



DRY JULY FORECAST FOR SA

South Australians are being encouraged to set a new financial year resolution to take a month off drinking, get healthy and raise much needed funds for cancer patients at The Queen Elizabeth Hospital.

Dry July is a website based community where an individual or group can take on the challenge of a month long sponsored abstinence from alcohol.

It began in Sydney, where it was hugely successful, raising more than \$250,000 in its first year. This year the campaign has been extended nationally and all funds raised in SA will go to The Queen Elizabeth Hospital Research Foundation to benefit cancer patients at TQEH.

Dry July founder Phil Grove, who created the concept after undergoing surgery to remove a tumour that was thankfully benign, said the campaign had healthy side benefits both for the participants and those they raised money for.

“Dry July is about making a difference, challenging yourself, encouraging positive change, clearing your head and getting healthy. Feel good about yourself knowing your efforts and the



Dry July Ambassador ABC Radio's Adam Spencer with the Dry July team Phil Grove, Kenny McGilvary & Brett Macdonald

sponsorship you raise will directly benefit the lives of adults living with cancer,” he said.

Joining the Dry July Movement is simple – just head to www.dryjuly.com from 1 June 2009 to register and start collecting sponsors. Once you've registered you can communicate with other Dry July participants, allowing you to share your progress and track your donations.

New Centre Launches Operation Inflammation

Asthma, stroke, arthritis and rhinosinusitis may affect different parts of the body but they all have one common element – chronic inflammation.

In the past, the causes, effects and treatments of chronic inflammation have been studied within each specialist area.

Now, in what is believed to be a world first, scientists and clinicians from Rheumatology, Otolaryngology, Neurology and Medicine at The Queen Elizabeth Hospital have come together to form the Centre for Inflammatory Diseases Research (CIDR).

The centre will be funded by a program grant from The Queen Elizabeth Hospital Research Foundation which has allocated \$540,000 over three years to the project.

Ear, Nose and Throat surgeon Professor P.J Wormald, one of

the group's chief investigators, said the centre was an exciting collaboration, which would enable researchers to exchange ideas and work together on new research directions.

“I think it is going to open up avenues and lines of thought processes which we just would not have contemplated otherwise,” he said.

Professor Wormald said one of the core elements of chronic sinus disease was chronic inflammation but it was known that whatever happened in the upper airways was mirrored in the lower airways.

“So the inflammatory processes which cause sinus disease are the same ones that cause asthma and Chronic Obstructive Pulmonary Disease so those areas sit nicely together in terms of research,” he said.

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The 2009 Home Lottery has SOLD OUT in record time! Details p. 2

Executive Director's Message



In this financially difficult time, I've been very pleased by the strong support The Queen Elizabeth Hospital Research Foundation has continued to receive.

As I write, we look like we are going to have, once again, a record year of support for the Research Foundation, which is doubly good when you consider that some charitable organisations in South Australia are finding it increasingly more difficult to maintain support.

This is a great reflection on both our loyal supporters and the great researchers at The Queen Elizabeth Hospital, whose fantastic work is helping to improve the health and well-being of all South Australians.

I'd like to take this opportunity to thank all our donors and sponsors. I hope that you will continue to maintain your support throughout the year.

I would also urge everyone to get together with their friends and family and join in, either as a participant or as a sponsor, of Dry July.

Maurice Henderson

Board Members Reunite

Past and present board members of The Queen Elizabeth Hospital Research Foundation were reunited at The Institute on April 1 to celebrate both the new building and the 25th anniversary of current chairman John Michell's involvement with the Board.

About 30 people attended the private function including two original members Mr John O'Brien and Dr Stephen Milazzo, former chairman of the Board of TQEH Wendy Chapman, the Hon. Jay Weatherill and current deputy chair of TQEHRF Mr Ray McGrath.

TQEHRF Executive Director Maurice Henderson thanked John Michell for his outstanding contribution to the growth and direction of the Board.

