



Clifford Craig
FOUNDATION

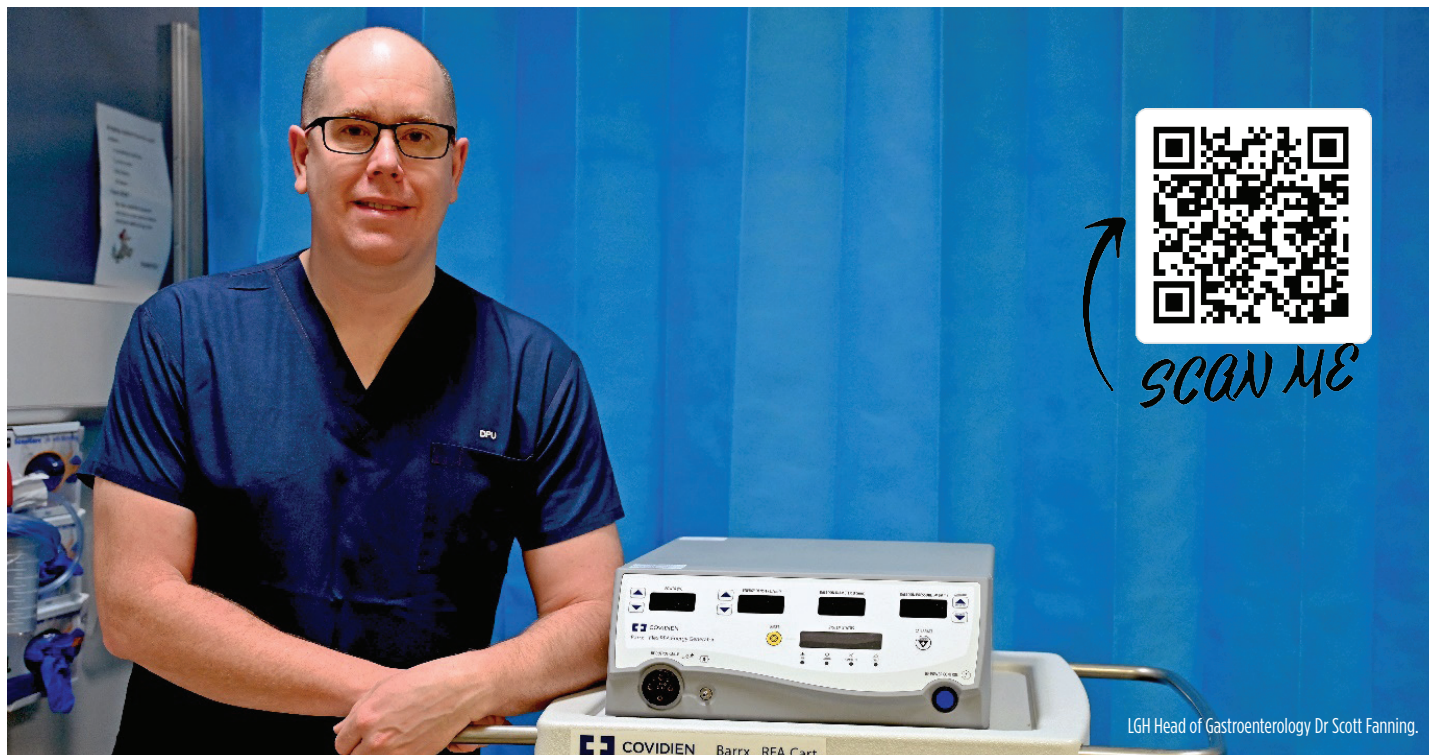
30
YEARS

IMPROVING
HEALTH
OUTCOMES

PRICELESS

THE NEWS BULLETIN FOR SUPPORTERS OF THE CLIFFORD CRAIG FOUNDATION

SEPTEMBER
2022



LGH Head of Gastroenterology Dr Scott Fanning.

LIFE-SAVING EQUIPMENT ARRIVES

A HALO RADIOFREQUENCY ABLATION SYSTEM IS NOW A PERMANENT FIXTURE OF THE LGH GASTROENTEROLOGY DEPARTMENT, THANKS TO THE GENEROSITY OF COMMUNITY MEMBERS WHO SUPPORTED THE FOUNDATION'S MOST RECENT CHRISTMAS APPEAL.

