



DETERMINING THE EFFICACY OF TWO DIFFERENT INJECTIONS FOR KNEE OSTEOARTHRITIS

Osteoarthritis of the knee is a common degenerative disorder with limited non-surgical treatment options available.



Designed by Pressfoto / Freepik

Although knee replacement surgery is a definitive treatment, it comes with potential risks. Other forms of medical and physical therapies are recommended before considering this surgery, and a common treatment option is a steroid injection into the knee.

Radiologist at Wesley Medical Imaging and WMR researcher Dr Nick Brown and his team are comparing the standard steroid injection to an emerging treatment: injecting the patient's own platelet-rich plasma into the knee using ultrasound guidance.

The efficacy of these therapies in reducing pain, improving function and mobility for patients with knee osteoarthritis will be analysed.

BEQUESTS – YOU CAN MAKE A DIFFERENCE!

Leaving a bequest to WMR is a wonderful way to make a significant and enduring contribution to the future of applied medical research.

WMR is committed to conducting world-class medical research across seven research themes to deliver improved diagnostics, more effective

treatments and a greater quality of life for patients who have suffered illness or injury.

You are making a tangible gift to future generations by providing for WMR in your Will. WMR takes great delight in honouring bequests and would love the opportunity to thank

you in your lifetime. However, if you wish to remain anonymous, we will certainly respect your wishes.

If you would like to let us know about your bequest, or if you are thinking about including a gift to WMR in your Will and would like to receive our bequest booklet, please phone our Bequest Officer on **(07) 3721 1774**.

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\$10,800 RAISED AT JACARANDA LUNCH 2016

Thank you to everyone who attended the Jacaranda Lunch in October. With over 100 guests in attendance and an inspiring guest speaker, we raised over \$10,800 for research into breast cancer!



Prof Melissa Brown (left) with Dr Mellissa Naidoo

Professor Melissa Brown, Deputy Executive Dean and Associate Dean (Research), Faculty of Medicine and Biomedical Sciences at the University of Queensland was our keynote speaker. Prof Brown spoke on the advances in medical research in the past 30 years and explained her current research: investigating bacteria and the role it plays in breast cancer.

WMR Board Member, Director of Medical Services at St. Andrew's War Memorial Hospital and Acting Director of Medical Services at The Wesley Hospital, Dr Mellissa Naidoo, welcomed guests and introduced Wesley Medical Research.

Our thanks go to Prof Melissa Brown and special thanks to event sponsor CUA. We would also like to thank all who supported the event by donating prizes, purchasing tickets or tables and raffle tickets. Special thanks goes to Indooroopilly Shopping Centre, Indooroopilly Golf Club, Deep Grey Professional Portraiture, Aussie World, Village Roadshow Theme Parks, Coco Republic Fortitude Valley, Henry Coughlin Photography, Stephanie's Spa Retreat Sofitel Brisbane Central, Madame Wu's and many others who gave their time voluntarily to make this a successful event.

HELPING HANDS NEEDED TO WRAP UP CHRISTMAS

WMR is looking for willing helpers to join our team of volunteer gift wrappers at Indooroopilly Shopping Centre in December.

Recruit your family and friends to help us raise \$30,000 for vital medical research and enjoy the spirit of giving this Christmas!

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



CONTACT US



P 07 3721 1774 F 07 3721 1590
E supportresearch@wesleyresearch.com.au
W www.wesleyresearch.org.au

Level 8, East Wing, The Wesley Hospital,
451 Coronation Drive, Auchenflower QLD 4066

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SIMON'S STORY: VOLUNTEERING TO FIND BETTER TREATMENT FOR SECONDARY PROGRESSIVE MULTIPLE SCLEROSIS (SPMS)

Multiple Sclerosis (MS) is commonly regarded as the second most costly and chronic condition after congestive heart failure. 30% of patients with MS have the secondary progressive form of this disease which currently has no safe and effective long term treatment.

