

QUEST

Summer 2011

The Quarterly Newsletter of the Royal Hobart Hospital Research Foundation

Inside this issue:



International
Women's Day treat



Sam's legacy makes
a difference



More healthy living

Our QUEST is for knowledge that will lead to better healthcare and medical services for the people of Tasmania. You can help us by supporting our research efforts with a gift, bequest or donation.

Each year the Foundation funds research into a variety of disorders affecting the lifestyle and well-being of the people of Tasmania, including cancer, heart disease, stroke, diabetes, Alzheimer's and Parkinson's diseases.

This research is undertaken by doctors, nurses, surgeons, anaesthetists, scientists, pathologists and many other health professionals at the Royal Hobart Hospital, and the University of Tasmania's medical school and Menzies Institute.

Many of our researchers are nationally-renowned in their fields, whilst others have achieved international acclaim for their efforts. All of them are working to improve the quality of healthcare for Tasmanians.

Your gift, bequest or donation can be vital in ensuring that this QUEST continues to provide benefits for Tasmanians, now and into the future.

2010 Motors' "Big Breakfast" a winner



Posie signs her new book at the Big Breakfast

The 2010 Big Breakfast on 9 December was an outstanding success, raising valuable funds for our research programs next year and beyond, and getting out the message that well-supported, local medical research can save lives.

Our ever generous sponsors and supporters provided in excess of \$75,000 in direct and indirect support, guaranteeing a top-value experience for the capacity audience attending.

Guest speaker Posie Graeme-Evans was a popular choice, telling those attending about the highs and lows of a stellar career in film, television and writing that started in Hobart at the then Tasmanian Film Corporation and the ABC's TV studios.

At the height of her work as a creator, producer and director, Posie was named

in international magazine *Variety* in their list of the twenty most powerful women in the world in film and television.

She is now concentrating on her writing, having already achieved best seller records for her novels, and now touring parts of the world to launch her new book *The Dressmaker*.

The Research Foundation's "Big Breakfasts" remain firm fixtures on the Hobart social calendar, with plans for the 2011 International Women's Day function and Big December Breakfast already well underway.

Why don't you register for the whole year, or perhaps encourage staff to participate in the invaluable community and business networking that happens at these "feel-good" functions? Contact the Foundation's office for details.



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Tony Reidy moving on ...

The Foundation's Executive Director for the past ten years leaves the organisation in late January ...

see page 3 for details

an Affair to remember

We are rolling out the red carpet for a night of vintage Hollywood glitz & glamour

★ ROYAL HOBART HOSPITAL FUNDRAISING DINNER ★

★ Saturday 19th March 2011 ★ Wrest Point ★

★ Tickets: \$160 per person ★ For more information phone: (03) 6222 7032 ★

★ Email: madeline.lockhart@dhs.tas.gov.au ★

graymatters 

Electrolux Floor Care gets behind the Foundation

National floor care specialist Electrolux has just renewed its very generous support of the Research Foundation for another twelve months. Local representative Ann Lowe coordinates the sponsorship, providing the Foundation with a very valuable Ergorapido three-in-one vacuum cleaner as a raffle prize at each of our regular Motors' breakfasts, and a top-of-the-range Ultra One vacuum for our Big December Breakfast.

Many thanks to Ann and her colleagues at Electrolux for their great support throughout the year!

Thinking of you

 **Electrolux**

Helen McCabe confirmed as IWD speaker



On the morning of Thursday 17 March 2011 the Research Foundation will again combine with Women Tasmania to present the International Women's Day Breakfast.

This celebration is destined to be a gala affair, as not only will it be held during the 100th anniversary of the world-wide women's movement, but we have also managed to secure leading journalist and exciting presenter Helen McCabe, the Editor in Chief of the *Australian Women's Weekly*.

Helen will be speaking about her remarkable life during which she built a career in television and print media, including time in Canberra's Parliamentary Press Gallery, before moving to her current high profile, demanding role.

At "The Weekly", Helen has dedicated herself to bringing readers the big personal stories behind the news. She has worked as a correspondent in Europe, and held a number of senior editorial roles including three years with The Australian newspaper, and three years as Deputy Editor of the Sunday Telegraph. She appears regularly as a commentator on the Today Show and hosts Playing Politics on Sky News.