It means Tasmanian patients with dysplastic Barrett's Oesophagus can be treated locally, without the need to travel interstate.

With a price tag of more than \$50,000, the RFA system is used to treat people with high-grade Barrett's Oesophagus – a pre-cancerous condition of the oesophagus.

An endoscopic procedure, a scope is passed through the mouth and into the oesophagus while a patient is under general anaesthetic. Here, the HALO delivers a controlled level of energy to remove a thin layer of diseased tissue.

A few seconds of energy removes tissue to a depth of about one millimetre. As LGH Director of Gastroenterology Dr Scott Fanning explained, the ability to provide a controlled amount of heat to diseased tissue means this therapy has a much lower rate of complications than other forms of ablation therapy.

"The procedure itself is quite short and may take anywhere from 30 to 60 minutes to perform," he said.

"After treatment, 98% of people are free of Barrett's Oesophagus after two or three RFA treatments.

"Studies show that when the Barrett's tissue is removed, it is typically replaced by normal, healthy tissue within three to four weeks."

With support staff now undergoing training, Dr Fanning said the first procedure using the HALO was

expected to take place at the LGH in the coming weeks – with a number of patients already booked in.

"On behalf of the Department of Gastroenterology at the Launceston General Hospital, I would like to say thank you to everyone who supported this appeal," he said.

"Your generous funding has helped us acquire this machine which we would otherwise not have, and it will make an excellent positive benefit to patients in the local community."

(Continued on page 2)

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RESEARCH SAVES LIVES.

HELP US TO HELP YOU AND YOUR LOVED ONES.

100% of your donation remains in Tasmania and is used for medical research or the specified area of need in our community.

DONATE TODAY

www.cliffordcraig.org.au

p. 03 6777 6010

PLEASE SAVE THIS COUPON FOR WHEN YOU NEXT WISH TO MAKE A GIFT TO SUPPORT INNOVATIVE MEDICAL RESEARCH AT THE CLIFFORD CRAIG FOUNDATION.

- I would like to make a one-off donation of \$.....
- I would like to make a monthly donation of \$..... deducted from my credit card

ALL DONATIONS OVER \$2 ARE TAX DEDUCTIBLE

Please complete the following details

Title : Mr / Mrs / Miss / Other

Name

Address

Postcode

Email

- I have enclosed my cheque made payable to Clifford Craig Foundation

- Please debit my credit card

- Mastercard
- VISA
- AMEX

Credit Card Number

Cardholder's Name

Expiry CVV

Signature

- I am considering making a gift in my will and would like to know more about how it will benefit.

- I have already included a gift to Clifford Craig Foundation in my Will.



FROM THE CEO

I recently had a discussion with a valued supporter of the Clifford Craig Foundation who had suffered a heart attack and he wanted to convey his appreciation for the excellent care he received throughout his cardiac episode.

In the interests of privacy, I'll refer to our supporter as Archie and his wife Betty.

Archie experienced pain in his chest at home on a Sunday evening and his wife Betty called an ambulance. The response was swift and the paramedics maintained communication with the LGH emergency department medical team until his arrival at the hospital. He then underwent a coronary angioplasty procedure by the cardiology team to insert some stents to restore normal blood flow in his restricted artery. Following his surgery, he spent a short time in a recovery ward and was home within a few days.

Archie and Betty both praised the care received and described the efficient and effective service from the pre-hospital care provided by the paramedics, initial treatment in the emergency department for heart attack, the surgical stent procedure, through to the cardiac rehabilitation program which he is now undertaking.

Archie was fortunate. He lives in a region that has an excellent acute care hospital with skilled health professionals who are always "at the ready" to respond to medical emergencies such as his. As CEO of the community foundation that contributes to the betterment of the hospital, I wanted to share Archie's story of appreciation for the care he received throughout the journey of his critical medical event.

Too often our daily lives tend to focus on negative issues, but there are times when we all need to stand back and take a few moments to reflect upon the positives of life. As Archie will testify, we are very fortunate to live in a country that has very good hospitals and a healthcare system that we can access when we need it most.

The gift of health and quality healthcare can never be overstated and should never be undervalued.

