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Epworth
Medical
Foundation



Newsletter

Summer 2011

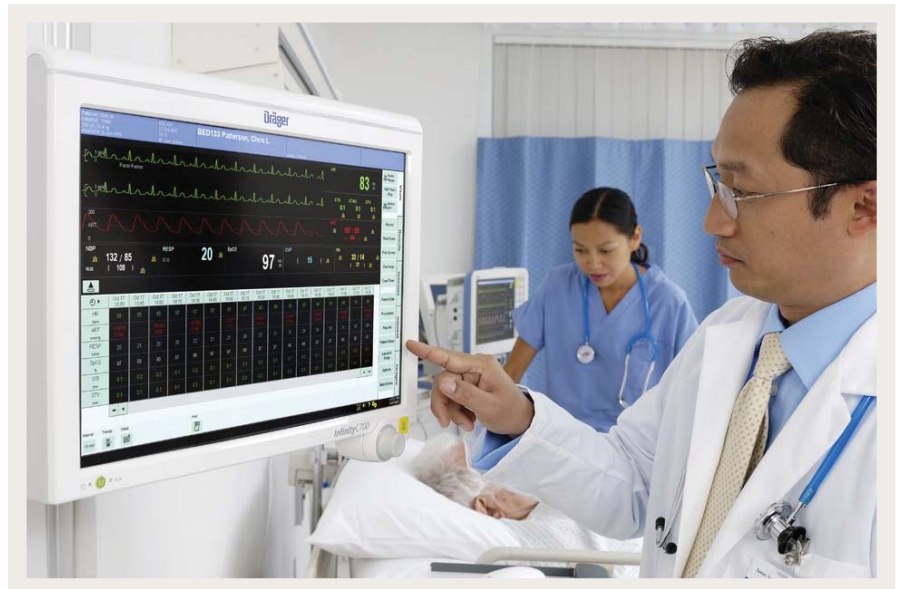
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Helping us achieve our vision – thank you for your support

Central to Epworth's vision for the future is you, our donors and supporters. We would like to extend our heartfelt thanks to you for contributing towards the \$6 million total we raised in the 2010-2011 financial year. This represented an increase of more than 15 per cent on the previous year. These funds will be directed towards equipment, research, infrastructure and education that will ultimately save and improve patients' lives.

You will be pleased to know the fit out of the new, state-of-the-art monitoring system (pictured) for the

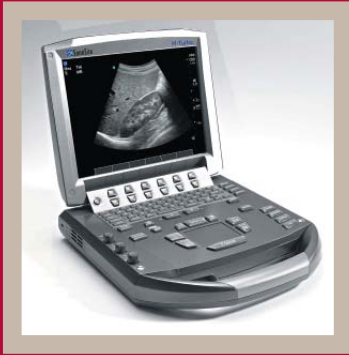


Epworth Freemasons Intensive Care Unit was installed last month. This was made possible from the generosity of our donors who contributed more than \$216,000 towards last year's Christmas appeal.

Further to this, a total of \$9.2 million has been pledged towards the \$50 million target for the Richmond Redevelopment Capital Campaign and \$3.5 million raised towards the \$10 million target for the Epworth Research Institute.

Epworth HealthCare would sincerely like to thank everyone who has generously supported these projects. We couldn't do it without you.

Excellence in world-class healthcare.



September appeal
a great success
thank you!

Thanks to more than 1600 donors the September appeal was a great success, delivering a 30 per cent increase of funds raised from last year.

More than \$140,000 was raised with 600 more gifts received compared with the previous year. The funds raised will be used to purchase three new digital imaging machines to help administer botulinum toxin – commonly referred to as botox – which is used to treat patients with long-term disabilities caused by stroke, multiple sclerosis and acquired brain injury.

EMF would like to thank all those who contributed to the appeal.



Kelly, Yilmaz and baby Taylan look forward to their first family Christmas together

Safe delivery of babies focus for this year's Christmas appeal

As Epworth Freemasons recently celebrated 20 years of maternity services the Epworth Medical Foundation is dedicating funds raised from its Christmas appeal to the maternity unit for a new foetal monitoring system.