Make sure that you book early as there is sure to be a full house for the presentation of this engaging and dynamic speaker – check our website for the booking form or phone the Research Foundation office on 6222 8088.

Tony Reidy leaving the Research Foundation



The Research Foundation's Executive Director, Tony Reidy, has resigned from his leadership position with the organisation and will leave in late January 2011.

After ten years as Executive Director Tony has accepted the challenge of Chief Executive of the Tasmanian Council of

Social Service, the state's peak body for community service organisations and vocal advocate for low income and disadvantaged Tasmanians.

Tony said that he was very pleased with the significant growth of the Research Foundation's fundraising and research activities during his time as Executive Director, and was confident that the Foundation was in excellent

shape and well positioned for the next exciting phase in its development as a key contributor to medical research infrastructure in the state.

The Foundation's Chair, Heather Chong, will step aside from her position on the Board and act as part-time Executive Director while the organisation goes through a process to appoint Tony's replacement.

Heather Chong said that the Foundation's Board was very sorry to lose Tony but understood that after a decade in the job and the organisation of more than 150 fundraisers, he needed a new challenge.

"Tony has worked hard to bring the Research Foundation to its current successful state, leaving it ready to continue its role as a leading provider of funding for medical research in Tasmania", Heather said. "His knowledge and expertise will be greatly missed and difficult to replace."

Heather said that Tony leaves the Research Foundation with the best wishes of the Foundation's Board and staff for the success of his work with TasCOSS.

QUEST

Summer 2011

Sam Badcock research project improves understanding of bowel cancer in Tasmania and beyond



Sam Badcock

During the past few years the Lions Club of Hobart Town and generous members of the Badcock family have raised significant funds in the name of the late Sam Badcock to enable local research into the causes and treatment of bowel cancer.

Sam was a Charter Member and former President of the Lions Club and a leading identity in Tasmania's insurance industry for more than forty years.

The Research Foundation added funding to establish the "Sam Badcock Bowel Cancer Research Project", which resulted in a grant of \$15,000 being awarded to a specialist team headed by Associate Professor David Amor.

David has provided QUEST with this update on the research conducted in Sam's name:

Over the last twenty years there has been significant progress in identifying genetic factors that contribute to bowel cancer. Knowledge of these factors has proved to be very useful, by allowing genetic testing to be undertaken in 'high risk' bowel cancer families, with the aim of making sure that bowel cancer screening and prevention is effectively targeted to those who need it most.

Hyperplastic polyposis syndrome is a rare condition in which multiple small polyps (mushroom like growths) develop in the large bowel, usually around middle age. Although the polyps are not themselves cancerous, patients with hyperplastic polyposis syndrome are at increased risk of developing bowel cancer and require careful monitoring.

The cause (or causes) of hyperplastic polyposis syndrome are not known. Genetic factors are thought to play a role, but these have not yet been identified. Through collaboration between the Tasmanian Clinical Genetics Service at the Royal Hobart Hospital, the Menzies Research Institute, and the Murdoch Children's Research Institute, we identified a group of patients in Tasmania who were affected by hyperplastic polyposis.

These patients were not known to be related to each other, but we wondered if they might share one or more common ancestors because their families came from the same part of Tasmania. If this was the case, we hoped that comparing DNA between the different patients might lead us to a gene that was shared between the patients and causing hyperplastic polyposis. Previously this strategy has been used successfully to help identify a gene for epilepsy in a Tasmanian family.

We first analysed the family trees of the hyperplastic polyposis patients, but could not find any genealogical evidence that the patients were related. The next step was to undertake very high resolution genetic analyses. In each patient we looked at one million sections of DNA, and then compared the results.

While we did not find any genetic regions that were present in all of the patients we studied, we did collect extremely useful clinical and genetic information about hyperplastic polyposis that will be used in future research studies. In the meantime, the cause of hyperplastic polyposis syndrome remains unknown.

Associate Professor David Amor

Chief Investigator



OfficeMax providing invaluable support

The team at leading office supplies business Office Max is providing great support for the work of the Research Foundation through their generous supply of many of our stationery and other office needs. This allows us

to preserve our funds for vital local research, so a very special thankyou to **Jason Mackenzie** and his professional colleagues for their assistance.

QUEST

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Raffles growing in popularity



The Research Foundation's major raffles are important fundraisers for the organisation and continue to be very well supported.

In our "Mega Raffle" drawn in November Mary Hawthorne of Kettering won a brand new Holden Barina.

