplinary researchers have

been working on the study for the past two years. They are investigating the possible role of human papilloma virus in the etiology and progression of Barrett's oesophagus to oesophageal adenocarcinoma.

HPV infections contribute to nearly 50% of virus-induced/associated cancers. In the study, critical factors in the understanding of HPV induced cancer formation, including viral distribution and integration, viral load, and mechanisms of HPV transcription will be analysed in detail.

The study will provide a better understanding of the etiologic role of HPV infection in Barrett's oesophagus, and dissect the mechanisms involved in oesophageal malignancies. It will have a great impact on public health as identification of high-risk individuals and development of effective preventative strategies become possible.

Professor Rajendra and his team aim to publish their work later this year.

Climatic Effect on Blood Pressure and Blood Clotting in Type II Diabetes

Cardiac events, including heart attacks and strokes, are increased during summer and winter, and Dr Andrew Williams, a senior lecturer at the School of Human Life Sciences, is conducting a research study funded by the Clifford Craig Medical Research Trust to examine the possible link with acute exposure to high and low temperatures.

Changes in environmental temperature are associated with changes in blood flow, blood pressure and blood clotting, which may explain the increased risk of cardiac events in temperature extremes. Individuals suffering from Type-II diabetes mellitus are at an increased risk of high blood pressure and cardiovascular disease. A common consequence of Type-II diabetes mellitus is impaired nervous system function which may affect a patient's ability to regulate blood pressure in response to acute changes in environmental temperature.

To date, no information is available on the effect of acute changes in air temperature and humidity on measures of cardiovascular function and blood clotting in Type-II diabetes mellitus sufferers. Dr Williams and his team will investigate the effect of acute changes in environmental conditions on central blood pressure and blood clotting factors, and their association with nervous system function in 20 patients with Type-II diabetes and 20 healthy individuals.

The project is expected to take 16 months and be completed by late 2012.

Dr Gerard Gill Farewell & Congratulations

A respected member of our Scientific & Research Committee, Dr Gerard Gill departed Tasmanian shores in June to take up an academic post at Deakin University as professor of rural and regional practice.

Dr Gill was a GP at the Northern Suburbs Medical Centre in Launceston for over 30 years and was an enthusiastic supporter of the Clifford Craig Medical Research Trust. Tasmanian-born and trained as a physician, he was a strong supporter of the community and also served as the state medical officer for St John Ambulance, plus he worked for the Launceston City Council as its immunisation officer.

His new position will allow him to pursue an issue that he is passionate about and that is to get young medical students interested in general practice.

We wish Dr Gill every success in his new role at Deakin University and thank him for his valuable contribution to the Trust.



Dr John Morris welcomes new member Mrs Ann Whiteley

Share in Our Future

Bequests are becoming an increasingly important source of funding for medical research. Leaving a gift in your Will to the Clifford Craig Medical Research Trust is a healthy investment and a wonderful way to ensure that your contribution to the community continues for generations to come.

Many people, often those unable to donate as much as they would like in their lifetime, choose to leave a gift in the form of a residual bequest (a percentage share of their estate) or a pecuniary amount (specific sum).

We encourage discussion with your family and recommend advice from a qualified legal adviser. If you would like further information about leaving a gift in your Will to the Trust, please contact our Chief Executive, Peter Milne, to arrange a private and confidential discussion.

Membership of the John Morris Society is automatically offered to supporters who wish to advise us they have named the Clifford Craig Medical Research Trust in their Will.

Getting Your Daily Dose of the Sunshine Vitamin

Vitamin D deficiency continues to be a concern in Australia despite an abundant supply of sunshine.

In actual fact, significant proportions of the population are vitamin D deficient, especially in winter. In Tasmania, about 33% of teenagers and adults are vitamin D deficient (≤ 50 nmol/L) in summer and autumn, and 67% in winter and spring. Even among those who spend a lot of time outdoors in winter, 45% are vitamin D deficient, partly due to wearing more clothing.

Vitamin D is essential for normal bone and teeth development, and maintaining optimal bone health. While more research is needed to establish definite relationships, vitamin D has been linked with the onset of diseases such as multiple sclerosis, Type 1 diabetes, heart diseases, and colorectal cancer.

Few foods contain vitamin D: oily fish, egg yolk, liver, fortified margarine and fortified milk. While dietary intake of vitamin D is important, adequate exposure to sunlight is needed to maintain healthy vitamin D status.