Peter Milne
Chief Executive Officer



CLIFFORD CRAIG FOUNDATION
CELEBRATES ITS 30TH ANNIVERSARY

SCAN HERE TO WATCH VIDEO

JUIN'S STORY

(continued from front page)

In 2020, at the peak of the COVID-19 pandemic, Juin Dobson was told she required treatment for Barrett's Oesophagus.

The then 87-year-old's condition had reached the stage where it required treatment with a HALO radiofrequency ablation system.

She was given the choice of going to Melbourne for the procedure, but she did not want to travel interstate.

After talking in detail about her options with her doctor, Juin decided to undergo the treatments that were available to her locally.

While successful, Juin needed to undergo seven separate procedures over the course of 12 months.

A former nurse who trained at the Launceston General Hospital, she didn't understand why she couldn't access the best treatment here in Tasmania.

"I felt we needed to have the Halo machine here in Northern Tasmania," she explained.

"It didn't make sense to me that a hospital like the LGH didn't have the best equipment, especially when we have excellent surgeons who are capable of these procedures."

Juin has been associated with the Clifford Craig Foundation since its formation in 1992, and as a long-time supporter her experience served as one of the catalysts for the Foundation's Christmas Appeal.

Making a personal donation to the appeal herself, Juin said she was thrilled the HALO was now available for Tasmanian patients in need of this life-saving equipment.

"I think it is a wonderful result, and I am just thankful that future patients will now have access to this machine without needing to travel to Melbourne," she said.



Juin Dobson



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IMPROVING
HEALTH
OUTCOMES



WONDERFUL RESPONSE TO OUR MID-YEAR APPEAL

made possible because of the Foundation's work, with support from the community.

It is through research that we learn how to improve patient care and medical treatments. Research funding also helps to recruit and retain medical professionals to work here at our hospitals in North and North-West Tasmania.

More than 250 people generously donated to this appeal, enabling us to meet our targets. Thank you. Through your support we will continue to invest in medical research, facilities and education to improve our hospital, our health and our community.

This year the Foundation ran its annual mid-year appeal, highlighting the importance of medical research in advancing the health outcomes of Northern Tasmanians.

We heard from a number of clinicians whose research endeavours have been

HOW YOUR SUPPORT IS HELPING TO MAKE A DIFFERENCE

This time last year we asked for your help in raising funds for an exciting new medical research trial - Lighthouse II.

The randomised double-blind placebo-controlled Phase 3 trial of Triumeq is examining potential treatment options and ways to slow down the progression of Motor Neurone Disease.

Led by Launceston General Hospital neurologist Dr Lauren Giles, it is the first time an international multi-centre MND therapeutic trial has been offered locally in Tasmania.

Previously, patients with MND would need to travel interstate to access clinical trials.

But with Lighthouse II now underway, Tasmanian patients living with this debilitating disease have been offered some new hope.

This includes St Marys woman Mandy Turner, who was the first patient to be recruited to the trial.

Mandy first started experiencing symptoms in July 2019. By September

that year, at the age of 48, she was diagnosed with MND.

In her words, it was the hardest thing she's ever had to hear.

"It's a terminal diagnosis," she said.

"The hardest part for me was how my family would feel.

"How was I going to tell my husband and my boys?"

Despite the challenges that have been thrown her way, Mandy remains committed to staying positive and to doing as much as she can - while she can.

She was also given some new hope when she heard about Lighthouse II.

"As soon as Lauren told me there would be a trial, I just said 'sign me up'," Mandy said.

"Without research, there is no hope for people like me.

"Without research, there is no hope for anyone living with MND."

The trial is being run at multiple international sites, and in Australia is being co-ordinated by Macquarie University.

Through participation in this trial, Dr Giles said the LGH was establishing links with the MND research community in Australia, with potential future research collaborations.

"Research into motor neurone disease helps us to better understand this complex disease and trial new therapies to treat the disease," Dr Giles said.

"We strive to improve outcomes for people living with MND, through well-coordinated care and access to new treatments through clinical trials.

"I'm grateful to the Clifford Craig Foundation for their support in establishing MND research in Launceston."

“Without research, there is no hope for people living with MND.”

- Mandy, Lighthouse II trial participant

Clifford Craig FOUNDATION 30 YEARS IMPROVING HEALTH OUTCOMES

RESEARCH UPDATES

ZINC AND CHILLI COULD HOLD THE KEY TO INSULIN RESISTANCE

Type 2 diabetes is one of the fastest growing chronic diseases in the world. By 2040 it's estimated more than 642 million people could be impacted.