The funds will help purchase a new system which allows doctors to access patient information remotely and midwives to view vital information from anywhere in the ward. This provides greater flexibility, comfort, clinical efficiency and accurate reporting. This wireless and water proof system also allows mothers in labour to move freely, while being closely monitored anywhere in the ward.

With more than 3500 babies delivered at Epworth Freemasons each year having advanced monitoring equipment available will help ensure the best outcomes for all babies and mothers during childbirth.

The appeal hopes to raise close to \$346,984 so that all components of the equipment can be purchased.

To help raise funds, patient Kelly Moore agreed to share her experience at Epworth Freemasons.

32 year old Kelly Moore was at the end of a healthy full term pregnancy when staff picked up that her baby was in distress. Her baby's heart rate had slowed as the umbilical cord had wrapped around its neck.

Kelly was rushed in for an emergency caesarean. Thanks to the delivery team at Epworth Freemasons, a beautiful healthy baby boy was delivered successfully.

Kelly was extremely grateful for the response and personalised attention she experienced from the team at Epworth.

"The midwives and doctors at Epworth Freemasons were fantastic. They understood my anxiety and made me feel comfortable during a very emotional and stressful time," said Kelly Moore, patient.

After six days baby Taylan was able to go home with Kelly and her family and they are looking forward to their first Christmas together.

The maternity unit at Epworth Freemasons prides itself on achieving positive outcomes for mums and babies – with particular focus on personalised care with advanced medical technology.

Having the new foetal monitoring system will ensure we can maintain our high standards and give mothers and babies the best.

To donate to this appeal, please contact the Epworth Medical Foundation on 03 9426 6132 or visit epworth.org.au/donate.



Philips foetal monitoring system

Research to benefit from Epworth Swings Gala Ball success

On Saturday 5 November more than 1000 guests filled the Crown Palladium for what was described by many as the 'best ever' Epworth annual gala ball.

The Epworth Medical Foundation was extremely appreciative of the support received from our sponsors, staff and friends who attended the event. Together we raised almost \$700,000 including \$125,000 in pledges which in turn were matched dollar-for-dollar by the Epworth HealthCare Board of Management.

Central to the night's success was the support received from major sponsors Westpac, Slade Pharmacy and Anton Jewellers, major partners, ConMed Linvatec, Gallay Medical and Life Healthcare, and 30 different table sponsors.

"The audience was fantastic, contributing \$41,000 to the raffle and to the overall total of \$700,000 raised from individual pledges, ticket sales, and the auctions," Group Chief Executive Alan Kinkade said.



A tribute to the jersey boys

The silent and live auction prizes included exquisite items from Anton Jewellers, \$10k worth of Qantas travel, a signed jersey from Tour de France winner Cadel Evans and signed final team's jumpers from Geelong, Collingwood and Hawthorn Football Clubs.

Epworth is fortunate to have an active and committed Special Events Committee, capably led by Chair Robyn Beddison OAM, whose work was invaluable towards the event's success. They worked tirelessly leading up to the event to provide the best possible outcome from the night. Also contributing to the success of the Ball was the help from 15 Epworth volunteers who gave their time to ensure the smooth running of the evening.

EMF would like to thank everyone who was involved in making the night as successful as it was.

Thank you to all who attended and supported the event.



Chair of the Special Events Committee Robyn Beddison OAM and Master of Ceremonies, Lynda Kinkade

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Group Chief Executive Alan Kinkade on the building site

Epworth Richmond Redevelopment Update

Epworth Richmond is undergoing a major transformation that will see it become the largest private hospital in Australia. Works on this multi-stage development have continued steadily over the last few months with significant progress made to the refurbishment and expansion of the Bridge Road Tower.

Latest news on the Bridge Road Tower

The refurbishment and extension works to the Bridge Road Tower have progressed well. The façade is almost complete and Level 6 is the first of the consulting suites to be occupied by cardiac specialists from the Victorian Heart Centre. The refurbishment of level 5 is now complete and Orthosport Victoria is scheduled to move in early in the new year.