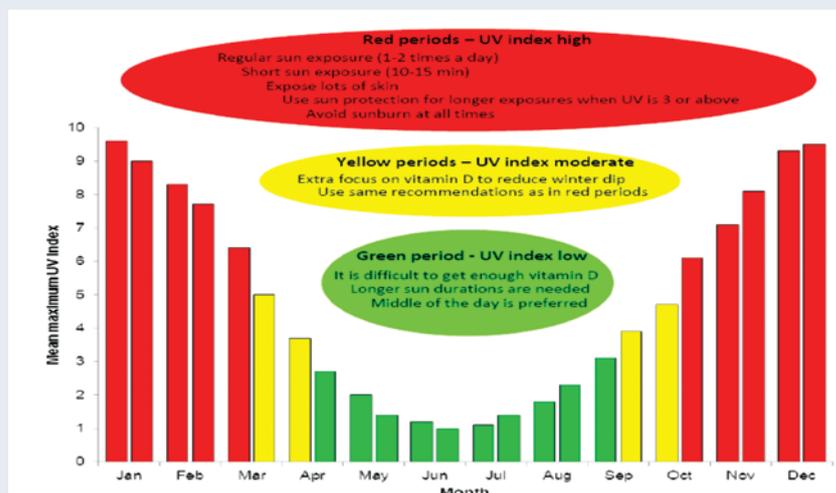
Groups of people at exceptionally high risk of vitamin D deficiency include people who have little exposure to sunshine – older people ($\rightarrow 70$ years), people in institutional care, patients with hip fracture, and dark-skinned women (particularly if veiled), mothers of infants with rickets, and the obese. Medical conditions such as small bowel disorders, pancreatic insufficiency, chronic liver hepatitis and cirrhosis can also contribute to vitamin D deficiency.

The table below shows the recommended daily intake of vitamin D for various age groups. Vitamin D intake is estimated at 2–3 μg per day (≤ 100 IU), hence supplementation may be needed to meet the recommendations. If the below sun exposure is not possible (especially during winter), then a vitamin D supplement of at least 10 μg (400 IU) per day is recommended.

This Healthy Living article was kindly written by Seok Yee Toh from the Nutrition Department at the Launceston General Hospital.

Recommended adequate intake (AI) for vitamin D		
Daily intake		
Age (years)	(IU)	(μg)
0 – 50	200	5
51 – 70	400	10
$\rightarrow 70$	600	15

Department of Health and Ageing, National Health and Medical Research Council, Nutrient Reference Values for Australia and New Zealand 2006.



Cancer Council Tasmania, Menzies Research Institute 2011. How to safely get your daily vitamin D dose from the sun?

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



Festival of Music at the Albert Hall

Concert Hits the Right Notes

Launceston's Albert Hall was recently the centrepiece for a wonderful afternoon of musical entertainment which featured some of Launceston's best musical talent.

Over 700 people attended the Festival of Music which was organised by the Launceston Friends of Clifford Craig, to raise funds for medical research in the local community. The 30 strong fundraising group certainly excelled themselves and put together a musical program which included the St Andrews Caledonian Pipe Band, University Wind Orchestra, Ross Challendar Band, Sing Elon International Choir, RSL Brass Band, Launceston College and St Patrick's College Bands, Vox Harmony Choir and solo performances by Laura Sykes on flute and Lynda Nichols on the Brindley organ.

MC for the day, Dr Frank Madill, diligently kept the program flowing, and students studying "live production" at Launceston College voluntarily provided the lighting and audio requirements for the day.

The concert was a wonderful success and many tributes have been flowing in for everyone associated with organising the event.

Queen for a Day

Several staff from the Intensive Care Unit at the LGH enjoyed a novel fundraising afternoon in June whereby they dressed up as a "Queen for a Day" to watch the new movie release "The Kings Speech". The afternoon was arranged by ICU staff Anne Britton and Chris Burt. White Gloves were mandatory whilst pearls and tiaras were optional.



Dressed for the occasion are Anne, Chris and Sarah from ICU

Message from the Chief Executive Officer



Tasmania is a wonderful part of the world to live and work. Our state is renowned for its natural beauty, we enjoy a temperate climate with four distinct seasons, and we are renowned for being friendly and welcoming people. Most importantly, we live in a society that still embraces a strong sense of caring for our community; a valuable quality which is rapidly diminishing in major population centres throughout the world.

The creation of the Clifford Craig Medical Research Trust in the early 90's is a great example of how our community worked together to establish an organisation that would provide enormous benefits for the region by generating a strong and

continuous medical research program in Northern Tasmania and be valuable for our local hospital.