Simon lives with Secondary Progressive Multiple Sclerosis (SPMS) and was a volunteer on a trial to determine the efficacy of a new drug, MIS416, for preventing and delaying the progression of MS.

"I've seen a couple of neurologists and met Prof Pam McCombe in September 2014 when this trial was just commencing. She was the leading neurologist for this trial and was keen to find volunteers, so she asked if I was interested in participating, and it all rolled on from there."

Simon was the second patient to complete this physically-demanding trial involving around 60 visits over

a year with visits lasting a minimum of an hour to over 5 hours for longer assessments.

"The team at WMR see the patient as an equal customer to the medical companies who pay the money, which was a very professional approach. A lot of consideration was also given to the patient in the process."

"There is no doubt about recommending people to volunteer for a trial here at WMR. The nurses were lovely and considerate. Coming to WMR never felt like a chore – I enjoyed seeing Mary and Helen every week. I got along well with everyone and still continue to."



Simon presenting WMR SPMS trial team Dr Mary Kelleher (middle) and Ms Helen Woodhouse with the 'golden cannula award', taking a humorous perspective to mark the numerous cannulations he received over the year as a patient on the SPMS trial.

Simon expressed little hesitation in his decision to participate in this trial; even though he was aware that one in three is placebo. "Being able to do a trial was quite good for me because participation in the trial felt like I was not just doing it for myself, but it felt like I was giving something back to the MS community and doing something for all the sufferers around the world. That is probably a bigger motivation [to be involved]. If I've had my little part to play in getting a drug which will help people, that's great."

FROM THE CHAIRMAN

Asked the other day to help fund a small but important Wesley Medical Research project, a friend immediately signed a \$5000 cheque for the whole lot.

Last month, a gentleman rang to offer a regular \$25 a month in memory of his dear wife.

This month, volunteers are giving their time to wrap Christmas presents at Indooroopilly Shopping Centre to raise money to research a big question: Do bacteria cause breast cancer?

People help in so many different ways. They have one thing in common, however. They know that by investing in WMR, they will be investing in applied medical research, and that means an early return on their investment. They will have to wait only a short period of time – a very few years - for the results to flow and patients to benefit. That is because applied research is initiated by doctors and other health professionals working in their practices and in the wards of their hospitals. They understand where the gains can be made by applying the results of the research immediately.

Several such applied research projects are described in this Research Update. They are proceeding because many people are donating to WMR, or are giving their time to raise money. Whether they are supporting WMR generally, or have identified an area of research or particular project, they will have the satisfaction of knowing they have improved patient care through applied research. Sooner.

PETER ALLEN CHAIRMAN



FROM THE CEO

2016 – The Year that Was



2016 was an exciting year for Wesley Medical Research. We made an important transition from a funder of laboratory based research to applied medical research. Our intent is to fund research that will lead to immediate improvements in health rather than speculative, laboratory research. To further the change, we have divided our activities into seven clinical themes. This allows greater contact of clinician-researchers with our WMR staff.

With these changes, we have received some amazingly innovative applications from our medical community for research funding. Examples include improving sleep in patients with neurologic diseases, novel approaches to treating motor neurone disease and Parkinson's disease and treating heart valve disease without surgery. We await the results of these projects with great interest and will provide you with regular updates in 2017.

As the year draws to an end, I would like to inform you that Rod Knapp is retiring. Many of you will know Rod in his fundraising role with WMR. If you have ever visited WMR, Rod will have been the first person you will have met as you come in our main entrance. I would like to wish Rod the very best of health and happiness in his retirement – and hope that he may join us at some future WMR events.

SEASON'S GREETINGS!

DAVID PATERSON



Credit: LocalFitness.com.au

HIGH INTENSITY INTERVAL TRAINING FOR CARDIAC REHABILITATION

Cardiovascular disease is the leading cause of death and disease burden in Australia with a third of all heart attacks as repeat events. In 2010, the estimated cost of these repeat events was \$613 million.

