

Tribute



NEWSLETTER OF THE GALLIPOLI MEDICAL RESEARCH FOUNDATION

Volume 19 Spring 2017



Discovering new cancer treatments – together

GMRF leading the way through collaboration and innovation in medical research

- Targeting the queen bee of cancer
- Can we count you in for cancer care?
- Equipping your GP to treat PTSD
- Run for medical research and remembrance

Gallipoli Medical Research Foundation
is proudly supported by –



Targeting the queen bee of cancer

The Gallipoli Medical Research Foundation (GMRF) is a small team tackling a very big problem. We're fighting liver cancer; the fastest increasing cause of cancer mortality in Australia and the second biggest cause of cancer related deaths worldwide.

The Liver Cancer Unit (LCU), led by Dr Jason Steel, has established a number of research projects to address liver cancer on multiple fronts. The goal is simple; to increase the number of treatment options available to liver cancer patients. Right now, that number stands at one; a chemotherapy based treatment with limited success.

We're committed to the development of new treatments but we cannot do it alone. When you donate to GMRF you are funding the only dedicated liver cancer unit in Queensland. With your generous support, our researchers have been able to make significant progress over the past 12 months.

An area of particular focus is cancer stem cells. Working on this project is LCU Research Officer Dr Aparna Jayachandran, PhD students Bijay Dhungel and Ritu Shrestha, and UQ summer student Michael Haung.

So what are cancer stem cells? Cancer stem cells are a specialised population of cells that can reproduce themselves and sustain cancer. Cancers that are driven by stem cells are resistant to chemotherapy.

Imagine cancer as a beehive, with the stem cell the queen bee and ordinary cancer cells the worker bees. If you take out the worker bees (which is effectively what chemotherapy does), the queen bee can simply produce more. However, if you target the queen bee directly you could eliminate the entire hive.

"Cancer stem cells initiate and control the entire tumour. They are resistant to chemotherapy and can grow new cells. We want to go after the queen bee. Control her and you control the hive," Dr Jayachandran says.

With your support, our cancer researchers have...

Developed a method of growing cancer stem cells in culture. These cells consist of a rare combination of genes and are very difficult to grow. The LCU team have discovered a way to enrich and culture these cells. This makes our team one of just a handful of laboratories in the world growing cancer stem cells.

"There are a lot of things we still do not know. Growing these cells in our lab gives us a clearer picture, not just in getting the protein expression but working out how these cells could be killed and what kind of therapy has long term sustainability," Dr Jayachandran says.

With your support, our cancer researchers will now...

Identify unique signatures for cancer stem cells. Dr Jayachandran is now enriching cancer stem cells in the laboratory to study how they behave. She is currently finger printing these cells to identify unique

Dr Aparna Jayachandran joined the GMRF team in 2015. She has been working in the area of cancer stem cells for over eight years after beginning her career in melanoma research.



When I started in melanoma there were no treatments and now there are quite a few treatments available which are very effective. Unfortunately, there isn't the same for liver cancers.

To make matters worse, there has not been a targeted approach to liver cancer. Too few institutes are working on liver research, which is shocking when you consider that it is the second biggest cause of cancer mortality in the world.

I've been training in cancer stem cells for eight years now. It is definitely something I want to spend the rest of my career pursuing.

For me doing science is doing a three dimensional puzzle you're trying to put together. It's a never ending puzzle where you keep finding new pieces and hopefully one day will get the full picture.

protein signatures, ie. what makes the queen bee different to the worker bee. By discovering the unique characteristics of cancer stem cells the team can develop treatments that specifically target weaknesses.

"We've tested the biomarkers of cancer stem cells and have seen that liver cancer patients who have these cancer stem cell signatures have poor outcomes," Dr Jayachandran says.

By identifying these biomarkers it is hoped that clinicians will be able to determine which patients would respond to cancer stem cell targeted treatment over chemotherapy, as not all cancers are driven by cancer stem cells.

The team are hoping to publish this work in November to share their significant progress with the rest of the scientific community.

"It's very exciting and cutting edge work. I'm not aware of any other group in the world looking at these unique gene signatures of cancer stem cells," Dr Jayachandran says.

With your long-term support, the ultimate goal is...

A cure for cancer.

We know it's ambitious and that it will take years or even decades, but based on this research we believe this could be possible within our life-time.

"There is a real potential for this research to cure liver cancer. If we can take these cells out it would revolutionise how cancer is treated."

That is the incredible value of your support to our research. As GMRF does not receive government funding, we rely on the generosity of our community of donors. Please consider giving generously today to ensure Dr Jayachandran's work can progress.