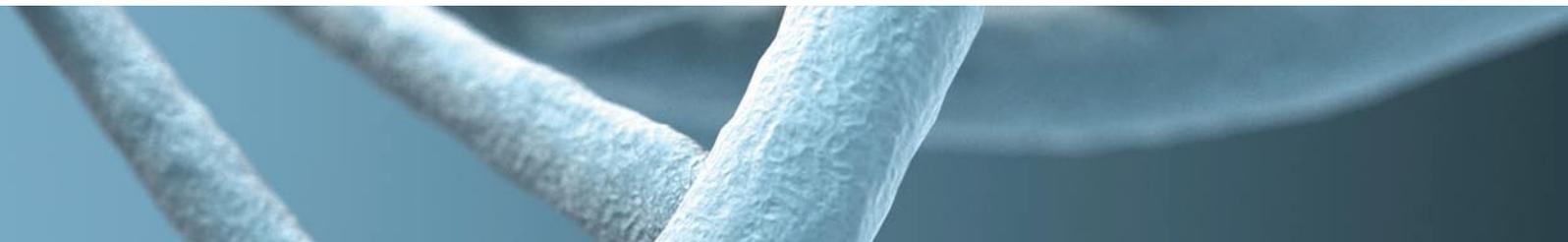
Most importantly, this strong community commitment for the Trust remains strong today and was on display recently when the Launceston Friends of Clifford Craig organised a major fundraising concert at the Albert Hall in Launceston. This small group of volunteers are passionate about our cause and they regularly arrange fundraising events throughout the year, which have contributed many thousands of dollars for medical research.

We have other community groups with the same commitment and passion who also volunteer to raise funds for the Trust through various events and activities. The Dorset Friends of Clifford Craig are a small, vibrant group who fundraise in the Bridport/Scottsdale region and they have put together some wonderful events. Their forthcoming Halloween Night in October sounds like a lot of fun. On the North West Coast we have the Devonport Friends of Clifford Craig and they are an inspirational group of people who conduct a variety of fundraising activities throughout the year. These include raffles, soup and sandwich luncheons through to garage sales. In Burnie, Peter Mancell heads up the North West Medical Research Fund and his committee organises an annual "Rainbow Ball" to raise funds for medical research to occur on the North West Coast.

These are a few great examples of how Tasmanians still possess a strong sense of community, and the enormous benefits that are derived from people who care about their community. It is an important quality and one which I hope Tasmanians continue to maintain.

To all of our supporters, thank you for your generous and on-going support. Without your passion and commitment we would not be able to continue our important program to facilitate a quality medical research program here in our community.

Peter Milne
CEO



Summer is Coming – Let’s have a Ball and Celebrate

Preparations are well underway for the 2011 Annual Clifford Craig Charity Ball. This year’s gala event will be held at the Hotel Grand Chancellor on Friday 7th October. With the long winter months still fresh in our minds, this year’s ball will comprise a “summertime” theme and attendees will have the opportunity to go home with a tropical holiday.

The committee has been busy for several months putting together a great night for attendees. Clifford Craig Chief Executive, Peter Milne, said the Annual Ball is an important profile event for the Trust and most importantly, it raises valuable funds to support our medical research program here in Northern Tasmania. “We want people to come along and party for a cause and walk away satisfied they have enjoyed a fantastic night”, he said. “We are very appreciative of the valuable

contribution by the ball committee and a big thanks to David Daking, Sharon Lawson, Karen Phillips, Karen Stallard and Rebecca Biggelaar”, he said.

Tickets are \$135 per person and include a three course dinner, drinks and live music featuring ‘Col & The Remains’. Call the Trust office soon on 6348 7010 if you would like to reserve a seat as tickets are going fast.



For the Diary

Devonport Friends of Clifford Craig – Button Day

When: Friday 23rd September 2011

Enquiries: 6424 5187

Run for Your Heart – 5km Run/Walk

When: Sunday 2nd October 2011

Time: 10 am

Where: Aurora Stadium

Cost: \$15 per person, \$8 per person under 16 years

Bookings: www.cliffordcraig.org.au

Launceston Professional Breakfast Series

Next Breakfast Guest Speaker:

Guy Barnett – Tour de France – adventure & inspiration

When: Thursday 29th September 2011

Where: Hotel Grand Chancellor Launceston

Time: 7:15 am for 7:30 am

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

Clifford Craig Charity Ball

When: Friday 7th October 2011

Where: Hotel Grand Chancellor Launceston

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

Dorset Friends of Clifford Craig – Halloween Night

When: Saturday 29th October 2011

Where: Bridport RSL Club

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

Launceston Friends of Clifford Craig – Melbourne Cup Lunch

When: Tuesday 1st November 2011

Where: Launceston Polytechnic Paterson St opposite Royal Park

Time: 12:00 pm

Cost: \$45

Bookings: c/-18 Mallard Place Newnham 7248 – 6326 3318

Launceston Friends of Clifford Craig – ‘Secret Garden’ Open day

When: Saturday 19th & Sunday 20th November 2011

Where: ‘Brae Meer’ 20 Atkinsons Rd, Grindelwald

Time: 10 am – 4 pm

Cost: \$5 donation

Enquiries: 6344 6662

John Morris Society

The next luncheon for the John Morris Society is **Tuesday 6th December 2011**. The John Morris Society is exclusively for supporters who have remembered the Trust in their Will. For more information please contact the Trust office.