



ANNUAL REPORT 2015-2016



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IN 2015/2016...

\$6.627.945 SUPPORTED VITAL MEDICAL RESEARCH, EQUIPMENT, STAFF AND PATIENT AMENITIES, VOLUNTEER SERVICES AND SPECIALTY PROGRAMS AT THE ROYAL ADELAIDE HOSPITAL AND RAH RESEARCH INSTITUTE (INCORPORATING THE HANSON INSTITUTE, SA PATHOLOGY AND THE CENTRE FOR CANCER BIOLOGY)

\$5.131.529 OF GRANTS SUPPORTED RESEARCHERS AT THE ROYAL ADELAIDE HOSPITAL AND RESEARCH PARTNERS

\$150.167 SPENT ON PROVIDING NEW RESEARCH AND HOSPITAL EQUIPMENT

MESSAGE FROM THE CHIEF EXECUTIVE OFFICER, CENTRAL ADELAIDE LOCAL HEALTH NETWORK

The 2015/16 year has been a year of change and opportunity for the RAH Research Fund supporting more life-changing research and further enhancing patient services at the Royal Adelaide Hospital (RAH). It has been an exciting year, with the RAH Research Fund announcing its new visual brand. You will read about the inspiration for the new brand in this annual report.

I'm always proud to hear about the work of the many researchers involved with the RAH, funded by its generous community of donors. These funds raised are being directed towards areas of research that are contributing to and striving for the best in healthcare for our community, as well as ensuring the RAH is a world-class research facility and the best hospital it can be for all its patients. I would like to thank every single person and organisation that has supported the RAH Research Fund in this financial year – your support is truly making a difference.

The RAH has earned a fine reputation as an innovator and leader in medical research in Australia and the 2015/16 year has been no exception with the RAH Research Fund announcing the recipients of its inaugural Medical Research Impact Grant Round. This grant round awarded \$1million in funding for innovative research that supports patients, clinical services and develops and promotes research capability. As with all researchers and projects funded at the RAH, we expect the successful applicants to have a very positive impact on the future of research at our hospital with results that will translate into improved health and wellbeing for all South Australians.

On behalf of the Central Adelaide Local Health Network, we are proud that during the 2015/16 financial year, the RAH Research Fund supported researchers at the RAH and the newly formed RAH Research Institute with \$5,131,529 of grant funding in a variety of areas. In addition, \$150,167 was spent on purchasing new research and clinical equipment to provide the researchers and clinicians with the most advanced technology to conduct their

research and deliver patient-based outcomes.

The staff of the RAH and RAH Research Fund are busy preparing for the impending move to the new Royal Adelaide Hospital site at the west end of Adelaide. The move will be an exciting opportunity for the RAH Research Fund, with their office prominent and visible in the reception area of the new RAH, to help raise vital funds for and showcase world leading medical research at this incredible new facility. This will help us ensure Adelaide increases its research capabilities and remains a national and international leader in healthcare and research excellence.

I take this opportunity to thank the staff of the RAH Research Fund, the volunteers who work tirelessly to support patient services at the RAH and the scientists and clinicians involved with research for the hard work and commitment they have shown to the RAH this year. I am grateful to you all for the enthusiasm and energy with which you approach your day-to-day work. Without you, the RAH would not be able to provide such a high standard of patient care and produce life-changing research outcomes which have an impact on the South Australian community.

Once again, thank you for all your support this year and we look forward to a very exciting 2017!

Julia Squire



A BRIGHT FUTURE AHEAD

MESSAGE FROM THE SENIOR ADVISOR, RAH RESEARCH FUND

Officially launched earlier in 2016, our new visual brand represents our bright future ahead and we are so thankful to our generous community of donors for supporting us during a year of change. We proudly unveiled this new visual brand to a group of our dedicated supporters at a Thank You Luncheon held on Thursday, May 19 2016 at Ayers House.

Our new brand has been inspired by the double helix – a symbol of life, humanity, unity and medical research. The collective vision was to have a brand that highlights the human element of the RAH, which proudly includes the RAH Volunteers, RAH Newsagency and the new RAH Research Institute (incorporating the Hanson Institute, SA Pathology and the Centre for Cancer Biology). This brand intends to be easily recognised; engage the community, and represent improved health, wellbeing and hope. Our new logo is vibrant; contemporary and colourful while being respectful of the rich heritage of the RAH in the hope of bringing a smile to the faces of our patients, staff, volunteers, supporters and the wider community. We look forward to working together to grow this new brand, moving it across to the new Royal Adelaide Hospital in 2017. I encourage our supporters and other stakeholders to have a look at our new website and also join us on Facebook to keep up to date with our passionate community.

In 2015/16 we also proudly announced an exciting new partnership with Quest on Franklin. The popular hotel has generously offered discounted accommodation for any patient or visitor of the RAH. In support of continued research and patient care at the RAH, Quest will also be directing three percent of every booking from a RAH patient or visitor to the RAH Research Fund. We would like to extend a big thank you to Quest for their support!

This year we have farewelled two staff members who we thank for their hard work, commitment and passion to the RAH Research Fund. Michelle Robb retired after almost 10 years of service as our Bequest and Major Gift Officer

who worked tirelessly to develop strong relationships with some of our most valued supporters. Michelle will always be part of our RAH Research Fund family and we wish her all the best in her retirement. In 2015/16 we also said goodbye to our Donor Development Assistant, Matthew Jackson who after over three years at the RAH Research Fund has moved on to an area even closer to his heart at the Leukaemia Foundation. For Matt, working at the RAH Research Fund was a very special opportunity for him as you may have read in our previous annual report, Matt was also treated at the RAH as a cancer patient at the age of 19. To then find himself working in a place that helped raise funds for people going through what he went through years before was very fulfilling and he says the RAH Research Fund will always hold a very special place in his heart. We wish him all the best for his exciting career ahead.

We have a bright new face who has joined our friendly team and I'd like to formally announce the appointment of Nardia Frank as our Donor Relations Specialist. Nardia comes to us with a wealth of experience and a drive to help our donors support the areas of medical research and patient services they are most interested in. Welcome to our team Nardia!

Finally, a special thank you to the most important people in our team – our donors. Your dedication to our cause is truly appreciated and we are so excited to continue to work with you to ensure the RAH is the best hospital for you and your family, informed by the best research and the highest quality of patient services. Thank you!

Karen May



ABOUT THE RAH RESEARCH FUND

The RAH Research Fund believes everyone deserves access to the best possible treatment and patient care. We strive to make this possible by raising funds and awarding grants for medical equipment, lifesaving medical and clinical research and enhanced patient services.

Almost everyone has been touched by the impact of serious illness or injury either personally or through loved ones – whether it is heart disease, stroke, diabetes, cancer, dementia or other medical conditions.

With the support of our donors and corporate sponsors, we can make a positive impact by funding research into the diseases that affect the people in our local community.

The RAH Research Fund works with its supporters, corporate partners and the community at large to raise funds for vital medical research. Most of the funds raised are through the generosity of everyday South Australians who support the RAH Research Fund with donations, by participating in fundraising events or by leaving a gift to the Fund in their Will.

The RAH Research Fund invests your donations in medical research, which enables our doctors, nurses and researchers to find faster diagnoses, better treatments and ultimately, cures for illness. The RAH Research Fund also funds state-of-the-art hospital equipment that enables researchers to make their discoveries and be at the cutting edge of global medical research. Thank you for your support!

VISION. VALUES. MISSION – CENTRAL ADELAIDE LOCAL HEALTH NETWORK

VISION AND VALUES

The Central Adelaide Local Health Network (CALHN), of which the RAH Research Fund is a member, strives to be recognised for its high quality healthcare services and excellence in research and education.

CALHN cares for people in the local area and supports all South Australians through its services which include the RAH and the RAH Research Fund.

Your support enables the RAH Research Fund to advance outstanding medical research that is translated into practical treatments and potential cures for all members of our community. Your support enhances the high quality care provided by doctors, nurses and allied health workers at the RAH.

Together, with donations from you, our medical researchers working alongside our doctors and nurses can make major breakthroughs with real outcomes for now and the future.

MISSION

To deliver outstanding compassionate care, education and research, to be loved locally and renowned globally.

