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QUEENSLAND'S BRAZIL FAMILY TO FUND \$5 MILLION, FIVE-YEAR NEUROLOGICAL RESEARCH PROGRAM

(Left to Right) WMR Board Chairman Mr Peter Allen, Dr Victoria Brazil, Mr Lyn Brazil, Mrs Bobbie Brazil and WMR CEO and Director of Research Prof David Paterson



COVER STORY

Wesley Medical Research announces a major research program into Motor Neurone Disease, Parkinson's Disease, Multiple Sclerosis and other neurological conditions.

Well known Queenslanders Lyn and Bobbie Brazil and family are donating \$5 million to a Brazil Family Fund at the WMR, to be expended over five years on neurological research projects.

Mr Lyn Brazil said his family wanted to see significant progress made in understanding, managing and preventing neurological diseases.

"WE HOPE OUR DONATION IS OF SUFFICIENT SIZE TO MAKE A REAL IMPACT IN ADVANCING MEDICAL RESEARCH INTO THESE DISEASES THAT AFFECT SO MANY PEOPLE IN OUR MODERN SOCIETY!"

"We are supporting Wesley Medical Research because it has built a reputation for clinical research that achieves early results in improving patient care."

Thanking the Brazil family, the Chairman of the Board of Wesley Medical Research, Mr. Peter Allen, said such generosity would have great benefits.

"The direct funding from the Brazil family will increase the scale and scope of WMR's neurological research," he said. "More than that, the Brazil family's generosity is an inspiration to others. WMR will leverage the donation to maximise its value and impact by seeking matching public and private sector grants for research projects and financial partnerships with other research institutes."

The WMR's incoming Chief Executive Officer and Director of Research, Professor David Paterson, said the program would focus on neurodegenerative diseases that are becoming increasingly prevalent in Australia's ageing population, including Motor Neurone Disease, Parkinson's Disease, Multiple Sclerosis and Huntington's Disease.

"Wesley Hospital and St. Andrew's Hospital neurologists have a strong track record of research into these conditions," he said. "We will facilitate their further research, in collaboration with clinicians and scientists in other locations. We will be promoting the research program and actively encouraging applications for funding for projects."

FROM THE CEO

I am thrilled to have been appointed the new CEO of Wesley Medical Research.

As both a physician and a researcher, my vision is to build Wesley Medical Research into the premier enabler of clinical research in the private sector in Queensland. Wesley Medical Research is the research organisation for all four of the UnitingCare Health hospitals – The Wesley Hospital, St. Andrew's War Memorial Hospital, The Sunshine Coast Private Hospital and St. Stephen's Hospital (Hervey Bay).

HAVING PRACTICED MEDICINE FOR OVER 25 YEARS, I CONTINUE TO ADMIRE THE INTELLIGENCE AND DRIVE OF MY COLLEAGUES IN THESE HOSPITALS.

By building on the clinical acumen of these medical professionals, Wesley Medical Research can promote their research to bring innovative advances to medical care across UnitingCare Health. I look forward to bringing you news of many of their discoveries in the months and years ahead.

**PROF DAVID PATERSON
CEO/DIRECTOR OF RESEARCH**



FROM THE CHAIRMAN



Greetings from the new look Wesley Medical Research (formerly Wesley-St. Andrew's Research Institute).

Professor David Paterson has joined us as Chief Executive Officer and Director of Research. David brings to the leadership his great experience as a highly regarded researcher and physician.

People help our researchers in different ways.

As you read this, many of you will be getting ready to wrap Christmas presents at Indooroopilly Shopping Centre. Last year, the volunteer army raised enough from Christmas gift wrapping to pay for an entire research project. This year, the beneficiary will be a children's medical research project. If you would like to spend three hours of your time on a happy gift wrapping team at Indooroopilly, please ring 3721 1510.

DONATING TIME, DONATING MONEY – IT'S ALL VITALLY IMPORTANT FOR THE WORK OF WESLEY MEDICAL RESEARCH WHERE WE RELY OVERWHELMINGLY ON PRIVATE FUNDING.

Lyn and Bobbie Brazil and family are certainly helping. They have just donated \$5 million for research into motor neurone disease, Parkinson's disease, multiple sclerosis and other neurological diseases. Their wonderful generosity will make a massive difference.

Merry Christmas. May you have a happy, healthy and satisfying festive season.