Dietitian and exercise physiologist at The Wesley Hospital and a WMR researcher, Ms Jenna Kirchner, is collaborating with Prof Jeff Coombes and Dr Michael Leveritt from the University of Queensland to reduce hospital re-admission and death of patients within the first year of a heart attack.

They are trialling high intensity interval training (HIIT) for hospital-based cardiac rehabilitation and comparing the effects to that of moderate intensity continuous training which is the usual standard of care.

Preliminary research results have been satisfactory, with data showing high intensity interval training (HIIT) improving patients' cardiorespiratory fitness twice as much as moderate intensity continuous exercise.

Patients' exercise adherence is anticipated to increase through HIIT while reaping other benefits, such as reduction in inflammation, intra-abdominal fat and cardiovascular risk factors for a healthier and quicker recovery.

This research is expected to conclude in 2018. If HIIT is shown to be feasible, safe and effective, and increases exercise adherence in patients, it will be incorporated into the cardiac rehabilitation program at The Wesley Hospital to benefit a wider range of patients in near future.

In 2010 the estimated cost of these repeat events was

\$613 million

Pledge your support today by making a donation at

wesleyresearch.org.au/donate or contact our Fundraising team on **3721 1774**



Mrs Rhonda Cameron with photo plaque of Justin



Dietitian and Exercise Psychologist Dr Cam McDonald facilitating nutrition workshop with WMR researcher Ms Carol Pham



JUSTIN CAMERON'S MEMORY LIVES THROUGH BIOBANK SARCOMA COLLECTION

The Justin Cameron Cancer Care Foundation has crowned 25 years' support for Wesley Medical Research with a long-term commitment to WMR BioBank.

Justin lost his fight with Ewing's Sarcoma and his goal to study medicine in 1990 when he was only 16. His dedicated family ensured Justin's goal would endure through the Foundation which has played such an important part in medicine and medical research.

WMR has collaborated with the Cameron family in administering the Foundation. With the support of a dedicated fundraising committee headed by Brian Kerle, the Foundation began by awarding annual bursaries. This broadened into providing extensive funding for cancer related research, including equipment and room funding for WMR BioBank (formerly Tissue Bank).

Recently Justin's mother, Rhonda Cameron, visited the BioBank to mark a major new commitment. The Foundation will sponsor the Justin Cameron Sarcoma Collection, an important section of samples and clinical data to facilitate research into these aggressive and malignant bone and soft tissue cancers.

The Foundation will contribute to the Justin Cameron Sarcoma Collection for the next 12 years.

WMR CEO and Director of Research, Prof David Paterson, welcomed the family's decision as extraordinarily far-sighted. "Justin will live on powerfully and constructively in the work of the researchers that the Justin Cameron Sarcoma Collection will facilitate for many years to come," he said.

EMPOWERING RURAL WORKERS TO IMPROVE THEIR HEALTH

Two health promotion strategies designed to support employees in achieving or maintaining healthy weight, nutritional consumption, and physical activity were trialled in 11 worksites across Australia.

The SMS Txt4Health Support service was developed by the WMR Rural & Remote team to target obesity-related health behaviours. Message delivery via mobile phones was a cost-effective method of supporting hard-to-reach employees operating in remote locations and working alternating shifts. Motivational and factual messages were delivered via SMS text messages to 400 employees, receiving favourable feedback. Employees reported that the service was enjoyable, increased feelings of support, enhanced personal confidence in their ability to eat well and exercise, and provided information they will act on.

An additional 201 employees trialled the Dietitian Workshop service which delivered motivational and factual nutritional information. The majority reported that useful and interesting information were provided and were relevant, enjoyable, motivating, and easy to use.

Final data has been collected in November to evaluate changes in health behaviours and outcomes associated with employee participation in these health support services.

WMR gratefully acknowledges Aurizon for funding this independent research project.

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