The RAH Research Fund supports this mission by sourcing donations to fund research to find cures and save lives, and contribute to the excellence of care offered by the RAH.



THE ROYAL ADELAIDE HOSPITAL

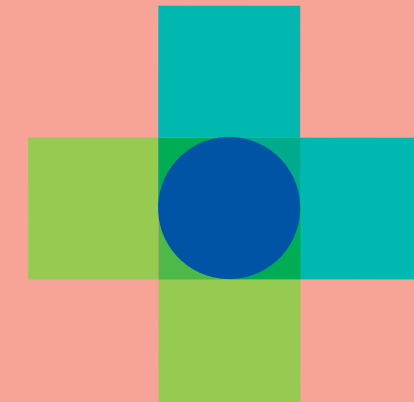
Established in 1840, the Royal Adelaide Hospital (RAH) is a 650 bed hospital and teaching arm of the University of Adelaide and the University of South Australia.

The RAH treats adult emergency and elective patients in a wide range of specialist areas and offers major trauma service and an intrastate, interstate and overseas retrieval service.

In the 2015/16 financial year the RAH discharged 85,033 patients of which 45,091 were same day admissions. 74,172 patients visited the RAH emergency department and 327,536 visited speciality outpatient clinics not including radiology. 31,707 patients also visited RAH Outreach Outpatient clinics.

The RAH has a strong record of medical research and also participates in a significant number of basic research programs in collaboration with SA Pathology, the Hanson Institute, the Centre for Cancer Biology and the University of Adelaide. These research facilities now represent the newly formed RAH Research Institute.

The new RAH is scheduled to open in 2017, providing world class healthcare facilities for South Australians. It will harness the latest in architectural design to create a healing environment for patients and their families, provide an efficient and positive working environment for staff and minimise its environmental footprint. The RAH Research Fund is excited about the move to the new hospital to enable its researchers to have access to the most advanced facilities and provide a new healing environment for patients and their families.





A THANK YOU

We would like to extend a heartfelt thank you to our very generous community of donors who continue to support medical research through the RAH Research Fund.

In the 2015/16 financial year our donations continued to grow, raising \$5,614,534. This is an amazing achievement and would not be possible without the ongoing support of our donors, community fundraisers and volunteers.

Without your contributions and passion, we would not be able to help the RAH and its researchers in their mission to find cures. Thank you!

A special thank you goes to our top donors of the 2015/16 financial year:

- | | |
|---------------------------------|----------------------|
| • Robert Kenrick | • Teresa J Lugg |
| • Stephen M Ingman | • Beth R Smith |
| • Robert J & Marjorie A Spencer | • Allen Thornton |
| • Condola V Crossing | • A & E Wegener |
| • Garry Davis | • Neil Wittwer |
| • Andrew & Elizabeth Doube | • Lorna Simmons |
| • Paul Baishont | • Kathleen Holliday |
| • Theo G Visser | • Arthur J Browne |
| • Ivor G Bowden | • Peter & Marj Gibbs |
| • Raelene D Kennedy | • Inese Medianik |
| • Joan C Lea | • S & S Tsapaliaris |
| • John C Martin | • Ian & Pamela Wall |
| • Dean Jacobs | • V W Lindner |
| • Barbara Mellor | |
| • Colin & Margaret Rattley | |
| • Henry Blythe | |
| • Bronwen L Jones | |

AMOUNT RAISED IN 2015/16

While State and Federal Government funding provides essential health services and some research funding, it cannot pay for everything. The RAH Research Fund’s role is to help fill this gap – to provide extra funding that will help current and future patients receive the finest healthcare possible.

The RAH Research Fund’s results for the 2015/16 financial year are:

- Received from donations (including memorial gifts, bequests and sponsorships) – \$5,614,534
- These funds were donated by 4,544 generous individuals and 161 supportive organisations.

RAH GUARDIANS – MAKING A LASTING IMPACT

Thank you to the generous individuals who made the decision to leave a gift to the RAH Research Fund in their Will this year. This is an effective way of providing lasting support to the RAH Research Fund enabling us to continue to fund life-changing research and supporting the highest quality of patient services.

A very special thank you to the 29 generous individuals who left a gift in their Will to the RAH Research Fund in the 2015/16 year.

They were in the estates of:

- | | | |
|------------------------|--------------------------------|-------------------------|
| • Thomas James Ashton | • Marjorie Jean Eden | • Raymond Henry Spencer |
| • Leonard Jack Balchin | • Victor W Edgar | • Veda Esme Sporn |
| • Colin Deane Barrett | • Barbara Catharine Eltringham | • Leslie Thompson |
| • William John Brown | • Edith Fennell | • Douglas Ronald Upton |
| • Dulcie Eileen Davis | • Eunice Foley | • Joan Marie Williams |
| • Vivienne M Dodd | • MG & SM Helpmann | |
| • Rex A Doecke | • Arthur Thomas Hopkins | |
| | • Stanley John Hugo | |
| | • Marjorie Berryl Lines | |
| | • Raymond K McKenna | |
| | • Vasik Medric | |
| | • Mary Elizabeth Morley | |
| | • Dorothy Pickstone | |
| | • Herbert Schlank | |
| | • Tecla Mae Shaw | |
| | • Brendan P Smith | |
| | • Barbara E Spaeth | |

Donations from these bequests totalled \$2,496,020.27

We acknowledge our bequestors and their families for their thoughtfulness and generosity.

MEMORIAL GIFTS

Memorial gifts were also gratefully received by the RAH Research Fund this year in memory of the following people:

- Anna Alexakis
- Luigi Antonelli
- Gerri Lou Bailey
- Geoffrey Bassnett
- Maria Johanna Bejenar
- Joan Bell
- Beryl Joy (Joy) Boase
- Ian Arthur Borgas
- Louisa (Joan) Botting
- Melville Bowyer
- Kenneth George Bradley
- Phyllis Jean Bray
- Owen Stanley Butler
- Francesco Care
- Clair Chenoweth
- Thelma June Clasohm
- Susan Linda Cope
- David George (Corbs) Corbett
- Sandra Elizabeth Corboy
- Bodil Synove Creasy
- Donald (Don) Crick
- Axent Czornohalan
- George Robert Daws
- Andrew John Debney
- Tebias Denholm
- Arturo DeNicola
- Michael Peter Desborough

- Brian Kevin Dobie
- Geoffrey Victor Donovan
- Thi Anh Du
- Ronald William (Ron) Dunbar
- Graham Neil Duncan
- Dinah Edwards
- Ronald John Fitch
- Clelia Fragnito
- Guido Frocione
- Audrey Norma Furber
- Elsie Garner
- Grant William Glastonbury
- Regina Gmerek
- Beverley Goldringz
- Barbara Elaine Goldsmith
- Darren Craig Graetz
- Joyce Doreen Grant
- Dorothy (Dot) Gray
- James (J) Harkness
- James Heath
- Daniel Craig Hibbert
- Barbara Claire Holmes
- Lloyd & Dianne Hourigan
- James Hughes
- Le Hein Huynh
- Cosimo Iasiello
- Giuseppa Ielasi
- Angelis (Vagelli) Katis
- Maurice Robert Keane
- Robin Bruce (Bob) Kennedy

- Oliver (Declan) Kenny
- Jane Kent
- Anne Kenworthy
- Ian Charles King
- Juliet Mary Knauerhase-Hayes
- Christina Kokkinakis
- Vasilios Kondilis
- Peter Ladas
- Adam Lane
- Clara (Claire) Elizabeth Lowe
- Stanley Maxwell Lowery
- Marisa Lucchesi
- Tessa & David Lysaght & Back
- Robert (Bob) MacKinlay
- Donald (Donny) MacLeod
- Timothy James Marks
- Mary Helena Marrs
- Horrie & Brian Martin
- Eugenia Matsimanis
- Michelina Theresa (Micky) McGuire
- Angelo Megetto
- John Hamilton Miels
- Kevin Raymond Miller
- Karen Ann Mitchell
- Carol Monaghan
- Joyce Morton
- Lewis Clair (Lew) Murphy
- Albert Ronald (Ron) New
- Sabatina Nigro
- Harry Nikolopoulos