Before developing type 2 diabetes, a patient will experience insulin resistance – a disorder in which tissues such as the skeletal muscle do not respond efficiently to insulin, and therefore, fail to supply the body with adequate glucose for energy.

For years Tasmanian researcher Dr Stephen Myers has been exploring the “window of opportunity” at the early stage of insulin resistance, targeting clinical preventions of type 2 diabetes.

A 2018 study funded by the Clifford Craig Foundation explored the zinc activation of the enzymes responsible for insulin signalling.

‘Capsaicin and Zinc Promote Glucose Uptake in C2C12 Skeletal Muscle Cells through a Common Calcium Signalling Pathway’ has now been published in the *International Journal of Molecular Sciences*.

Capsaicin (an active component of chilli peppers) and zinc have both been highlighted as potential treatments of glucose metabolism disorders.

However, research in the effect of these two natural compounds on the signalling pathways involved in glucose metabolism remained less clear – until now.



Dr Myers' study demonstrated for the first time that capsaicin and zinc treatment promotes glucose uptake through calcium signalling, independent of insulin in C2C12 skeletal muscle cells.

The results suggest that targeting calcium signalling pathways activated by capsaicin and zinc in skeletal muscle may have beneficial effects on glucose metabolism in carbohydrate metabolism disorders, such as type 2 diabetes.

Considering insulin resistance can occur up to a decade before the development of type 2 diabetes, Dr Myers said early clinical interventions were crucial in combating one of the world's most harmful chronic diseases.

“A foremost concern for people with insulin resistance is the eventual failure of the pancreas to produce insulin,” he said.

“Thus, these patients will eventually succumb to life-long episodes of illness and unfavourable side-effects associated with anti-diabetic treatments.

“Therefore, prevention strategies that take advantage of the ‘window of opportunity’ (before pancreatic failure) to prevent or lessen disease progression would have an enormous impact on the health and wellbeing of our communities.”

Dr Myers work in this area remains ongoing.

CHILDHOOD BRONCHITIS AND LUNG DISEASE IN ADULTS LINKED

Discovering answers to questions is a fundamental part of any medical research trial. Some, take longer to answer than others.

In the 1960s, Tasmanian researchers were observing a sharp rise in asthma. They wanted to know why.

This question led to the establishment of the Tasmanian Asthma Study in 1968, which has since grown into the world's largest and longest-running study on respiratory health.

The Tasmanian Longitudinal Health Study followed 8,583 people who were born in

Tasmania in 1961 and started school in 1968.

Since then, samples of this cohort have been followed up over time as part of an internationally recognised research program into respiratory health and chronic pulmonary diseases, with 45,840 participants.

In June, a paper from this study was published in the prestigious *BMJ Open Respiratory Research*.

It reported that children who had bronchitis at least once before the age of seven were more likely to have lung problems in later life.

Researchers from the Allergy and Lung Health Unit at the University of Melbourne also established that children who had bronchitis at least once before the age of seven were more likely to have lung problems in later life.

Lead author Dr Jennifer Perret said it was the first time a long-term prospective

study has examined the relationship between childhood bronchitis severity with adult lung health outcomes.

She said studies like this are helping to document the potential for symptomatic children to develop lung conditions, such as asthma, up to mid-adult life.



Researchers established the link between childhood bronchitis and adult lung problem by surveying the original participants when they joined the study.

Participants were then tracked for an average of 46 years with 42 per cent completing another questionnaire, including

doctor-diagnosed lung conditions and a clinical examination, between 2012 and 2016.

It was during this segment of the study that the Clifford Craig Foundation became involved, with a medical research grant worth almost \$100,000 covering the laboratory testing conducted on Northern Tasmanian probands.

Other significant findings to have come from TAHS publications, based on more than four decades of data include that breast fed infants are less likely to develop asthma in childhood, and that hayfever, pneumonia and obesity in childhood all lead to a likely development of asthma in adulthood.

Researchers hope the study will help doctors identify children who could benefit from more careful monitoring and earlier interventions to keep them in better health into mid-adult life.