"John Michell, through his wealth of knowledge, has been able to guide the Foundation through its rapid growth over the past 10 years," he said.

He said the evening had provided an opportunity for past board members to tour The Institute and see the concrete results of many years of lobbying and planning.

"The group was extremely impressed, as we all are, by the new building and a number expressed their surprise as they thought such a building would never happen on the site of TQEH," he said.



Maurice Henderson with John Michell in the new labs

2009 Home Lottery Sells Out in Record Time



All 56,000 of the tickets available in The Queen Elizabeth Hospital Research Foundation's Home Lottery have sold out three weeks before the early bird cutoff.

All 3,800 prize draws, will be completed on Wednesday 27 May 2009, including the 'Lexus IS250 and \$25,000 cash' Early Bird Prize and the fully-furnished \$1.2 million grand prize home in Blackwood Park.

A complete list of winners will be published online at homelottery.com.au on Wednesday June 3 and the Top Prize winners will also be published in *The Advertiser* on that day.



Thank you SA for helping us towards our vision of a healthier community!

Hot Weather Bad News for Sinus Sufferers

Forecasts of hotter, drier summers for South Australia spell bad news for chronic sinus sufferers, one of Adelaide's leading ear, nose and throat surgeons has warned.

Professor P.J Wormald said South Australia was already one of the worst places on earth for sinus sufferers, along with Sudan, India and Texas, and warmer temperatures would make the situation worse.

"The incidence of chronic sinusitis, particularly chronic fungal sinusitis, is the highest among the hot, dry and dusty climates, like South Australia," he said.

"When the north wind blows and the temperature goes up, the fungal spore count goes 10,000 times higher than the normal pollen counts so the amount of fungal spores that enter into your nasal cavity and sinuses is enormous."

Professor Wormald is Chair of Otolaryngology Head and Neck Surgery at Adelaide and Flinders Universities and leads a research team at The Queen Elizabeth Hospital's Research Institute.

Professor Wormald said about 15 per cent of the population suffered from chronic sinusitis, making it more prevalent than any other chronic disease, including diabetes, asthma, rheumatoid arthritis and chronic heart disease.

"We know that the incidence of upper respiratory tract diseases

is one of the most common reasons for a patient to consult a GP," he said.

"The cost is enormous in terms of GP consultation, medication usage, missed work days and productivity. You are talking not millions but billions of dollars."

Professor Wormald's research team at the TQEH, supported in part by The Queen Elizabeth Hospital Research Foundation, is looking at causes and treatments for chronic sinus diseases and ways to improve healing after sinus surgery.

Professor Wormald said allergies and previous trauma to the nose could predispose someone to developing sinusitis while a bad cold or bout of flu could also trigger it.

More recently, however, sensitivities to fungal spores have also been implicated in the development of sinusitis, and this is a particular problem in hot dry climates like northern Africa, India, the south west of the United States and Australia.

"Pollens, or hayfever, are more seasonal, and they are probably more prevalent where you have a bit more water and things grow more but fungal diseases are much more common in hot dry climates like ours," Professor Wormald said.

"You inhale between two to four million fungal spores every 24 hours so if you have sensitivity, or your immune system is sensitised to fungal spores, your chances of developing sinus disease rise quite substantially."



Professor P.J Wormald

Centre Targets Chronic Inflammation continued from page 1

"But, interestingly, we now know that inflammation is also a factor in strokes and if you treat the inflammation or concurrent infections at the time the patient has a stroke then the outcome is so much better.

"We also know that inflammation is the major pathogenic factor in Sjogren's Disease so if we can look at the common inflammatory pathways and see how we can target inflammation at this stage we can then address the various aspects of these different diseases."

Dr Peter Zalewski, whose pioneering work on zinc led to the discovery of a link between zinc deficiency and asthma, said the group would look at whether novel therapies being explored to treat inflammation in one disease might also be effective in others.