- Malcolm Carl Nitschke
- LEEANNE Mary Norton
- Denise May Nussio
- Martin O’Neill
- Eileen Oxlade
- Lorraine Heather Jan Page
- Evangelia (Loula) Papadopoulos (Pappas)
- Apostolos Papamihail
- Franco Remo Paris
- Matilda Alice (Jan) Patten
- John Anthony Paulley
- Shirley Philbey
- Mary Aileen Phillips
- Edward Launston Christopher (Chris) Phillips
- Alojz Poklar
- Gennaro Pulcino
- Sylvia Radestock
- Wayne Rex Roesler
- Dieu Trinh Sam
- Nicola Scalzi
- Wayne Philip Schumacher
- Callistus (Reggie) Seimon
- Julie Semple
- Terry Seymour
- Trevor Ross (Molly) Shephard
- Neil Desmond Sheridan
- Madalena Silvestri
- Assunta Simeone
- Dulcie Elma Skewes
- Kevin William (Kev) Spratt

- Valerie Myrtle Stock
- Roberta Stuart
- John Henry Stuckey
- Brian Thomas Sweetman
- Horst Herbert Tannhauser
- Mitchel Anthony Theophilus
- Lindsay Thiele
- Charles Murray Thompson
- Allan Richard Tiller
- William Trevor Tippins
- My Hue Tran
- Christopher Patrick Treadwell
- Donna Underhill
- Johanna (Anie) Van Vrijaldenhoven
- Claudio Vinci
- Darko Vuksinic
- Sue Walsh
- Judith Adele (Judy) Wilkinson
- Elizabeth Ottelia Williams
- Robert John (Bob) Williams
- Heather Wilson
- Raymond Sau Kin Wong
- Guan Hock (Bob) Yeoh
- Christopher Beng Kiat Yeoh

COMMEMORATIVE GIFTS

We extend a warm thank you to those who donated in memory of a loved one. These donations raised \$76,577.35 for the RAH Research Fund in the 2015/16 year.

Commemorative donations totalling \$2,330.00 were received from the following families and their friends and we thank them for making the decision to share their celebration with us:

- Mother’s Day gift for Maxine Burns
- Mother’s Day gift for Raelene Magor
- For the 70th birthday of Helen McLoughlin
- For the birthday of Antonia Zotti
- For the birthday of Trevor Hurst
- For the 60th birthday of Adrian
- For the birthday of Lara & Lila Nassery
- For the 70th birthday of Nanette Mayne & B Spry



THANK YOU TO OUR HOSPITAL HEROES!

Our Hospital Heroes are an exceptional group of people who help make the RAH the best place it can be for patients and families to access the most advanced treatments and hospital care informed by world leading medical research.

By committing to a regular automatic donation each month, Hospital Heroes enable us to fund major medical research programs, purchase highly specialised research equipment and develop lifesaving treatments and potential cures. This type of giving allows us to reduce our administration costs, supporting more research and further enhancing patient care at the RAH.

Thank you to our Hospital Heroes throughout the 2015/16 year:

- Julie Almond
- Shirley Ashworth
- Darren Baillie
- William Bakker
- Ronald Bampton
- Hew & Cynthia Barnard-Brown
- Sally Bates
- Lorena Bazzica
- Arthur Beales
- Rita Bochmetz
- John & Alison Boland
- Marlene M Boleszny
- Howard Boord
- Joan Brooke
- Derek Builth
- Allan & Lesleyann Cannon
- Catherine Caulfield
- Lynne Charles
- Daphne Charlton
- Phillip A Christian
- Freda Cockburn
- Debbie Colebatch
- Stephen Connor
- Val Conry
- Peter & Julie Cooper
- Henry Cox
- Michael Crawford
- Keith & Phyllis Crowley
- Susan Davidson
- Catherine Dickinson
- Marian Duerden
- Naomi Durdin
- Judith Duval
- Josef Dyki
- Paul Edgeworth
- Elizabeth Egan
- Chris Elliott
- Heather Equid
- Robynne Evans
- Diana Evans
- Mark Filmer
- Peter Fitzgerald
- Bill & Bonny Fleming
- Dennis Fleming
- Rodney Arnold Fowler
- Kate Gardiner
- Colin Giles
- Lotte Gisi
- Maureen Goodwin
- Pamela Greengrass
- Karen Grosser
- Anthony Guy
- Peggy E Guyatt
- Bruce & Helen Hall
- Jean Hampton
- Helen Harding
- Jim Harford
- Michelle Harris
- Ruth Hart
- Howard Havelberg
- George Hawker
- Janice Heath
- Dorothy C Hepenstall
- Jack & Evelyn Heyworth
- Gary Hill
- Cyril Hinkley
- David Hopper
- Peter Howard
- Louise Hughes
- Penny Iosifidis
- David Jenkin
- Tim Jennings
- Hennie Kloek
- Bruno La Scala
- Julie Lambe
- Honor Lang
- Agnes Langdon
- Mai X Le
- Ian & Marilyn Leet
- Keith Lewis
- Joan Loftus
- Rosemary MacKrell
- Dugald MacLeod
- Steven Mahoney
- Sandra Matthew
- Dulcie McAllister
- John McGrath
- Margaret McKay
- Teresa Mill
- Marlene J Millar
- Christine Mooney
- Robert Morrell
- Anne Mott
- Michael Mount
- Amparo Moya-Knox
- Heather Mutton
- Pete Newman
- Linh D Nguyen
- CN & Lynnette M Nicholls
- Bruce Noble
- Angela Nolan
- Derek O'Reilly
- Fred & Marina Pascale
- Ammie Paul
- Val Paulley
- Mike & Faye Pelton
- Robert Penhall
- Thao Pham
- Betty Phillips
- Beverley Philpott
- David & Annette Pinnock
- Raymond Pridham
- Josephine Prosser
- Jean Pudney
- Michael Rabbitt
- Lyn Radzevicius
- Rosemary Reddaway
- R Rehn
- Glennys Richardson
- Graham Roberts
- Stan Robinson
- Dalma Romaldi
- Jen Rover
- Kirsty Rowe
- Phyllis Ryke
- John W Saint
- Leonard Satterley
- Colin Schumacher
- Susan Scobie
- Keith Seidel
- Gisela Shanahan
- Ian Sholl
- Elizabeth A Silsbury
- Ian Smerd
- Bryan R Smith
- William Smith
- Nancy Spurling
- Ben Stallard
- David Stapledon
- David K Taylor
- Anne Thompson
- Catherine Thring
- Ted & Audrey Thrussell
- Philip & Margaret Tow
- Mick Tucker
- Barbara Wall
- Robert Charles Warren
- Susan Wason
- Daryl & Susan Waye
- John Webb
- Andrew Wee
- Dianne Wellway
- C & C West
- Brian M Whibley
- Alan White
- Anthony Whitford
- Cathy Whiting
- Rosemary Wiese
- Jane Willmore
- EC Wilson
- Kevin Woolford
- Jean Young



THANK YOU TO OUR RAH SUPERHEROES!

Our growing group of RAH Superheroes are staff of the RAH and SA Pathology who choose to have a nominated amount from their salary donated to the RAH Research Fund each fortnight. These donations are simple, efficient and provide valuable ongoing support for the RAH helping to fund major medical research programs, purchase highly specialised research equipment and develop lifesaving treatments and potential cures.

A warm thank you to those staff who were RAH Superheroes during the 2015/16 year!