**PETER ALLEN
CHAIRMAN**

3.2 million Australians aged 16-85 experience a mental disorder every year

Survival rate for brain cancer is only **20%**

DID YOU KNOW?

DEVELOPING PHYSICAL ACTIVITY GUIDELINES FOR OBESE KIDS



A research participant commencing high intensity exercise program under supervision

1 in 4
Australian children are overweight or obese

20 minutes
of exercise can give you mood benefits that last 12 hours

Statistics show that 6% of Australian children are obese and 20% are overweight at the age of 10. With these figures on the rise, a team of WMR researchers are collaborating to find the most effective type of exercise for obese and overweight children and adolescents to reduce cardiovascular risk factors and restore their physiological function.

PARTICIPANTS IN THIS RESEARCH WHO ARE PRESCRIBED TO HIGH INTENSITY EXERCISE HAVE BEEN SEEING A DECREASE IN THEIR BODY FAT PERCENTAGE, REPORTING ON IMPROVEMENTS IN QUALITY OF LIFE AFTER TWELVE WEEKS.

WMR researcher and Wesley based cardiologist Dr Peter Cain, along with Prof Jeff Coombes and Ms Katrin Dias, are investigating the effects of exercise intensity on heart and blood vessel function, and intra-abdominal fat in obese and overweight children and adolescents.

High intensity interval training has previously shown promise in adults for disease prevention and treatment of chronic disease populations. Participants in this research who are prescribed to high intensity exercise have been seeing a decrease in their body fat percentage, reporting on improvements in quality of life after twelve weeks.

You can help support this project by making a donation. Results of this research are expected to assist in forming exercise prescription guidelines for obese kids. By donating to this research, you are contributing to a healthier future, better fitness and quality of life for obese and overweight children and adolescents, preventing onset of chronic diseases and reducing their morbidity and mortality rates into adulthood.

Make a donation or pledge of support today by visiting www.wesleyresearch.org.au/donate or contact **Rod Knapp** on **3721 1774**

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CHOIR SINGING TO AID IN RECOVERY FROM MENTAL ILLNESS AND ADDICTION

Previous research has shown that belonging to meaningful groups can protect against depression and relapse into substance abuse, decrease social isolation, enhance self-esteem and improve health and wellbeing in vulnerable individuals.

WMR researcher and former Deputy Chief Medical Officer at UnitingCare Health Dr Christian Rowan, together with Dr Genevieve Dingle, Prof Christian Gericke and Dr Jonathan Welch, are investigating whether choir singing can help adults recover from mental illness and addiction.

This research looks into the psychosocial processes that contribute to positive outcomes and hopes to obtain participants' and case workers' perceptions of how this community choir approach to mental health and addiction recovery compares and contrasts with other treatment approaches they have experienced.

REVOLUTIONARY 'ONTRACK DIABETES' PROGRAM FOR PATIENTS IN RURAL AND REMOTE AREAS



Encouraging healthier lifestyle choices for patients

Diabetes is the 8th highest cause of disease burden in Australia and patients often report inadequate support for self-management as this disease presents complex and chronic medical and behavioural issues, and medical consultations face multiple competing demands.

Researchers Ms Sophie Parham, Prof David Kavanagh and Prof Christian Gericke have developed and trialled the OnTrack Diabetes program – a world-first intervention designed to support patients with Type 2 diabetes. Program users have 24-hour access to strategies supporting healthy lifestyle changes with an emphasis on building emotional wellbeing. Brief motivational coaching over the phone has also formed part of the program.

This trial provides a basis for delivering adequate self-management support for diabetic patients around Australia, and in particular for those who reside in rural and regional areas, where access to health system resources is a great challenge due to lower practitioner densities and a greater geographical spread.

This research project is now in its final stages with two papers accepted for publication in peer-reviewed journal 'JMIR Research Protocols'. Results from the trial will be published later this year.



SOHK choir rehearsing under direction of Dr Jonathan Welch AM



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ENHANCED RECOVERY PATHWAY FOR TOTAL HIP AND KNEE ARTHROPLASTY PATIENTS

Patients who have had a total knee and hip arthroplasty at The Wesley Hospital have an average length of stay of 7.4 days. Factors such as patient expectations of length of stay, requests to attend inpatient rehabilitation and post-operative complications like nausea and hypotension directly prevent timely discharge of patients.