Bridge Road Extension

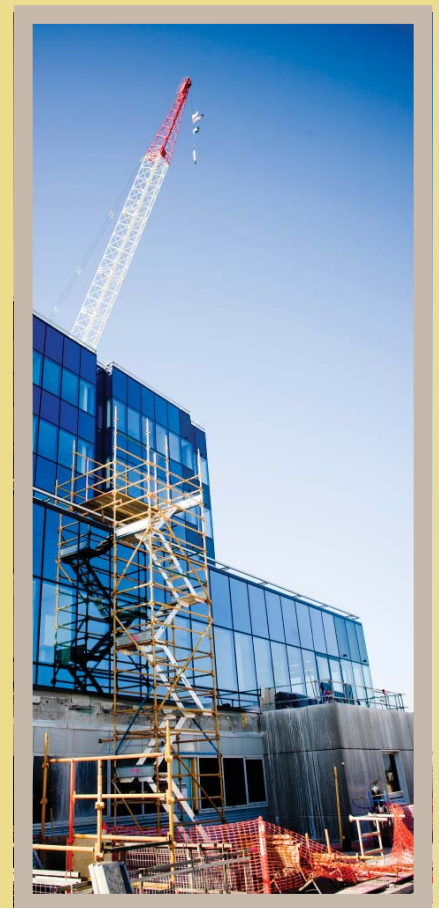
The Bridge Road extension works involve the expansion of levels 1-4 of the Bridge Road building.

With this major redevelopment Epworth will be able to pursue a vision to become a fully fledged Teaching and Research Hospital along the lines of some of the truly great hospitals of the world such as the Cleveland and Mayo Clinics in the US. This pursuit of excellence will ultimately mean better care and clinical outcomes for all of us.

To date the Epworth Medical Foundation has secured \$9.2 million of the \$50 million target sought from donors through our Capital Appeal. Thousands of Victorians will benefit from these contributions.

If you haven't already, we invite you to discuss the Epworth Richmond Redevelopment with Epworth Medical Foundation staff, who can assist with a suite of opportunities to show your support for the Redevelopment to enable us to build a healthier future.

For a confidential discussion, or to receive a brochure on our Capital Appeal, please contact the Epworth Medical Foundation on 03 9426 6132 or drop by to our office.



Building works at Epworth Richmond have progressed significantly



Epworth Rehabilitation Camberwell artist impression (located on the corner of Bourke and Toorak Roads)

Building works begin at Epworth Rehabilitation Camberwell

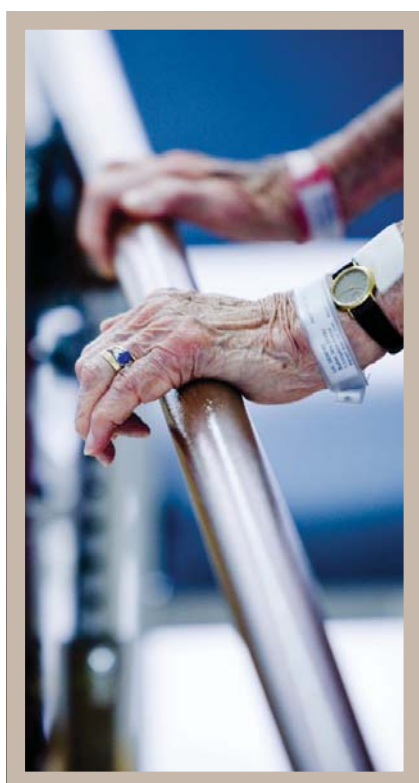
A \$35 million redevelopment of Epworth Rehabilitation Camberwell commenced in October and by 2013, Epworth Rehabilitation Camberwell will comprise a total of 146 beds for rehabilitation and psychiatry patients.

The significant works will deliver 68 new private patient rooms as well as new consulting suites, therapy rooms, ancillary retail and support services, as well as 98 extra car spaces.