- Ajeesh Abraham
- Leela Adhikari
- Manuel Aguilar
- Vince Aiossa
- Rachael Alice
- Michael Atkins
- Sarah Baggott
- Julie Baird
- Michelle Baker-Robinson
- Rokksana Bari
- Lilla Beauchamp
- Tina J Beaumont
- Jillian Behrndt
- Teresa M Bercic
- Giselle Boys
- Lynette Bradley
- Lyell Brougham
- Jessica Brown
- Graeme Bruce
- Sylvia Bryant
- Sylvia Bryant
- Dawn Burgess
- Anne Butler
- Anita Butlin
- Ann Button
- Dianna Caruso
- Peter Casey
- Rosa Catalano
- Adriana Celani
- Ching Chan
- Anna Liza Chudleigh
- Sherrie Clark
- Helen Coe
- Megan Coles
- Eva Collins
- Margaret Cooke
- Dana Cotton
- Vicki Cox
- Susan Cunningham
- Anna D'Angelo
- Elby Nadukkudiyil David
- Margaret DeHass
- Sharon Devolle
- Peter Devonish
- Tiffany Donohue

- Dawn Douglas
- Charu Dua
- Jonathon Elworthy
- Christine Fahy
- Janice B Ferrari
- Kylie Fischer
- Imelda Galmesa
- Kerry Genrich
- Dorothy Godz
- Mary Golding
- Mavis Gough
- Maria Grida
- Lee Grogan
- Mario Guglielmucci
- Menebere Ketema Habtegebreal
- Naomi Haensel
- Cindy Harley
- Peter Harrison
- Anjila Taylor Harvie
- Katherine Hatchard
- Marion Hawke
- Cheryl Haydon
- Deborah Herewane
- Roslyn Hewlett
- Madeline Hill
- Kate Hobart
- Cynthia Hobbs
- Caroline Holdt
- Patricia Howes
- Melissa Hudson

- Tim Hughes
- Wendy Husker
- Fatima Ibrahim
- Wendy Jackson
- Shannan Jenzen
- Maureen Kasenkow
- Ramandeep Kaur
- Raechell Kessner
- Joanna Kidd
- Karen Kirton
- Audrey Knight
- Angela Knolder
- Piotr Kolodziej
- Helen Kraft
- Penelope Kyriakakis
- Sophie Lambropoulos
- Merrilyn Lemke
- Beverley Liebelt
- Dianne J Liebelt
- Julian Lucero
- Olivia Ludewig
- Corinna Luethke
- Ingrid Lusi
- Carol MacDonald
- Jeanette Christine Maddigan
- Minimol Mathew
- Sali Mathew
- Janine McConnachy
- Sharon McCormack
- Pam McDonald

- Stephen Mensforth
- Bronwyn Michelle
- Alison Milich
- Debra Miller
- Dorathy Mitchley
- Rakiya Mohamed-Sarki
- Rosalyn Murray
- Helen Nicholson
- Helen Nunan
- Margaret O'Donnell
- Tracy Oakley
- Anthea Oatey
- Seon Oh-Sakong
- Samantha Ormsby
- Cheryl Palapar
- Angela Palumbo
- Diane Pawlak
- Tony Pearce
- Narelle Peaks
- Rebecca Pearl
- Mary Peterson
- Paul Philcox
- Yolanda Patricia Pineda De Chavarria
- Yvonne L Plane
- Leandra Prior
- Racheal Rankin
- Lainie Rawlins
- Mielle Rendell
- Lynette Rhyne

- Piers Robertson
- Susan Rodgers
- Joanne Ross
- Michael Ryan
- Sarah Rylands
- Josephine Sagucio
- Stanley Sagucio
- Linda Sam
- Jacqueline Schebella
- Susan Schilling
- Jinu Sebastian
- Virginia Sharley
- Fiona Sheehan
- Helen Shinks
- Jillian Sibly
- Lesley M Smith
- Sonal Soni
- Suzanne Stevens
- Sarah Strike
- Penelope Strong
- Deborah Thomson
- Ewa Tomaszewska
- Susanne Trigg
- Chiung-Hung Tseng
- John Tulloch
- Lynne Unsworth
- Paula Urban
- Jerzy Urban
- Tyuet-Van Vu
- Jenny Walker

- Stephenie Wardle
- Beverley Wenham
- Gail West
- Patricia Whitelaw
- Margaret Whitfield
- Sonya Williamson
- Stuart Wilson
- Diane Winzor
- Nathan Woon
- Kathryn Zeitz

LIFE MEMBERS

The RAH Research Fund would also like to acknowledge the generous contributions made by its life members. Thank you:

- Robert Gerard AO
- Fay Gerard
- Maureen Goodwin
- Gordon Pickard AM



THE RAH RESEARCH FUND NEWSAGENCY

The RAH Research Fund Newsagency donates their profits back to the hospital via the RAH Research Fund. In the 2015/16 financial year, the donations totalled \$37,730.

Over the past 24 years the Newsagency has donated over \$1.4 million to the RAH Research Fund.

While the RAH Newsagency provides traditional services such as papers, magazines, gifts and stationery, it also offers a range of other services such as SA Lotteries, Adelaide Metro recharging, some Australia Post Services, Dry Cleaning, Movie Tickets, Gift Cards and TV Vouchers for public hospital patients.

Thank you to the staff of the RAH Research Fund Newsagency for your hard work, commitment and friendly attitudes to all customers!



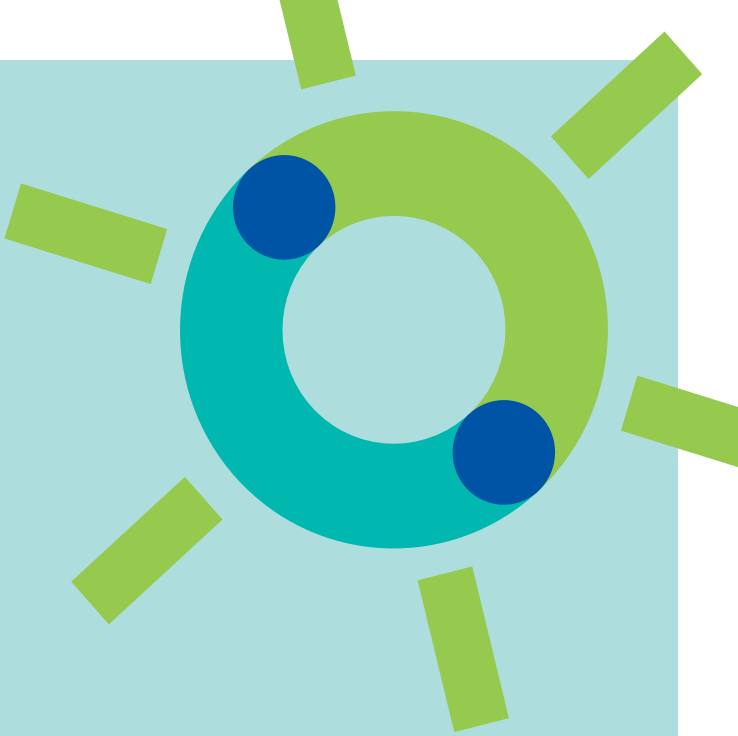
FINANCIALS

In 2015/16 your support funded:

Total Research Grants	\$5,131,529
Research Equipment	\$79,599
Other Equipment	\$70,568
Special Programs	\$1,065,837
Volunteers	\$202,945
Patient & Staff Amenities	\$77,467
TOTAL	\$6,627,945

RAH Research Fund fundraising results for the last eight financial years:

	2015/2016	2014/2015	2013/2014	2012/2013	2011/2012	2010/2011	2009/2010	2008/2009
Total Fundraising Income (GST Inc)	\$5,614,534	\$9,791,598	\$4,509,344	\$3,294,806	\$4,375,387	\$4,184,675	\$9,707,160	\$4,049,868
Income from donations	\$3,002,098	\$3,287,405	\$2,696,456	\$2,413,683	\$2,784,740	\$3,230,026	\$2,704,623	\$2,778,874
Income from bequests	\$2,496,020	\$6,302,553	\$1,494,948	\$524,467	\$1,173,600	\$818,481	\$6,813,436	\$1,085,142
Income from sponsorship	\$14,150	\$42,460	\$30,410	\$37,160	\$93,400	\$32,960	\$44,154	\$18,400
Income from merchandise, Newsagency, Trading Table, Entertainment Books, Rental, Multiscreen	\$102,265.44	\$159,179	\$247,530	\$205,095	\$323,647	\$103,207	\$84,947	\$167,452
Total Fundraising expenditure	\$683,906	\$723,712	\$765,782	\$720,276	\$764,754	\$841,924	\$726,501	\$895,188
Percentage exp against income	12%	7%	17%	22%	17%	20%	7%	22%



HEALTH SERVICES CHARITABLE GIFTS BOARD

Your donations are processed through the Health Services Charitable Gifts Board (HSCGB), which was formed on July 1, 2011, with the commencement of the Health Services Charitable Gifts Act, 2011, (HSCGB Act). The Health Services Charitable Gifts Board replaced the former Commissioners of Charitable Funds.