The Stroke Team, led by Dr Simon Koblar, for example, has been investigating the use of stem cells, grown from teeth, to treat stroke inflammation while the Rheumatology Unit has been trialling fish oil in the treatment of rheumatic diseases, like arthritis.

Dr Zalewski said his role would be to investigate whether zinc was also a factor in the other diseases.

"Zinc is very important in rheumatoid arthritis and Sjogren's. There is also some evidence that zinc can protect cells against damage that occurs due to the lack of oxygen in stroke and also some that it might have some impact in Alzheimer's disease," he said.

"Any disturbance in zinc metabolism seems to have a profound effect in the body."

The CIDR project is one of five collaborative projects which TQEH Research Foundation has agreed to fund over the next five years.

Professor Wormald said the program grants encouraged the cross-fertilisation of ideas between researchers from different departments.

"Everyone lives in their ivory palaces and concentrates on their own little areas. The program grants have forced us to come together and look at our commonalities," he said.

Opening Night at The Institute

A cocktail party hosted by The Queen Elizabeth Hospital Research Foundation on March 2 was an opportunity to showcase the new Institute building and to celebrate four decades of research excellence at TQEH.

About 100 people, representing supporters of the Foundation, the scientific community and the management of health in South Australia, attended the function which was held in the atrium of the new building.

“The night was a great celebration of a milestone achieved in the life TQEH that was deemed a number of years ago to be unobtainable,” the Foundation’s Executive Director Maurice Henderson said.

Special guests included the Minister for Health, John Hill, the Minister for Science, Paul Caica, the Mayor of Charles Sturt, Harold Anderson, the Mayor of Port Adelaide-Enfield, Gary Johanson, and Dr Basil Hetzel.

A generous cheque from one of the Foundation’s biggest donors Gordon Pickard was presented by his representative Ron Wall and will go towards supporting the ongoing research at The Institute.



Joanna Jensen, Dr Basil Hetzel & Mary Jepson



Gordon & Joyce Watson, Jerry Witkowski,
John & Maree Mufford



Ron Wall, Vicki Chapman & John Michell



Harpist Emma Horwood



David Gunn & Health Minister
John Hill



Dr John Beltrame, Maria & Ivan Kenda,
Sandy Myhill



Ruth Dansie, Caroline Eastwood, Ray McGrath, Patricia
Baloglou & Lee Jameson

Photos: Shane Reid

Researcher Profile

PHD Student- Rosanna Tavella

Depression and Coronary Heart Disease- Patient Focused Outcomes

1. Tell us about your scholarship...

TQEHRF funds half of my scholarship which is \$9000 per year and the other half is from the University of Adelaide.

2. What made you decide to work in this field?

My background is psychology and genetics, so when I started at TQEH I had no cardiovascular knowledge. I really like my current project because I can mix my psychology knowledge with my knowledge about depression, whilst also focusing on cardiology.

3. What does your research entail?

I'm looking a number of different variables involving depression and coronary heart disease. My focus is patients' perceived outcomes of their health and I'm looking at how coronary heart disease is affecting quality of life, particularly the impact of depressive symptoms on a patient's perceived health. If I can provide some insight to the link between depression and cardiovascular disease, it will give us some idea into what biological mechanisms are causing depressed patients to get coronary heart disease.



4. How did you decide to work at TQEH?

Studying at TQEH interested me as it enabled me to escape the University setting and move into a hospital setting. The project offered to me at TQEH allows me to mix my interests of science and psychology, whilst giving me the option to work with patients as well.

5. What are some of the research challenges when it comes to working closely with patients?

I had a mixture of responses when asking patients to take part in my study. Most of the time they were quite willing to participate, however the difficulty was keeping them involved over the 12 month period. It's really important to be able to consistently follow up patients.

6. What do you enjoy most about your work?

Doing my research at TQEH means that I can be in a hospital setting, which I really love. The exposure I get to patients and clinical work is something I wouldn't get at university. I also really like the group we have working in the Cardiology department, including my supervisors Dr John Beltrame and Dr Geoffrey Schrader.