GET TO KNOW FOUNDATION CHAIRMAN DR JOHN BATTEN AM

In its 30-year history, the Clifford Craig Foundation has only had three people serve as Chairman: Dr John Morris, Associate Professor Don McTaggart and now, Dr John Batten AM, who was recently appointed to the role.

A retired orthopaedic surgeon, John spent more than four decades at the Launceston General Hospital, working in private practice and as a senior lecturer at the University of Tasmania.

After commencing his medical training in Victoria, he came to Launceston as part of his advanced training. Recognising the LGH as one of the best he had come across, he was inspired to return and make Launceston his home.

It was during this time that his association with the Clifford Craig Foundation commenced.

In 2017 John was named president of the Royal Australasian College of Surgeons – the first Tasmanian to be appointed to the role.

He held the position for two years and also served as president of the Australian Orthopaedic Association.

In 2020 he was appointed a Member of the Order of Australia for his significant service to orthopaedic

medicine and to various professional bodies.

John has served on the Clifford Craig board since 2019. Recognising the crucial role the Foundation plays in ensuring patients have access to the best care, John said he felt very honoured in his new position as Chairman.

“I think it is a great honour, to be named Chairman,” he said.

“The people who have gone before me have been very notable clinicians in this town and this hospital for many years, and their contributions to getting Clifford Craig started and its 30-year history, has been incredible.

“So it’s a great privilege, and it’s also great challenge to try and fill those shoes left before me by Dr John Morris and Don McTaggart. But I will do my best.”



NEGATIVE PRESSURE ROOMS COMPLETE



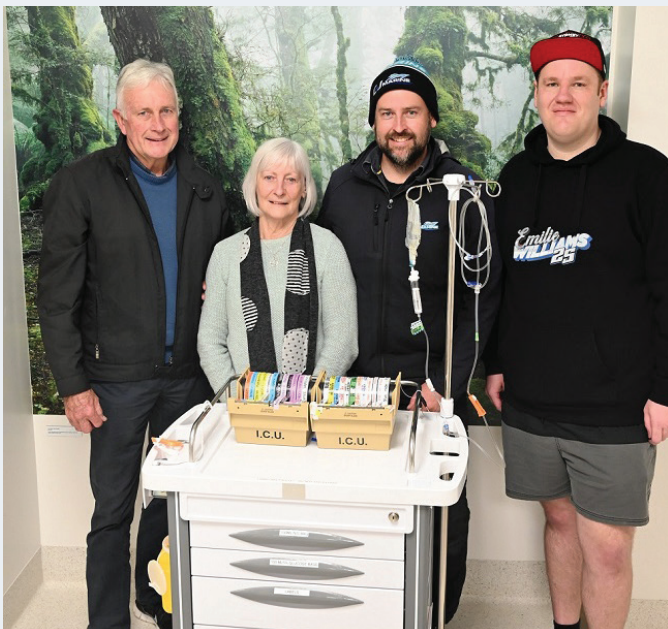
AMU nursing staff Kate Jacobs, Ebonie Canning, Megan Doyle and Robyn Hayes.

As frontline staff continue to rise to the challenges of COVID-19, the addition of nine new negative pressure rooms at the Launceston General Hospital is expected to make a big difference.

Opened last month, the beds are a welcome asset for the Acute Medical Unit which has served as the hospital's specialist COVID-19 ward since the start of the pandemic.

An integral part of the LGH's COVID frontline, the new negative pressure rooms will assist in the safe management of patients with COVID-19 and other respiratory illnesses and restores the AMU to full bed capacity.

The upgrades are expected to assist LGH staff in managing the current winter pressures and the ongoing presence of COVID-19 in the community.



Chris, Christine and Zane Wyatt, with Jade from the Launceston Kart Club

ICU'S TOUCHING TRIBUTE

The once blank walls of the Launceston General Hospital Intensive Care Unit now offer some colourful inspiration, with a series of a photographic prints hung in honour of a very special patient and former staff member.

Depicting iconic natural scenery from across Tasmania, the photographs – all taken by ICU specialist Dr Matt Brain – have been installed thanks to a generous donation made by the family of Bec Wyatt.

A pharmacist at the Launceston General Hospital, Bec passed away suddenly but peacefully in the hospital's ICU in 2016 – she had her family, her friends and her colleagues by her side.