In South Australia the Health Services Charitable Gifts Act 2011 provides for the administration of gifts to public health entities and repeals the Public Charities Funds Act 1935. All donations made to the RAH Research Fund are vested with the HSCBG (in accordance with the HSCGB Act 2011) on behalf of the RAH and the Hanson Centre for Cancer Research.

When donations are made to the RAH Research Fund, we issue a tax deductible receipt (if the donation is \$2 or above). If it is made clear that the donation is intended to be used for a particular area of research, or if there is a particular purpose tied to the donation, then this is recorded and adhered to.

There is a rigorous process in place that must be followed in order for researchers to gain access to the funds held by the HSCGB. Researchers apply to access funds and must provide full details of how the funds are to be used. There are also strict criteria that must be met before any funds are released for research.



RESEARCH GRANTS

In the 2015/16 year, the RAH Research Fund funded over \$5 million in research. By supporting research via funding, clinicians and researchers are able to develop their research to the point where they can apply for larger national grants to enable the delivery of better patient outcomes. A criteria of this funding is that all research must be undertaken within the RAH campus and through the RAH Research Institute, which includes the Hanson Institute, SA Pathology and the Centre for Cancer Biology.

RAH Research Committee (RRC) Grants were awarded to a number of researchers in 2015/16 including:

- \$210,000 to Chung Hoow Kok: Understanding the impact of histone gene cluster on molecular response in Chronic Myeloid Leukaemia patients
- \$112,425 to Cameron Bracken: Investigating functions and mechanisms or microRNAs in cell invasion
- \$99,311 to Dave (Kwok Ho) Yip: Blockage of βc family of cytokines signalling in regulation of mast cells activation
- \$84,000 to Tongzhi Wu: The gut-incretin axis in the regulation of postprandial glycemia in type 2 diabetes
- \$75,983 to Kate Van Dyke: The role of N-cadherin in multiple myeloma

- \$58,000 to Theresa Hickey: Selective activation of the androgen receptor as a novel therapeutic strategy for breast cancer; mechanisms and biomarkers of treatment response
- \$57,246 to Melissa Pitman: Development and Optimisation of Sphingosine Kinase Inhibitors as Anti-Cancer Agents
- \$52,329 to Linda Mignone: Optimizing the use of whey protein and Glucagon-Like-Peptide-1 (GLP-1) agonists in the treatment of type 2 diabetes
- \$50,000 to Wendy Parker: Investigating the clinical significance of BCR-ABL1 compound mutants in tyrosine kinase inhibitor resistant patients with chronic myeloid leukaemia
- \$49,931 to Agnes Arthur: The role of EphB4 and ephrinB1 in the bone remodelling process following ovariectomy
- \$36,397 to Simon Conn: Characterising miRNA targets and their roles in EMT and cancer metastasis
- \$34,613 to Devendra Hiwase: Germline variants collaborate with somatic mutation so initiate and/or drive disease in primary myelodysplastic syndrome (MDS) and therapy-related myeloid neoplasms (t-MN)
- 32,249 to Jantina Manning: Regulation of cystic fibrosis transmembrane conductance regulator

(CFTR) by Neddd4-2

- \$27,271 to Emma Karran: A randomised controlled trial of early targeted management of patients attending spinal outpatient clinics
- \$7,760 to Tessa Gargett: Melanoma research
- \$7,500 to Ryan Quarrington: Improving neck injury criteria and tolerance characteristics through a better understanding of traumatic facet dislocation in the cervical spine
- \$5,682 to Alexander Lewis: Sphingosine Kinase as a therapeutic target in Acute Myeloid Leukaemia
- \$5,000 for the Simpson Prize to Lucia Gagliardi: ARMC5 Mutations Are Common in Familial Bilateral Macronodular Adrenal Hyperplasia
- \$5,000 to Lee-Anne Costello: Achieving optimal nutritional therapy in moderate-severe traumatic brain injury
- \$4,650 to Laleh Vounasis: Implementing Aphasia LIFT in a Sub-acute Inpatient Rehabilitation Setting
- \$4,273 to Melissa Bennett: Targeting Sphingosine Kinase 2 in combination with Bortezomib in murine multiple myeloma cells
- \$4,155 to Nathan Ward: Airway Clearance by Exercising in mild Cystic Fibrosis (ACE-CF): a feasibility study

- \$3,750 to Ernesto Hurtado-Perez: TLR9 mediated immunostimulatory properties of NETs are dependent on DNA demethylation
- \$2,180 to Heidi Neubeuer: Roles and regulation of Sphingosine Kinase 2
- \$2,000 to Anna Zheng: The Immune phenotype in normal pregnancy and Pre-eclampsia
- \$2,000 to John Au: Teaching joint relocation using cadaveric specimens
- \$641 to Reshma Shakya: Preventing Cancer Metastasis through inhibition of mutant p53 driven gain-of-function oncogenic activities
- \$22,164 for other small project grants
- \$112,884 for research support services



The RAH Research Fund also provided further research support in the following areas:

RESEARCH PROJECTS

- Examining the effectiveness of patient centred practices on health outcomes
- Mesenchymal stem cells for immunosuppression in ovine model of kidney allograft rejection
- Comprehensive characterisation of factors responsible for malnutrition in liver cirrhosis
- Recent onset rheumatoid arthritis: pharmaceuticals and fish oil as therapeutic options
- Immune cells in rheumatoid arthritis
- Infrastructure Services for Rheumatology Clinical Research Program
- Chronic Pain following Spinal Cord Injury
- Effects of recurrent hypoglycaemia on gastric emptying
- Surgical Immuno-oncology, studies of vaccine immunotherapy of cancer
- High affinity/low affinity corticosteroid-binding globulin levels in alcoholic liver
- Diamond Black Fan Anaemia and bone marrow failure (Supported by the Captain Courageous Fund)

- Research into treatment of Chronic Myeloid Leukaemia (Supported by Sail for Cancer)
- Modulating sphingosine kinase in cancer and wound healing
- Therapeutic application of mannose binding lectin in smoking related lung disease

OTHER RESEARCH AREAS

- Allied Health
- Gastroenterology
- Hepatology
- Orthopaedics Bone and Joint
- Haematology
- Plastic Surgery
- Neurology
- Renal
- Obesity and Metabolic Syndrome
- Medical Oncology
- Melanoma
- Rheumatology
- Endocrinology
- Cardiology
- T-Cell Cancer Therapy
- Radiotherapy
- Cooperative Research Centre - Cell Therapy Manufacturing
- Research at the Centre for Cancer Biology

Your donations also support clinical trials, which contribute to advances in medical research. With approval from an ethics committee, clinical trials are used by researchers to investigate and evaluate new treatments or techniques to combat diseases. New treatments and drugs cannot be used until they undergo a strict testing regime via clinical trials.

SPECIAL PROGRAM FUNDING

In addition to research grants, the RAH Research Fund also supports specialist programs at the Royal Adelaide Hospital to enhance patient services and improve the overall health of the community.

In the 2015/16 financial year, the following specialist programs were supported:

- Identification of optimal Spiritual Care Model
- Management of Clinical Cancer Registry database
- Preventing Alcohol Related Trauma in Youth (P.A.R.T.Y)
- Heritage Office Support
- Clinical Practice Improvement - Improvement to RAH Nutrition for patients
- Hampstead Rehabilitation Centre Support
- The Home Activity Monitory Project
- Breast Care Nurse



EQUIPMENT FUNDING

Your donated funds have been able to support the purchase of the following research and clinical equipment in the 2015/16 financial year:

Type	Equipment	Cost	Field
Research Equipment – The Hanson Centre for Cancer Research	Nanozoomer software	\$79,599	Cancer Research
Clinical Equipment – Oral and Maxillofacial Research	Nasendoscope, trolleys, elcomed motor, teaching manikin and accessories	\$23,204	Oral and Maxillofacial
Clinical Equipment - Vision Myanmar Fund	Provision of vital ophthalmic equipment to people in Myanmar	\$10,000	Ophthalmology
Clinical Equipment – Physiotherapy	Weight Training, CoughAssist E70	\$37,364	Physiotherapy



EVENTS

The RAH Research Fund hosts a number of events during the year and offers support to others who host their own events and donate their profits to medical research undertaken at the RAH.