Regular cancer cells - worker bees

Queen Bee

Cancer stem cell

healthy liver cells

**Your donation today
could **bee** life-changing!**



GMRF Liver Unit to lead the way in international collaboration

In medical research, it is very rare that one person finds the cure to a deadly disease. When that does happen, it is a stroke of genius to be celebrated. Often, those are the stories young people dream of when they are considering a career in medicine. The reality is that new treatments are more often a series of small stepping stones, each leading closer to a cure.

The estimated national annual cost burden of liver disease is \$50.7 billion. Liver disease is a significant public health problem responsible for an increasing disease burden in Australia and worldwide. It is estimated that more than 6 million Australians (over a quarter of the population) are affected by liver disease. Liver cancer is the most rapidly increasing cancer worldwide and the fastest growing cancer in Australia. Hepatitis B and C, fatty liver disease significantly increases the risk of liver cancer.

"The research we are doing here is cutting edge. We are looking at liver cancer in new ways and finding new ways to target it. This takes time but if we work hard now we can make a real difference for the future,"

Dr Jason Steel GMRF Liver Cancer Unit

Here at the Gallipoli Medical Research Foundation we understand that collaboration is a key part of progress towards new treatment options for these serious liver illnesses. That's why we are inviting leading liver researchers the world over here to Greenslopes Private Hospital in Brisbane on 1 - 2 December 2017.

The HCC Research Workshop: "Experimental HCC", presented by GMRF, will be a coming together of some of Australia's leading clinicians and researchers in the field of liver health. The purpose of the event will be to share findings, discuss collaboration opportunities and inspire one another to continue cutting-edge experimental HCC research.

We are delighted to be hosting this collaborative event and excited for progress it could lead to in the discovery of new treatments for this devastating disease.

Did you know...

More than 2,000 Australians die each year from chronic liver disease, cirrhosis and cancers of the liver, gall bladder and bile ducts.

The HCC Research Workshop is proudly supported by -



New GMRF PhD Student aims to improve liver transplant outcomes



Raji Baidya recently joined the GMRF team as a PhD student in our Liver Disease Unit. Having only recently moved to Australia from Nepal, she is enjoying our beautiful weather and discovering all that Brisbane and the surrounding areas have to offer. We caught up with Raji to find out more about the research she'll be doing and the incredible difference it could make to thousands of liver transplant patients....

How would you describe the research you are doing?

I am working on liver transplantation research to address the increase in livers that are not suitable to transplant (due to the obesity epidemic and livers having too much fat in them that tend to fail after transplant). The stats show that 10-13% of patients will die within three years of their transplant, while 15-18% will require re-transplantation due to failure of their donor liver. We not only need more livers available to transplant but we need to improve the outcomes for transplant patients.

This study hopes to find markers (called "alarmins") in these donor livers that could tell us which ones will fail after transplant and which ones might be successfully transplanted. If we can find a marker that indicates a bad outcome, it might be possible to block it with a drug, hopefully resulting in increased use of these "unsuitable" livers and more successful transplants.

Who will benefit from the outcomes of this research?

Patients who have undergone liver transplantation or need a transplant will benefit as they will be more confident that their transplant will have a good outcome with decreased chance of complications. Also, families that make the decision to donate the organs of their loved ones can feel more confident that their donation will result in a successful transplant.

How long will it take to complete this research?

This is a long term project with initial laboratory studies taking up to three years to complete. Further clinical work and putting into practise the outcomes of the initial project may take 5 to 10 years to determine if we can "rescue" livers or successfully treat a donor liver so that there is a better chance of a successful outcome.

What will success look like?

The goal of this research is identifying an injury profile that is associated with liver injury post-transplantation and successfully blocking this pathway will be the key goals of this research. If successful, we could transform post-transplant patient care, improve success rates of transplants and reduce the current waste of donor organs unsuitable to transplant.

Our PhD scholarship program is made possible by the generous support of our GMRF Discovery Partners. If you would like to find out more about how you can help the next generation of brilliant medical researchers in the field of liver disease, contact Sharon Wood on 07 3394 7508.

Your support is protecting frontline cardiac care staff

Each day, thousands of scrub nurses go about their work at hospitals around Australia. They're committed to their patients' health, but they could be putting their own health at risk in the process.

A coronary angiogram allows visualisation of a patient's coronary arteries using x-ray fluoroscopy. During the procedure a scrub nurse and cardiologist stand side by side adjacent to the patient. To image the arteries, radiation is emitted from an x-ray tube positioned near the patient's chest.

Kelly Wilson-Stewart is a radiographer at Greenslopes Private Hospital who has been involved in countless angiographic cases. She noted that whilst the doctors were protected by a movable lead shield, the nurses didn't have a barrier between their upper body and the source of the x-rays. Kelly began monitoring the head dose to the cardiologist and nursing staff during cardiac angiography. Initial data highlighted increased exposure levels for the nurses, and it was postulated that this was due to the positioning of the lead shield directly in front of the doctor.