The talented and highly respected young pharmacist left behind a lasting legacy, including her role as a valued member of the Society of Hospital Pharmacists of Australia Critical Care Committee of Specialist Practice.

Bec was also a passionate supporter of the Launceston Kart Club, with a 21-lap memorial race now held every June in her honour.

It was the proceeds of a raffle held in conjunction with last year's event that led to the ICU installation.

Recently, Bec's parents Chris and Christine, her brother Zane and Jade of the Launceston Kart Club visited the hospital to witness the photographs in person.

As part of the tribute, a memorial plaque in honour of Bec has also been added to her pharmacy trolley – which remains in use on the ward.

Pleasingly, this year's memorial race managed to raise a further \$7000, which the family say will also be donation to the LGH, through the Clifford Craig Foundation.

HOSPITAL ROUNDS



MEET THE LGH'S FIRST DIRECTOR OF OPERATIONS

Earlier this year the Launceston General Hospital welcomed its first Director of Operations – Jennifer Duncan.

The new position was created to help manage capacity at the hospital, with improving patient flow among the top priorities.

In her new role, Jen hopes to build on the strengths the LGH has in its people and service delivery to continue to improve care.

We caught up with Jen to find out how her first few months on the job have gone.

Q: How have you settled in?

A: I have settled into the role and really enjoy the work. The leadership team at LGH have been very welcoming and supportive. The role is a great investment for the hospital and provides a leadership role on the ground to assist with decision making and communication.

Q: What attracted you to working/living in Launceston?

A: I lived in Launceston when I was about 12 and went to East Launceston Primary School. I remember

being very happy as a child living here and enjoyed the lifestyle here. My son and his wife have moved here and I saw this as an opportunity to return and contribute to the Health System here and enjoy the lifestyle here.

Q: What are your key goals for the hospital moving forward?

A: My early focus has been on patient flow and with the leadership team have implemented the LGH Patient Flow Strategy. I would like to focus on strengthening the existing clinical and corporate governance structures and looking to future models to aid care and service provision to ensure the hospital is meeting the needs of the community into the future.

Q: When you're not at work, what do you enjoy doing?

A: When I am not at work I enjoy spending time with my son, daughter-in-law and grandson. I have bought a little cottage and have been renovating it on the weekends. Most of all I like to head off hiking and take advantage of the beautiful environment that Tasmania has to offer.

HOSPITAL'S FIRST BARISTA SERVES HER LAST COFFEE

A stalwart of the Launceston General Hospital was farewelled recently, with the retirement of Stella Kirwan.

Anyone who has ever purchased a coffee from the hospital's cafeteria in the past decade would recognise Stella, who commenced her position with food services in 2009.

She was the first dedicated barista employed in the hospital's food services, working at the hospital Cappuccino Bar for the entirety of her employment.

It was a position created to better meet the needs of cafeteria patrons, with Stella starting in a tiny servery tucked under the stairs.

Today, the cafeteria on level 2 of the hospital serves 2500 barista-style beverage from its two coffee serveries each week.

Recently colleagues in the food service department came together to wish Stella well in her retirement, enjoying chocolate cake prepared by the team.



'NO PAIN NO GRAIN' FOR VOLUNTEERS



Launceston Friends of Clifford Craig volunteers Sue Harman, Christine Farrell and Vicki Beresford.

The fundraising finesse of the Launceston Friends of Clifford Craig was put to the test last month as they served up a feast of home-made soup and sandwiches.

Now in its 12th year, a capacity crowd of 130 people attended the Friends' annual Soup and Sandwich Luncheon at Kings Meadows Bowls Club.

A volunteer group that raises about \$30,000 a year in support of the Foundation's medical research program

at the LGH, the Friends prepared more than 700 sandwiches, 7 boilers of soup, several slices and countless cups of tea and coffee for the event.

This year's guest speaker was Dr John Batten AM – the newly elected Chairman of the Clifford Craig Foundation, with the event raising more than \$4000.

Thank you to all the dedicated volunteers involved.

RUN AND WALK FOR YOUR HEART

Keeping your heart healthy is something you can work on every day.

But if you need some extra motivation, registrations are now open for our heart health awareness event Run & Walk for Your Heart.

Held on Sunday, October 2 this annual fundraiser offers the perfect opportunity to kick-start a more active lifestyle on what happens to be the first day of daylight savings.