Special events are an important way to raise money as well as a fantastic way to meet our community of donors! Thank you to everyone who came along to support us in 2015/16!

RAH Research Fund Events in 2015/16

- Tee off for Life Golf Day (16 October 2015), \$17,993.00
- Spectre Movie Day (15 November 2015), \$3,137.70
- Donor Thank you Lunch/Brand Launch (19th May 2016) \$18,888.00 raised (including donations from those who could not attend)

Third Party Fundraisers

We are so thankful to the inspiring people who undertook their own fundraising for us in the 2015/16 year. The total amount raised from community fundraising was over \$70,000 thanks to the amazing groups below!

- Cancer Research Advocacy Bikers (CRABS), \$29,000 (this group have raised \$99,500 in total since 2010!)
- Roger Horne's Cans for Cancer, \$13,010
- United We Trek, \$37,998 (read their story on page 36)
- Millicent Cancer Support Group, \$19,000
- Satay Hut, \$1,050.00



A group of our passionate supporters at the RAH Research Fund Thank You Luncheon held on Thursday May 19 at Ayers House.





ROYAL ADELAIDE HOSPITAL – RAH VOLUNTEER SERVICE

The volunteer services of the Royal Adelaide Hospital (RAH) have a long and proud tradition of patient support in many different forms.

RAH Auxiliary

For well over 90 years the RAH Auxiliary has provided funds for medical research and specialised medical services to assist patients in need. In the 2015/16 year, the RAH Auxiliary President, Debbie Conlin says the Executive Committee were thrilled to be able to continue their tradition of donating to the Social Work Department at the RAH. As a group, the Auxiliary have donated over \$10 million back to the RAH since its inception.

To raise these funds, the RAH Auxiliary coordinate the RAH Kiosk, which relies on volunteers to assist with the practical aspects of running the business including sandwich and roll making, counter service, dishwashing and cleaning. A big thank you to all the dedicated volunteers behind the RAH Auxiliary!

RAH Wellness Centre

The visible shop front in the main foyer of the RAH provides health related advice and printed literature for patients as well as blood pressure readings, basic health checks and workshops on various topics.

Volunteers with a health related background and many university students give their time in this area and we thank them for their support.

Spiritual Care visitors

All patients regardless of their colour, creed, or diversity are given the opportunity to spend some time with a care visitor at the RAH, provided by the Spiritual Care Visitor Volunteer service. Requests from the patients’ family or particular community are also provided through this service.

Patient support services (Lavender Lads and Ladies)

With 650 beds and patients as well as visitors to care for, this team of volunteers provide many different services to the RAH including a same day patient laundry service, new patient visits, shopping/banking, flower care, emergency department assistance, Intensive Care Unit assistance, Palliative care support, a shuttle bus system between TQEH and RAH, patient discharge driver service, form collation, outpatient support and other incidentals.

The move to the new RAH will require the services to be preserved and nurtured so that the good work that has been evident in the past can move forward and continue to provide support to the many people who will use the facilities and professionalism of the new RAH.

Donations from the RAH Volunteers (Lavender Lads and Ladies) in 2015/16

Hospital laundry	\$12,668
Patient laundry and donations	\$7,532
Flower deliveries	\$726
Total donations	\$20,926

VOLUNTEER RECOGNITION LUNCHEON

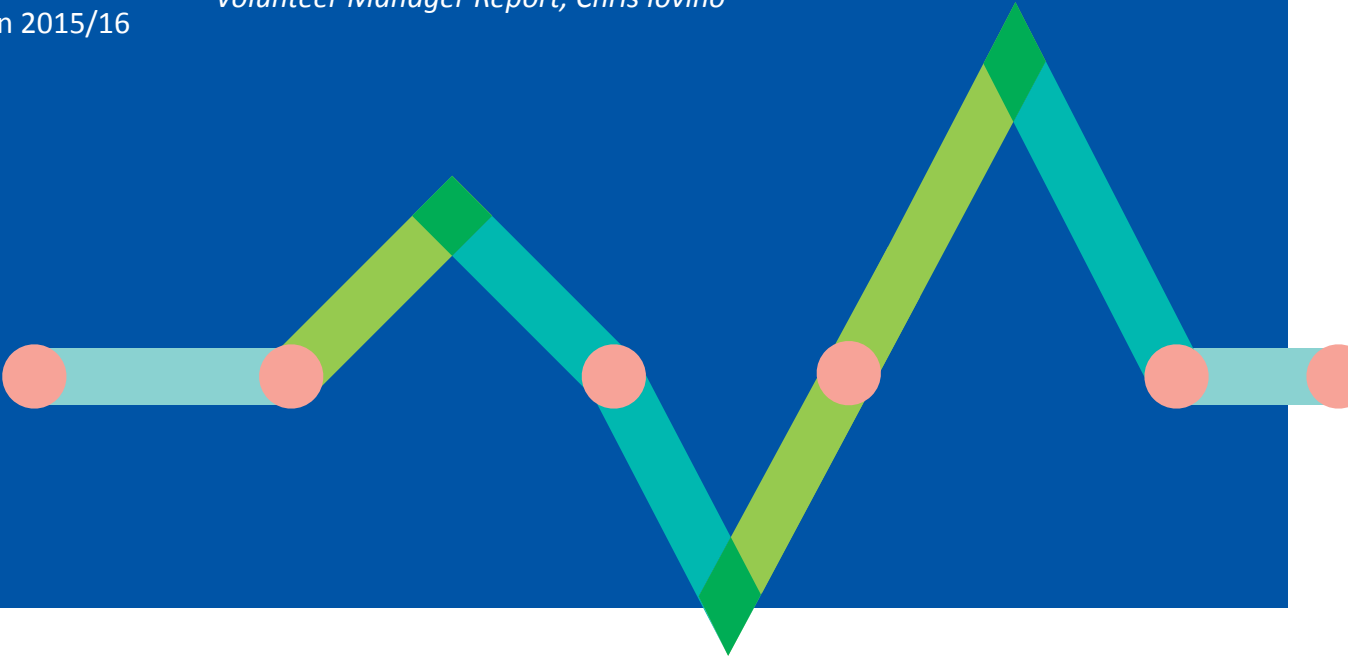
The Central Adelaide Local Health Network (CAHLN) Annual Volunteer Recognition Luncheon was held on May 7 2016 at the Adelaide Convention Centre, themed Thanks for the Memories. Here, a presentation reflecting all volunteer services that assist the RAH and its patients was shown, demonstrating how much the different volunteer services have achieved.

The luncheon was a success, with all attendees enjoying the company of volunteers from RAH Auxiliary, Hampstead Rehabilitation Centre, Donate Life SA, Spiritual Care Visitor Program, Patient Support Services, Wellness Centre and the Consumer Advisory Group.

A photo booth was provided so that everyone had the opportunity to make some ‘memories’ of their own and of course the afternoon wouldn’t be complete without a little dancing which was undertaken by some very enthusiastic attendees! My sincere thanks to Morgan and Matt from the RAH Research Fund as well as Karen Anderson for their great assistance on the day.

Thanks also to the RAH Research Fund for providing funding for this event!

Volunteer Manager Report, Chris Iovino



RESEARCH THAT YOU SUPPORT!

CAN YOU IMAGINE A WORLD FREE OF BREAST CANCER?

In the world of science, a paper published in the journal Nature, the “Mount Everest” for researchers, is an incredible achievement. For Dr Theresa Hickey, who recently accomplished just this, her greatest personal triumph is the ability to have a potential impact on the lives of women with breast cancer.

Thanks to you supporting life-changing research through the RAH Research Fund, Dr Hickey is able to focus on combatting breast cancer while currently in the second year of a three year RAH Research Fund Career Development Fellowship.

As the Head of Breast Cancer Research at the Dame Roma Mitchell Cancer Research Laboratories (DRMCRL), located within the Hanson Institute Building at the Royal Adelaide Hospital (RAH), Dr Hickey is leading research that is a potential game changer for breast cancer, working with a new drug currently in several clinical trials. This work not only has the potential to lead to a new treatment for breast cancer patients, it could also eventually be used to prevent this heartbreaking disease.

Explaining the basic science of her research, Dr Hickey said “most breast cancers are driven by excess estrogen hormone activity and in women, androgen hormones oppose this estrogen action in the body.