REFINEMENT AND STANDARDISATION OF PROCESSES HAVE SHOWN POTENTIAL TO IMPROVE PATIENT OUTCOMES AND REDUCE HOSPITAL LENGTH OF STAY IN EXISTING STUDIES.

With a growing body of evidence in support of the Enhanced Recovery Pathway (ERP), WMR researchers and physiotherapists Mr Ross Ferguson, Dr Rod Pope, Mr Brogan Simmonds and Ms Nicola Hewlett-Smith will determine the effectiveness of the Orthopaedic ERP for elective total knee replacement and total hip arthroplasty as compared to the existing clinical pathway.

The implementation of an ERP for patients receiving total hip and knee arthroplasty is predicted to reduce patients' acute length of stay as well as the number of patients requiring inpatient rehabilitation. Rates of post-operative nausea and vomiting, and other complications like pain may also decrease.

The effects of the Orthopaedic ERP on patient perceived post-operative experience and reducing post-operative outcomes at The Wesley Hospital will also be investigated.



Minister Cameron Dick with neurosurgeon Prof David Walker answering questions from the media

CLINICAL TRIALS UPDATE

WORLD-FIRST IMMUNOTHERAPY CLINICAL TRIAL AT WESLEY MEDICAL RESEARCH

A world-first immunotherapy clinical trial for patients with glioblastoma multiforme (GBM) commenced at our Clinical Trials Centre in September. The first patient for this trial received a killer T-cell infusion on 24 September 2015.



First trial patient Michael (pictured sitting) receiving killer T-cell immunotherapy from WMR clinical trials nurse Vicki.

GBM is the most common and aggressive type of brain cancer. Patients diagnosed with GBM only have a life expectancy of one year and about 150 people are diagnosed with GBM in Brisbane every year.

The trial involves taking a blood sample from a patient newly diagnosed with GBM and growing their killer T-cells (a type of white blood cell) in a specialised

laboratory. The infused T-cells will aim to give the patient's immune system a boost to attack the tumour and kill the cancer. Patients are infused over a number of weeks and monitored for 12 months.

Neurosurgeon Prof David Walker and QIMR Berghofer lead researcher Prof Rajiv Khanna developed this therapy in collaboration. They hope the development of this treatment, used in conjunction with standard chemotherapy and radiotherapy, will reduce the rate of tumour recurrence in patients.

Minister for Health and Ambulance Services Cameron Dick was also in attendance to observe the trial.

VOLUNTEERS AIM TO WRAP UP \$25,000 FOR CHILDRENS' RESEARCH



WE WOULD LOVE YOUR HELP WITH GIFT-WRAPPING!

To register as a gift-wrapping volunteer, or for more information, go to www.wesleyresearch.org.au/gift-wrapping or phone **07 3721 1774**.

Following a series of highly successful fundraising events at Indooroopilly Shopping Centre, Wesley Medical Research (WMR) has been invited to partner with the Centre during December.

A team of more than 100 volunteers recruited by WMR will gift wrap Christmas presents to raise funds for children's medical research.

Customers will be invited to make a donation in return for having their gifts wrapped in designer wrapping paper from Sambag, Manning Cartell and Camilla prints.

If you, your family and friends are interested in volunteering a few hours for Christmas gift wrapping, we would love to hear from you. Your support will help to improve the futures of our children.

COMMUNITY FUNDRAISER: GENEROUS TRIBUTE TO A LOVED ONE



St Marks Uniting Church at Mt Gravatt held a garage sale on Saturday 5th September.

Over \$6,800 was raised and 50% of the proceeds were donated to the Prostate Cancer MAGNIFI trial at Wesley Medical Research. This research was chosen in part to honour the service of the late Mr Tony Brown, who passed away from prostate cancer and was the coordinator for St Marks Garage Sales for many years.

Thank you to St Marks Uniting Church and the Mt Gravatt community!

LEAVING A BEQUEST TO WESLEY MEDICAL RESEARCH

Our organisation is committed to conducting world-class medical research that delivers improved diagnostics, more effective treatments and greater quality of life for patients who have suffered illness or injury.

As a not-for profit organisation, we rely on the generosity of donations to fund critical research programs and facilities to better serve the community.

By including a bequest to Wesley Medical Research in your Will, you are leaving a tangible gift to future generations.

Visit www.wesleyresearch.org.au/support/bequest for more information.