It is anticipated that the works will cause minimal disruption to surrounding businesses and residents and operations of the current rehabilitation facility will continue.

Epworth's plans for the redevelopment also include relocation and refurbishment of the current kitchen and dining facilities as well as a number of existing rooms and ensuites.

Project managers Aurecon and architects Silver Thomas Hanley will oversee progress of the works by Construction Engineering, a company that has already successfully undertaken multi-million dollar health projects in Victoria.



Epworth researcher granted \$170K - a great win for patients following TBI

Epworth Physiotherapist Dr Gavin Williams has been successful in securing a \$170K grant from the Federal Government's (NHMRC) Early Career Fellowships program.

Dr Williams is conducting research in the area of strength training following traumatic brain injury (TBI) - the leading cause of death and disability for adolescents and young adults. Physical mobility limitations are one of the most common problems following TBI and have been linked with difficulties in community mobility and integration within the community, return to work and participation in leisure activities.

It can take many months for people in the TBI unit to learn how to walk again following their injury. Muscle weakness and balance disorders are prevalent and both contribute to problems with mobility. The aim of this project is to determine which treatments are most effective at retraining walking and reducing residual disability following TBI.

Dr Williams is just one of many researchers at Epworth helping discover new ways to treat patients, unravel disease pathways and facilitate important breakthroughs. The Epworth Research Institute is part of Epworth's commitment to providing world-class patient care, investing in a healthier future by offering patients access to leading-edge research.



Spotlight on Professor Rod Sinclair

Having qualified as a Dermatologist in 1995, Rod was appointed Associate Professor of Dermatology at Monash University in 2004 and then Professor of Dermatology at the University of Melbourne in 2006.

Professor Sinclair leads the new Epworth Dermatology clinic located in the Epworth Centre, Richmond which focuses on a multidisciplinary approach to the treatment of acute dermatological conditions.

What led you to become a dermatologist?

When I was an intern at St Vincent's Hospital in 1987 I was certain I wanted to be a Cardiologist. The Cardiology job was split with Dermatology. At the end of my 12 week rotation I had been inspired by Dermatologist John Brenan and realised that there was no better speciality for me.

Where did you receive your training?

I started my Dermatology training at the Slade Hospital in Oxford, England. The Slade was the original leprosarium that had been converted into a stand-alone skin hospital. I completed my training in Melbourne rotating through The Alfred, The Austin, the Royal Melbourne and St Vincent's Hospitals.

What do you love about your role?

I love the immediacy of diagnosis. In dermatology if you don't know what the patient has got within 10 seconds of starting the examination you are still unlikely to know 10 years later.

What research are you currently undertaking?

I currently supervise seven PhD students, so there is a lot happening. One student recently mapped the incidence and prevalence of skin cancer in Australia. Another isolates and cultures hair follicle stem cells and differentiates them into muscle. One student is investigating the biology of Basal Cell Carcinoma and another is describing the anatomy of the arrector pili muscle and how it contributes to the epidermal stem cell niche. We have recently discovered two new genes for androgenetic alopecia as well as the gene for the rare hair disorder called Marie Unna Hypotrichosis and a new gene for Monilethrix. We are just starting a new project on the autoimmunity of alopecia areata and a clinical trial for psoriasis.

What outcomes do you hope to achieve from your research?

My two main goals are to produce world class research that increases our understanding of disease and leads to a material improvement in patient treatment. The second goal is to create within the discipline of Dermatology a culture of inquiry and endeavour to address our patients' unanswered questions.

Who is going to benefit from the research?

Our Skin Cancer research will allow Government and Hospitals to anticipate disease burden and allocate appropriate resources. Ultimately, all Australians affected by skin cancer will benefit (which is almost all Australians).

How long have you worked at the Epworth?

6 months. I am the new kid on the block.

What other appointments do you hold?

Professor of Dermatology, University of Melbourne, Director of Dermatology Research, St Vincent's Hospital. Past President, the Skin and Cancer Foundation of Victoria, the Australasian Hair and Wool Research Society, The Australasian Society for Dermatology Research.