“A good, simple example of this opposing sex hormone activity is that women develop breasts and men don’t. For women, estrogen dominates over androgen, so you get breast growth. In males it’s the opposite: androgen dominates over estrogen and breast tissue development is blocked. It is not the case that males have no estrogen and females have no androgen; it’s all a matter of balance.

“If that balance gets disturbed, breast tissue can develop in men, and while it’s rare for men to get breast cancer, it does happen. Most male breast cancers

are driven by estrogen, indicating that somehow their androgen hormones are not adequately suppressing estrogen action to inhibit growth.

“So this kind of hormone tug of war is happening all the time and one of the things that we’re doing is trying to find out what mechanisms are at play and whether we can develop therapeutic drugs that target the androgen receptors.

“This work not only has the potential to lead to a new treatment for breast cancer patients, it could also eventually be used to prevent this heartbreaking disease.”

Current treatments for breast cancer work to eliminate estrogen in the body, which result in side effects negatively impacting a woman’s quality of life. One of Dr Hickey’s main areas of work is looking at inhibiting estrogen action in breast cancer, but in a more natural way than current therapies by ‘awakening’ their androgen receptors.

“We’re doing a lot of work now with a drug called Enobosarm that is showing really good results in a clinical trial of women with metastatic breast cancer being conducted in the US. We’re really excited about it as this drug doesn’t have negative side effects so far and may even improve muscle and bone strength in postmenopausal women.

“The other trial with this drug is called a Window of Opportunity trial, which we’re doing in an international collaboration with Cambridge University, UK and a partner in Liverpool.

“It’s considered unethical for a woman with breast cancer who has just had her surgery to go on a brand new drug, it is our duty to ensure they are first given drugs known to work in most women and fully approved by governing agencies.

“So the only way you can test a potential new treatment on its own is to test

it in that window of time in between when a woman is diagnosed and her surgery date. This is something we’re also working on, which is really exciting as the tissue from the trial will be coming here to our labs for us to analyse.”

With a recently published paper in Nature, and another in Nature Genetics, Dr Hickey said her team’s work is helping to lead toward a new way of thinking about the treatment of breast cancer.

“This is all quite a new way of thinking. If your estrogen receptor is behaving really badly in your breast, can we push it towards good behaviour?

“We want to keep the estrogen, because obviously the body wants to have it around, but can we push it away from that bad, cancer-promoting behaviour to a more benign type of activity?

“This is what was discussed in the recent Nature paper we had published and we’re going to have a shot at getting another paper published in the same journal soon!”

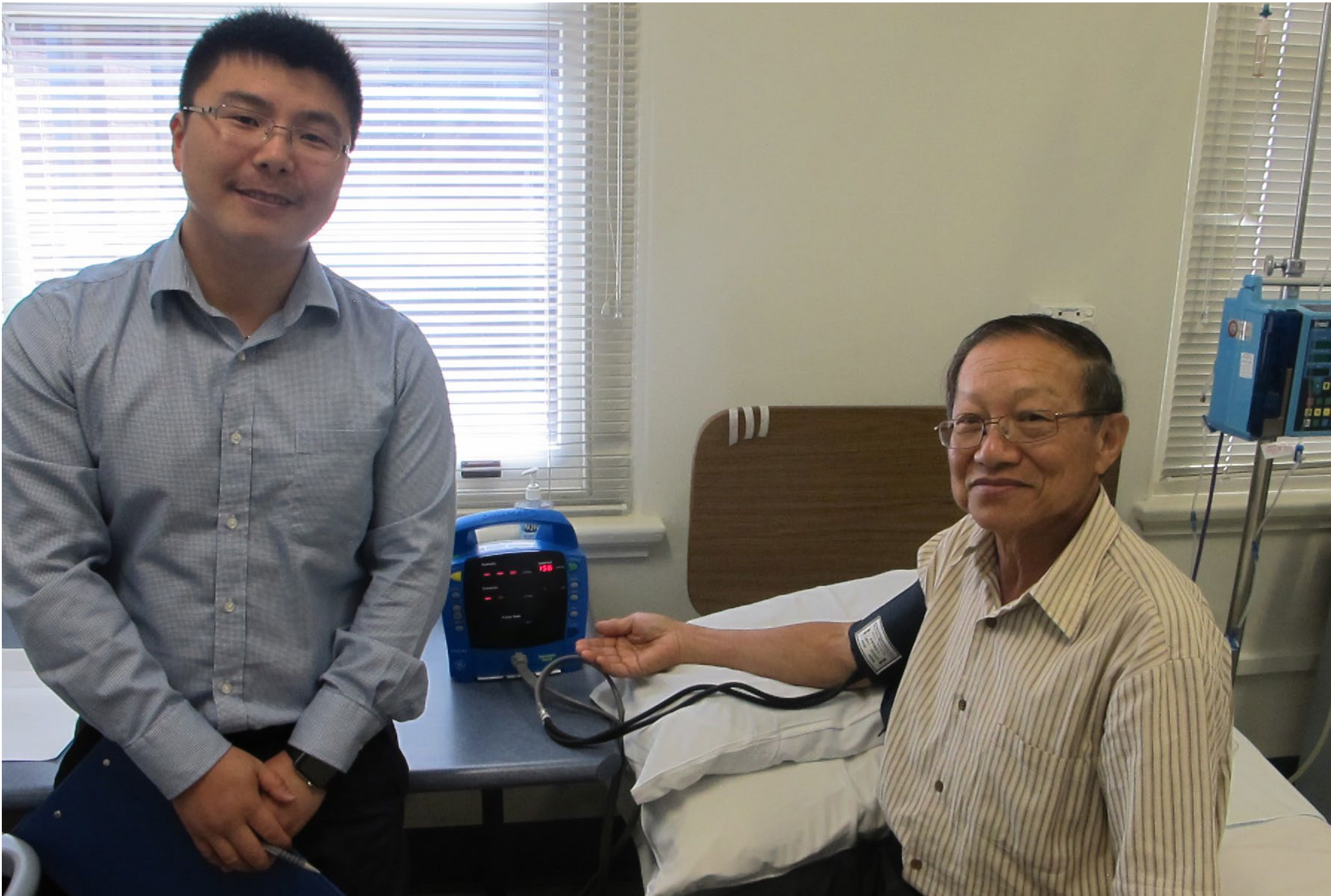
For Dr Hickey, her work is all about impact.

“This is why I’m really excited about these clinical trials! To see some of your work actually enter into a trial, or form the basis for a new trial, that’s amazing,” she said.

“Personally I’m also excited about the prevention side of things. I think there is a real potential in what we’re doing to eventually lead to a preventative therapy.

“We use hormones for contraception and all kinds of other things; can you imagine taking a pill at night to prevent breast cancer? It could happen!”





THE POWER OF PROTEIN: MANAGING TYPE 2 DIABETES

We’ve all heard about the benefits of protein in the diet, but did you know it could also have a beneficial effect on glucose control for Type 2 Diabetes patients?

A recently completed clinical trial enabled by your support has shown a small amount of protein, consumed 30 minutes before a meal, can effectively reduce the rise in blood glucose by stimulating the gut hormone secretion process and slowing the stomach emptying rate in patients with Type 2 Diabetes.

Led by Dr Tongzhi Wu, the successful recipient of the RAH Research Fund’s 2015-17 Mary Overton Early Career Fellowship, the clinical trial was coordinated at the Centre of Research Excellence (CRE) in Translating Nutritional Science to Good Health.

Type 2 Diabetes has become one of the leading causes of disability and death in modern society. It is associated with the progressive loss of control in blood glucose, due to the body’s resistance to the normal effects of insulin, as well as the gradual loss of the production of enough insulin in the pancreas.

The cause of Type 2 Diabetes is unknown but associated with strong genetic related risk factors and lifestyle risk factors, such as diet. It is estimated that more than a third of Australians will develop Type 2 Diabetes within their lifetime, creating a significant health burden for the community.

Dr Wu believes that effective nutritional strategies at an affordable cost, represent the greatest opportunity in the treatment of Type 2 Diabetes.

“Protein is a powerful source of nutrition that can stimulate the gut to release a number of hormones, which are important to the regulation of blood glucose and appetite. In general, a high protein diet is often associated with an improvement in blood glucose control and weight loss – but this can be challenging in the long term. Based on the responses of the gut to protein from our previous studies, we developed a new dietary strategy for the management of Type 2 Diabetes.