Richard Coad of Geilston Bay was our second prize winner, scoring the trip for two to Melbourne courtesy of Andrew Jones Travel and The Travel Inn at Carlton. Christina Schulthess from our great sponsor the Hotel Grand Chancellor is pictured drawing the winning tickets in the hospital's foyer.

Other prize winners from the November draw have collected their vouchers for luxurious Hotel Grand Chancellor accommodation, a Scan Pan Classic knife block set from Your Habitat, and lots of happy reading from Fullers' Bookshop.

And our first raffle for 2011 is already underway and will be drawn in May. Prizes include a new car, interstate flights and accommodation, a pampering hotel stay with the Chancellor and more!

Don't miss your chance – contact the Foundation office on 6222 8088 to arrange your tickets.

Donation form

Yes – I would like to contribute to the Royal Hobart Hospital Research Foundation

I/We wish to make a donation of: (please tick)

\$250 \$150 \$100 \$50 \$20 Other \$ _____

OR – I would like to become a member of the Foundation's RSVP by making a donation from my credit card (record details below) of \$ _____ every – (please tick) Month Quarter Year

All donations to the Research Foundation of \$2 and over are tax deductible.

Method of payment

Cheque Money order Visa MasterCard

Credit card number

Expiry date _____

Signature _____

Name on card _____

Address _____

Postcode _____

Daytime phone no. _____

Please send me the bequest brochure "Your lasting legacy"

Please return donation to: Reply Paid, Royal Hobart Hospital Research Foundation, GPO Box 1061, Hobart 7001

Healthy Living



Cholesterol

While you'll almost certainly have heard about cholesterol and heart disease, you might not be aware that cholesterol is actually part of every cell in the body and is the building block for a number of hormones including oestrogen and testosterone.

What this means is, like almost everything to do with our bodies, there is a "right" amount that we need. Both too little and too much are a problem. High cholesterol levels have been associated with a higher risk of stroke and heart attack.

However it is more about cholesterol attaching to the wall of the blood vessels that is the main issue, and from this,

the relative amounts of "good" and "bad" cholesterol are important. Cholesterol in the body comes from what we eat and what the body makes, and the only way to know your level is to have a blood test.

The test will tell you your total levels and how much of the good and bad you have, allowing your doctor to predict your risk and advise what to do about it. High levels can be tackled with dietary change and sometimes medications.

It's a good idea to have a cholesterol check as part of a two-yearly check up – talk to your doctor about it.

Courtesy of Salamanca Medical Centre's "Health News" newsletter

The wonderful tomato

Whichever way you like them, drizzled with olive oil, or as a salsa on your pasta, eating tomatoes regularly is great for taste and very good for your health.

Tomatoes are native to South America, but they have been grown and enjoyed in Europe for hundreds of years and are now considered a fundamental in most Mediterranean diets.

These glossy red fruits (which actually come in all kinds of colours, including yellow and deep purple) are packed full of vitamins – including vitamins A, C and E, and generally available all year.

Here's a traditional recipe from Italy to tempt your taste buds.

Stuffed tomatoes

Ingredients

12 medium tomatoes

Salt and pepper

1 kg minced beef or a combination of minced beef, veal and pork

Olive oil

1 onion diced finely

3 shallots diced finely

2½ cloves garlic minced

60 g bread (about 2 slices); a heavy sourdough or stale bread is better

1 tablespoon Dijon mustard

1 handful chopped fresh Parsley

Grated Parmesan cheese

1½ tablespoons milk



Preparation

Slice the tops off the tomatoes and set aside. Then hollow out the insides of the tomato base and put aside with the tomato tops, and leave upside down on paper towel to drain for about 30 minutes.

Heat the olive oil in a sauté pan then gently sauté the onions, shallots and garlic until soft, about 10 minutes. Add the meat and season further with salt and pepper. Cook until fully mixed and cooked through. Wet the bread and throw it in, breaking it up through the mix with a wooden spoon.

Stir in the mustard, parsley and Parmesan. Add a spoonful or two of milk, if the mixture needs loosening.

Preheat the oven to 350°F or about 180°C. Slice a small piece from the base of each tomato so it will sit flat without toppling over. Stuff the tomatoes then set them in a baking dish. Scatter over a little more cheese and then bake until the tomatoes are soft and hot, about 30 minutes.