To expand on these observations, Kelly applied for a GMRF Innovation Grant. Now in its seventh year, the Innovation Grants Program offers grants to Greenslopes Private Hospital staff to enhance clinical outcomes for staff and patients. Kelly was awarded the funding for

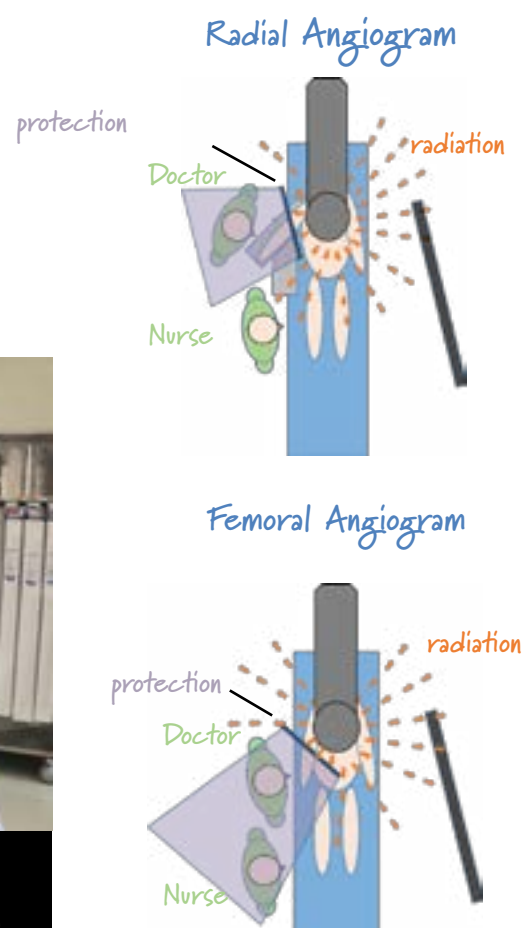
her project, which began in 2015. After an initial period in the study, clear trends began to emerge. Nurses were significantly more exposed during cases accessed via the radial artery than those using the femoral artery approach, as suspected, based on the positioning of the lead shield. Occupational dose to the head has been shown to increase the incidence in brain cancer, vascular aging and cataract formation.

Based on these findings, lead caps were purchased by the hospital to protect nurses' heads from absorbed radiation. The doctor was more conscious of the orientation of the lead shield and made an effort to alter the position to adequately protect the scrub nurse. Nursing staff also felt more confident to request adjustments during cases when they felt they were left exposed. Thanks to these changes, the head dosage to scrub nurses was almost halved.

Kelly's project would not have been possible without you, the GMRF donors, and our Innovation Grant Partners Hanrick Curran and Thynne + Macartney.



"Kelly's study has highlighted the risk we face while caring for our patients. I was unaware of the invisible danger that scattered x-rays caused," Kris-Anne Gore, GPH scrub nurse



Can we count you in for cancer care?

GMRF Donors are funding holistic cancer care at Greenslopes Private Hospital. Cancer Wellness Program Coordinator Raneë outlines the difference your support is making to her patients...



Cancer patients practice mindful walking during a GPH Cancer Wellness Program session.



Raneë presents a patient with a Kimmie doll, an emotional support tool for patients undergoing chemotherapy.

Raneë: Since commencing as the Cancer Wellness Program Coordinator earlier this year, I'm thrilled to report that we have reached over 75 patients, their carers and support network. This program complements the hospital's existing oncology inpatient and day patient units, with a holistic approach to cancer care.

So far, we have conducted monthly education sessions which provide patients and their carers with practical tools and emotional support to assist in managing cancer treatment and mental wellbeing. Patients now also receive a discharge pack upon completing treatment, which supports survivorship and assists with the transition back to daily life post treatment.

We have facilitated a Survivorship Workshop, the first of what is hopefully a regular session, for patients who've

completed treatment. Following this, our patients now receive a follow up phone call after they have completed treatment.

I've been extremely blessed to be able to coordinate the program. It is especially heart-warming to witness patients who were struggling and feeling lost become empowered to better manage their treatment.

Thank you so much to the generous Gallipoli Medical Research Foundation donors who make this all possible. You are the reason we have been able to create this program and provide a holistic approach to cancer wellness.

Below is part of a letter of feedback I received from one of the program seminars. The name has been removed to protect privacy, but the impact of this program still shines through:

"There hasn't been the time, energy or motivation following diagnosis and during treatment to really think about planning and helping myself beyond attending appointments, trying to do what's been required, and living everyday life. Now close to the end of treatment (for the time being) I was at a loss to know what to do! I started to feel that maybe it was all a dream. It was becoming a worry, not understanding why I was feeling "out of sorts" again was a burden. Fortunately, the kind people at the Cyril Gilbert Cancer Centre (CGCC) at Greenslopes Private Hospital told me about the Cancer Wellness Program. The sessions have involved a good mix of information from patients, psychology and medical professionals, including nurses from the CGCC. There have been some tears, some soul searching and a lot of relief to receive some information which has helped me understand and cope with what I'm going through, plan for the future and not worry so much about the past."