8. What does the area of medical research need most?

Awareness! We have a really great thing going with the research that is happening here but not nearly enough people know about it.

CMV Provides Stroke Team with Vital Link

When we think of research equipment, we often forget that one of the key pieces in any laboratory these days is a computer.

The trouble, as anyone with a home computer can attest, is that this technology quickly becomes outdated.

So stroke researchers based at The Institute were very grateful to receive a grant from the CMV Foundation recently which has enabled them to replace their ageing PC (c1998) with a state-of-the-art machine.

In February, Trustees of the CMV Foundation, Michael and Paul Crawford visited The Institute where they met the Stroke Research Team, Dr Simon Koblar, Dr Jim Jannes, Dr Anne Hamilton-Bruce and Mr Austin Milton.

Mr Milton explained that the new computer would play an integral role in the team's research, both in storing genetic and clinical stroke data and in assisting with the diagnosis and prevention of strokes in the future.

"All our stored data gets analysed by a computer program to help determine the statistical significance in the prevalence of genetic changes between the controls and the stroke patients,

as well as sub-groups of the stroke patients," he said.

The computer will also provide an important link with teams of scientists and genetic specialists around the world through journals that must now be accessed via the internet.

"Another very important online database that is vital to performing our gene work is the huge US National Institute of Health's Human Genome project data base," Mr Milton said.

"Computers are now an essential piece of equipment for a functioning laboratory"

The team is also starting work on a new Australian Genetics Stroke Collaborative, a multi-centre study to diagnose genetic problems that contribute to the risk of stroke, in conjunction with teams based in Newcastle and Perth. Mr Milton said the new computer would be vital for this work.

"So you can see that a computer has become much more than just a tool today. Computers are now an essential piece of equipment for a functioning laboratory," he said.

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Hoteliers Boost Cell Research

Lucy Randall from the Australian Hotels Association visited The Institute in March to see how a generous grant from the state’s hoteliers is directly supporting research teams at TQEH.

An \$18,000 grant under the Hotel Care Community Projects scheme was used to purchase two CO₂ incubators which are currently being used by cardiology and medicine for projects involving aortic valvular disease and asthma.



Cardiology research fellow Dr Andrew Holmes said the incubators were integral pieces of equipment for any research institute and vital for research involving primary cell culture. Primary cells are cells that have been taken from humans or animals. These are harder to work with and have a finite life span.

“Quite simply, our work with primary cells could not proceed at all if it weren’t for these incubators,” Dr Holmes said.

“Their sole purpose is to maintain cells at a constant temperature of 37 degrees – or body temperature – in the presence of 5 per cent CO₂.”

The Hotel Care Community Projects scheme was established in 1995 after hotels with gaming machines in SA decided they wanted to provide more community assistance.

Since then, the scheme, which is coordinated by the AHA but funded by the Independent Gaming Corporation, has poured more than \$4.5 million back into the SA community.

Dinner Dance Raises Vital Funds for Cancer

The Foundation would like to extend a big thank you to Maria Giannoudis and The Women’s Group of the Pierkos Society who raised \$7,800 for ovarian cancer research at their annual cancer support dinner held in October 2008.

After surviving cancer herself, Maria decided she wanted to do something that would help others with cancer. The first dinner was held six years ago and has been an annual event ever since, with all proceeds going towards cancer research.

In February, the group visited The Institute where they met Dr Graeme Suthers, Head of the Familial Cancer Unit in SA, and Dr John Miller, Gynaecologist Oncologist in The Queen Elizabeth Hospital’s Obstetrics and Gynaecology Department and heard about their research which involves patients at TQEH.

The Foundation is extremely grateful to Maria and the group for their continuing support.



Life Guardian: Barbara Anderson



Barbara Anderson

After enduring eight back operations, six of which were performed at TQEH, Barbara wanted to give something back to the people who have helped her.