What are your major achievements?

There are over 700,000 women in Australia who have experienced hair loss. My research has led to improvements in the recognition and treatment of androgenetic alopecia in women. I am most proud of that.

What would you still like to achieve?

I would like to establish a training program in Victoria that combines clinical training and research training – the PhD/FACD program. I would also like to establish a centre of excellence for Dermatology Research and develop a platform technology where we isolate and grow skin stem cells and provide them to our collaborators who use them to manufacture either iPS cells or tissue for transplantation.



Raising awareness about road trauma and acquired brain injury

Through partnerships with the TAC, Melbourne Victory and Victoria Police, the ABI Cup aims to increase awareness of the cost of road trauma to our community as well as raise critical funds for the rehabilitation service provided by Epworth's Acquired Brain Injury Unit.

The Epworth ABI Cup will again be played as a curtain-raiser to an A-League game between

Melbourne Victory and Central Coast Mariners. The traditional soccer game between Epworth HealthCare and Victorian Police will be played at AAMI Park stadium on Friday 10 February 2012.

The fundraising breakfast will be held a day prior to the game on **Thursday 9 February 2012** at 7.30 am in the Victory Room, Ethiad Stadium. Funds raised from the Breakfast will provide vital funds to improve Epworth's Acquired Brain Injury Unit. Guests will hear from an expert football panel comprising Melbourne Victory Captain Adrian Leijer and Coach Mehmet Durakic together with their Central Coast counterparts, Alex Wilkinson and Graham Arnold.

Tickets to the fundraising breakfast are \$80 each. To purchase tickets or to find out more information about the ABI Cup please contact Jayne Coates on 03 9426 6163 or Jayne.coates@epworth.org.au.

Your
support
saves
lives.



Tony gets 'back on his bike' for HeartSmart

At just 7 years of age, Tony Toce found he had a problem with his heart and underwent corrective heart surgery. 41 years later, he found he needed further work and came to Epworth for double by-pass surgery. Tony describes the improvement to his quality of life as a minor miracle and is extremely grateful for the care he received. Following surgery, Tony joined the cardiac rehabilitation program called HeartSmart.

"While I can't say I had much fun in hospital, I can say that the doctors, surgeons, nurses, PSAs and auxiliary staff were absolutely first class. I would also highly recommend the HeartSmart program to anyone who has experienced a cardiac event," says Tony.

Tony is just one of the 15 participants who will get back on their bike and join the Mekong Cycling Challenge in February to raise funds for the Epworth HeartSmart program. So far Tony has raised \$300 of his \$6,000 fundraising target. You can help Tony get back on his bike by donating to his online page at www.everydayhero.com.au/tony__toce or telephone 03 9426 6132.

Tony together with HeartSmart Coordinator Nanci Thurston, would be extremely grateful for your support.

How you can help?

You can help by making a regular pledge to Epworth Medical Foundation.

By giving regularly you are helping us to continue our excellence in healthcare service provision.

Yes, I would like to support EMF!

Name: _____

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With \$ _____

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Thank you for your support

Donations over \$2 are tax deductible

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Epworth Medical Foundation

89 Bridge Road,
Richmond VIC 3002

Happy Holiday Season

On behalf of us all at Epworth HealthCare we would like to wish our supporters, sponsors and friends a safe and happy holiday season and a wonderful year ahead.



Summer Recipe: Christmas Shortbread

Ingredients

3 cups Self Raising Flour

200gm butter (softened)

A pinch of salt

½ teaspoon of Baking Powder

1 ¼ cups of sugar

3 eggs

Vanilla essence

Method

1. Mix all dry ingredients (flour, salt, baking powder and sugar)
2. Add butter and mix through with a fork (this will ensure there are no lumps in dough)
3. Add eggs one at a time
4. Add vanilla essence to taste
5. Use your favourite Christmas shape cookie cutters and place on a greased paper lined tray
6. Bake at 180C (160C fan forced) until bottom of shortbread cookie is golden.
7. Place on cooling rack.

Makes Approx 30