You can choose to walk or run the five-kilometre circuit, starting and finishing at the iconic UTAS Stadium precinct. We are also offering an 800-metre sprint for young kids.

Sadly, Northern Tasmania continues to have the highest rate of heart disease in Australia. However, research shows that regular

physical activity significantly reduces your risk of having a heart attack or developing heart disease.

Through this event, the Foundation aims to create community awareness of the importance of a healthy heart. We hope you will run or walk with us in this fight against heart disease. Importantly, all funds raised

through this event will support heart research in Northern Tasmania.

WHEN: Sunday, October 2

WHERE: UTAS Stadium Precinct

**TIME: 9.30am – kids' event
10am – 5km event**



HAVE YOU CONSIDERED BECOMING A 'REGULAR' GIVER?



One of the most effective ways to support the Clifford Craig Foundation is through our monthly giving program.

By giving on a regular basis, you provide support that allows us to plan our research program with confidence, in the knowledge that reliable funds will be available for our vital research.

Here is how it works

You determine the amount of your monthly contribution. We will deduct your gift from your credit card each month.

In July each year we will send you an annual giving statement for tax purposes.

If you choose, we can keep you informed of our progress via our newsletters and electronic communications.

Benefits to you

Monthly giving is convenient. Each month, the amount you nominate is deducted automatically from your credit card. You have control over your giving. You can increase your donation amount or make changes at any time.

Plus, you can take pleasure in the knowledge that you are making a difference.

Sign up online today by scanning the QR code above, or call the Foundation office on (03) 6777 6010.



STUFFED PORTOBELLO MUSHROOMS

Prep time: 15 mins

Cook time: 20-25 mins

The meaty flavour of Portobello mushrooms makes a brilliant base for garlicky beans, seasonal veg and fresh herbs.

INGREDIENTS

- 4 large portobello mushrooms, stems removed
- 4 teaspoons Tasmanian olive oil
- 1 tablespoon of crushed garlic
- Pinch of sea salt
- ½ teaspoon black pepper, divided
- 2 medium-sized shallots, chopped
- 2 cloves garlic, minced
- 1 teaspoon fresh rosemary, chopped
- 2 cups spinach, chopped and tightly packed
- ¼ cup vegetable or mushroom stock
- 1 ½ cups cooked/canned cannellini beans (can be substituted for whatever canned beans you have in the pantry)
- 2 tablespoons flat-leaved parsley, chopped
- 2 tablespoons breadcrumbs, plus more if desired
- ½ cup grated cheese, plus more if desired

DIRECTIONS

1. Preheat oven to 180 degrees Celsius. Line a baking sheet with parchment paper and place the mushroom upside down onto the tray. Whisk together 3 teaspoons olive oil with the garlic, pinch of sea salt and black pepper. Brush the mushrooms with the mixture and bake for 10 to 15 minutes, until tender.
2. In a large fry-pan over medium-high heat, heat a generous dash of olive oil and cook the shallots for 5 minutes, until beginning to brown. Add the rosemary and cook for another minute or two. Stir in the spinach and stock. Remove from heat as soon as the spinach begins to wilt.
3. In a large bowl, mix the shallot-spinach mixture, beans, parsley, breadcrumbs and the remaining sea salt and pepper. Divide the mixture among the mushrooms. Sprinkle the tops with some extra breadcrumbs and nutritional yeast for more crunch, if desired. Bake for another 10 to 15 minutes, until heated throughout. Serve hot.

RUN AND WALK FOR YOUR HEART

When: Sunday, October 2

Where: UTAS Stadium Precinct

Time: 10am

Entries: On sale now via www.cliffordcraig.org.au

LAUNCESTON FRIENDS OF CLIFFORD CRAIG MELBOURNE CUP LUNCHEON

When: Tuesday, November 1

Where: Drysdale Restaurant (TasTAFE College)

LAUNCESTON FRIENDS OF CLIFFORD CRAIG GARDEN FETE

When: Sunday, November 27

Where: 400 Loop Road, Exeter

Info: www.cliffordcraig.org.au

SAVE THE DATE CLIFFORD CRAIG CHARITY BALL

When: Friday, May 12, 2023

Bookings: Foundation office 6777 6010 (get in early to avoid missing out)

FOR THE DIARY