Since 2001, Barbara has been supporting the Foundation through regular donations and four years ago she decided to take her giving a step further,

becoming a member of the Basil Hetzel Society.

Barbara has undergone a number of spinal fusions involving surgery to connect the spinal vertebrae, preventing unwanted motion and severe pain.

After having her first two operations elsewhere, Barbara came to be treated at The Queen Elizabeth Hospital after it was recommended she see Dr Orso Osti, an orthopaedic specialist working at TQEH.

In the most recent of Barbara's operations her doctor told her there was a possibility of ending up in a wheelchair due to the delicate nature of the operation. However Barbara still underwent the operation and thankfully it was successful.

"A lot of people say to me 'Oh no, I would never have anything done to my back', but they will end up a cripple," she says.

"If you want relief, you must go through the operations, and you must trust your doctor."

Although Barbara largely misses out on passions such as gardening, otherwise she is relatively mobile. "I have to use a walking stick though, it's an enemy of mine", she says with a laugh.

When asked about the donations she gives to TQEH she says, "Help where help is needed. And if it affects you then there is even more reason to support those doing the good work."

If Barbara hadn't been able to have the specialist operations at TQEH, she would without a doubt be in a wheelchair. "I'd have to look at going into an aged care facility," she said.

However, Barbara enjoys life living on the Yorke Peninsula with her much beloved cat and her carer.

"People say that they get all these things in the mail asking to donate money which frustrates them. But you don't have to give to everybody, perhaps just the things that are closest to your own heart", she says.

"For me, it's the Research Foundation."

IN BRIEF

Enchanted Evening

'An Enchanting Dream, Under the Southern Stars' is the theme for the Foundation's annual black tie dinner to be held at the Hyatt Regency on July 18.

Events coordinator Jena Clark said the dinner would be "an opportunity to celebrate our amazing country, Australia".

"The dinner is renowned as one of Adelaide's signature black tie functions and this year will be no exception," she said.

"While times are tough we hope to lift our guests' spirits with first class food, wine and entertainment."

The dinner will include a live auction, a silent/wine auction and a "breathtaking" raffle prize. All funds raised on the evening will support prostate and breast cancer research at The Queen Elizabeth Hospital.

If you are interested in attending, tables of 10 are available for \$1600. Please contact Jena Clark, Events Coordinator on 8244 1100 or email jena.clark@tqehresearch.com.au.

Zoom Zoom

The Foundation's innovative school-based health and fitness program Fit2play has received a \$30,000 boost from the Mazda Foundation.



Launched three years ago, Fit2play aims to encourage increased physical activity and healthy eating habits among students which will stand them in good stead throughout their lives.

The grant will enable the program to be delivered to about 2500 primary school students across South Australia in Term 3.

Earlier this year, the Foundation appointed Cindy Karlis (pictured right) to manage the Fit2play program in SA. Prior to this, Cindy was a Primary School teacher who specialised in physical education, health and special education.



Cindy has been busy criss-crossing the state, visiting schools taking part in the program and preparing material for teachers and students.

"I love the Fit2play program and look forward to working together with teachers to deliver this program to South Australian school children," she said.

UniSA Students Spread the Word

The Research Foundation is excited to be involved with the Bachelor of Public Relations degree at The University of South Australia.

Over the next two months, students will be developing public relations campaign plans for TQEHRF as part of their studies. In March, researchers Dr Jenny Hardingham, Mr Austin Milton and Dr Prue Cowled took the students on a tour of The Institute to gain a healthier appreciation of the wonderful research being done.

The students are pictured with the Foundation's Executive Director Maurice Henderson and researcher Dr Prue Cowled.



In Memory Gifts:

The Queen Elizabeth Hospital Research Foundation gratefully acknowledges donations in memory of:

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UPCOMING EVENTS

Women of the Pierkos Society
Cancer Dinner Dance –
Saturday June 27th

TQEHRF Annual Dinner –
Saturday July 18th

Heart of Adelaide Ball – Friday
September 25th

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