“The patients drink a small protein shake, 15 minutes to half an hour prior to

the main meal as a ‘preload’, and the secretion of gut hormones and slowing of the stomach emptying can lead to better blood glucose control after meals. We’ve also found that when used in combination with a certain class of diabetic medications that prevent inactivation of the gut hormones; this protein preload can reduce blood glucose even more.

“The dose of protein is also relevant; when we used a relatively high dose, the improvement in blood glucose was even greater than that typically seen with some diabetic medications – the effect is not just mild...it’s dramatic.”

Together with colleagues Professor Chris Rayner and Dr Linda Mignone, Dr Wu is now evaluating the efficacy of the protein preload strategy in an Adelaide-based 12-week trial, involving 240 Type 2 Diabetic patients aged between 18 and 75. The outcome of this study will further validate the use of a protein preload in the treatment of Type 2 Diabetes.

Originally from China and with a background in endocrinology and an interest in diabetes prevention and intervention, Dr Wu was drawn to Australia – Adelaide in particular, to undertake his PhD at the CRE in Translating Nutritional Science, where he still works today.

Through his research, Dr Wu has developed substantial expertise in relation to the gut physiology and regulation of blood glucose and appetite, and he believes that diabetes can be effectively managed and, hopefully, prevented by practical dietary strategies.

“This centre is very well known and I decided to come here because they coordinate clinical research, which is highly translational,” he said.

“One of the things I love about working in Australia is that the community have the spirit to participate in trials to achieve a better understanding of medical knowledge. In many other countries, it’s much harder to recruit patients.”

The award of this three-year fellowship has helped Dr Wu further extend and enhance this vital research, and also made him decide to reside in Australia permanently. Thank you for making this research a reality!

A PATIENT PERSPECTIVE

THE RAH SAVED MY LIFE FOUR TIMES!

For Pat Goodwin the Royal Adelaide Hospital (RAH) and the hardworking researchers supported by the RAH Research Fund hold a very special place in her heart, having saved her life on four separate occasions.

Despite suffering from crippling headaches throughout her life, it wasn't until her early 40's that Pat discovered she had been living with a brain aneurysm, a weakness in the connecting artery in her brain.

"In those days doctors couldn't explain what was wrong. They didn't have the technology to do so," she said.

"One day when I was in my early 40's I felt like my head exploded, and then I went unconscious. Luckily the ambulance was close to my house and I made it to the RAH very quickly."

At the time the RAH was one of few hospitals to have the newly developed CAT (computerised axial tomography) and CT (computerised tomography) scans that took data from X-ray images of Pat's brain and converted them to a picture on a monitor.

This advancement in technology enabled doctor's to confirm Pat had suffered a burst brain aneurysm, something she had been living with since birth.

"I was at the RAH for about a month, I had the burst aneurysm clipped.

"After that I went back to my life. It was very hard to get back to a full professional career but thanks to the wonderful people, treatment and care at the RAH I managed it," Pat said.

Moving to picturesque Kangaroo Island with her husband in 2009, Pat was at the gym when she suffered a sudden second burst aneurysm.

"It was nothing like the first one, but I knew what it was straight away."

Travelling to the RAH with the Royal Flying Doctor Service, Pat saw firsthand the medical advancements which had occurred over the thirty years since her last visit.

"This time the burst aneurysm in my brain was coiled, last time it was clipped because they didn't have coils in those days.

"It was so much easier on me; I was out of hospital in 10 days. I owe that to medical research. But the RAH hadn't finished with me, and I hadn't finished with it."

Only a year later Pat was diagnosed with colorectal cancer and found herself back at the RAH.

"I had a wonderful surgeon and team, I was only in hospital for two weeks before I was back at home teaching yoga and doing everything I was doing beforehand," Pat said.

"Then one day when I was about to go to the gym I got a pain all the way around my abdomen.

"After a week in the local hospital I was going downhill so they flew me to the RAH where again I had big surgery to fix a blockage."

Not planning to return to the RAH any time soon, Pat now continues to support the RAH Research Fund to ensure medical advancements, like the ones she has benefited from, continue long into the future.

"When I saw in the newsletter you were looking for people to share their experiences with the RAH I thought it was the perfect opportunity for me to express my appreciation for all to hear.

"I now lead the world's most wonderful life and I enjoy every minute of it.

"I can't express my gratitude enough – I owe my life to the RAH and medical research."



"I CAN'T EXPRESS MY GRATITUDE ENOUGH – I OWE MY LIFE TO THE RAH AND MEDICAL RESEARCH."



FUNDRAISING HEROES!

UNITED THEY TREK FOR A FUTURE FREE OF CANCER

Nothing is more powerful than a small group of people coming together with a common goal and we're so incredibly grateful to the hard work of our supporters Matthew Wright, Grant Evans and Kate Mitchell.

This dedicated trio recently finished 14 days trekking across the Simpson Desert, to raise much needed funds for cancer research at the Royal Adelaide Hospital (RAH).

Kicking off their walk on June 6th in Dalhousie Springs in South Australia, Matthew, Grant and Kate walked 440 kilometres over 14 days to reach their final destination of Birdsville, Queensland. To date, the group has raised over \$36,000 for their amazing efforts, with donations still coming in.

Their motivation? Raising funds in memory of Christine Evans, their beloved mother and mother-in-law who sadly passed away from cancer at the RAH in November 2015. The three trekkers felt something needed to be done in the wake of her death to raise money for essential cancer research through the RAH Research Fund.

"We don't want any other families to go through what we have been through and we want a world free of cancer for my children's generation," Matthew said.

"Six weeks before the trek I also lost my Grandfather to cancer. He was 92, so he had a good innings, but cancer is just such a horrible disease. We want to help find a cure."

With their feet riddled with blisters throughout the trek, Matthew, Grant and Kate were supported by a dedicated support crew who would pack down camp each morning, drive to set up for lunch, and then continue the drive to set up camp for the evening.

The support team included Christine's husband Philip, Matthew's wife Rebecca Wright and their three children, twins Hayden and Jackson (12) and Matilda

(7) along with family friend Rod Lawrence.

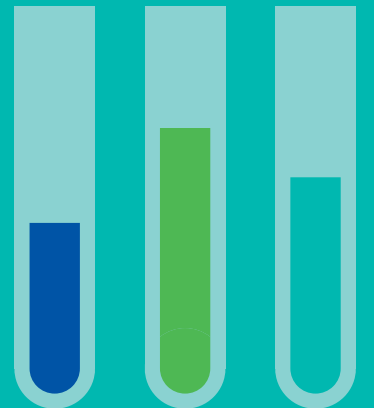
"Each night we were in tents or swags in the desert. We even had dingos wandering in – it was a real Aussie experience!"

The reason the group chose to trek the Simpson Desert was because they knew that to get the required support of their peers, their task needed to be a difficult one.

"Watching Christine go through cancer, we knew that was not easy, so we needed to make sure that what we chose to do to raise funds in her memory would really put us to the test," Matthew said.

"Coming in on the last day to the Birdsville Pub was an incredible feeling. It was quite emotional but we had a few people come out and cheer us on – our first stop when we finished was a beer at the front bar!"

Matthew, Grant and Kate are an inspiring group of people and we thank them for their dedication and hard work! We look forward to ensuring their raised funds are directed towards translational research that has a direct impact on the lives of others.



YOUR STORY

To ensure research can connect with the wider community, the RAH Research Fund is always on the lookout for personal patient stories sharing your experience accessing the highest quality of patient care informed by world class research. If you would like to share your story with us, so that we can use it to explain how important research is to the community, please call us on **(08) 8222 5281** or email us on **contactus@rahresearchfund.com.au**.

PRIVACY POLICY

The Royal Adelaide Hospital Research Fund is committed to protecting the privacy of its donors. We are required by law to protect personal and confidential information, and we comply with all applicable legislation relating to confidentiality and privacy, including the Privacy Act 1988 and the Australian Privacy Principles that came into force from 12 March 2014.

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The Royal Adelaide Hospital Research Fund is a member of the Central Adelaide Local Health Network.

ABN 96 269 526 412





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