Patient attending the GPH Cancer Wellness Program sessions.

World-first research equips General practitioners to treat **PTSD**

When it comes to serious illness, one piece of advice generally holds true across the board; early detection could save your life. While the first port of call for many of us might be 'Doctor Google', it is a visit to your local GP that could make all the difference to your future health.

As their title suggests, a GP is a generalist. This means they are trained to assist you with a range of physical and mental symptoms and, where required, refer you to specialists. Over the course of regular visits, a GP is able to establish a better picture of your overall health and compile a detailed record of your family history of illness.

We understand the importance of the GP, and we want to equip them with the knowledge they need to provide the best possible holistic care to their patients.

We also understand that knowledge comes through innovative medical research. In 2013, GMRF and RSL (Queensland Branch) commenced an ambitious research project in collaboration with specialists at Greenslopes Private Hospital to help veterans and their families. The PTSD Initiative was a world-first study investigating the physical and psychological toll of posttraumatic stress disorder (PTSD) in Vietnam veterans.

The systems of your body do not operate in isolation. If you're having issues with one system, there is a significant chance of problems developing in other parts of your body.

With the study now published in the Medical Journal of Australia, we have translated this research into clinical practice with an education program to help general practitioners and other healthcare professionals better identify the signs and symptoms of PTSD.

To date, 516 health professionals have enrolled in our online education module, with 404 completions. Of those, 94% stated they would be confident managing a patient with PTSD having completed the education.

We have now delivered the education to 270 GPs face-to-face as part of our national PTSD roadshow and have further presentations planned for GP conference in Melbourne in November. This is in addition to the GPs who have completed the PTSD education online. We look forward to providing you with further updates soon as this translational program continues.



You can help spread the word on PTSD education

Show this to your GP at your next check-up...

The Gallipoli Medical Research Foundation has conducted a world-first research study on PTSD in Vietnam Veterans which has identified a cluster of physical co-morbidities associated with posttraumatic stress disorder. Based on these findings, published in the Medical Journal of Australia, we've developed an online education module through ThinkGP to help you identify the signs and symptoms of PTSD.

This program takes approximately one hour to complete and is a category 2 in Continuing Professional Development points.

If you would like to find out more, you can call GMRF on 07 3394 7284, visit our website at www.gallipoliresearch.com.au/Site/Veterans or going directly to the education module at www.thinkgp.com.au/gmrf.

Building Resilience

Head of our Veteran Mental Health Initiative Dr Madeline Romaniuk shares insights from her experience as a clinical psychologist on how you can cultivate contentment and build resilience.

1) Build relationships - Social connections and relationships are particularly important when faced with adversity. Social support has been repeatedly demonstrated to be protective against mental health difficulties when faced with tough situations. It is important to prioritise regular contact with friends and family.

2) Live by your values - Having a 'life purpose' is important for a sense of worth but for some it can feel like a daunting prospect. It can be better to look at it in terms of living by your values. Those who live by their values have a greater sense of meaning and life satisfaction.

3) Be present moment focused - Spending too much time thinking about the past or the future can lead to rumination about past mistakes or unhelpful worry about future challenges. Try to live in the moment as much as you can, and remain focused on the task at hand whether it is completing a work deadline, doing the washing, cooking dinner or spending time with others.

4) Cultivate optimism & express gratitude - Being optimistic doesn't mean you have to be positive about everything all the time, it means being able to have a balanced view of things, having a wider perspective and seeing the good with the bad. Optimistic people view setbacks and difficulties as transient and believe they have the skills and abilities to overcome challenges. Expressing gratitude can help you to have a more balanced view on life.

5) Be proactive and problem solve - Research suggests that those that are proactive with problems generally have much better outcomes, and have greater well-being while those that avoid solving problems have greater levels of stress.

6) Take care of yourself and practice self-compassion - Regularly engaging in enjoyable activities can protect against mental health difficulties. Self-compassion involves responding to our own mistakes, failures, or strong emotions with kindness rather than judgment, guilt, or shame. Those who are self-compassionate recognise that imperfection is part of being human, and they are able to express and manage emotions more adaptively.

If you or a loved one needs assistance or support, help is only a phone call away. Contact the Veterans and Veterans Families Counselling Service on 1800 011 046 or Beyond Blue on 1300 22 4636.

Research collaboration: Working together to address veteran suicide

A research study conducted by the clinicians at Toowong Private Hospital in collaboration with GMRF researchers has identified key demographic and psychological predictors of suicide attempts in Australian veterans with PTSD.

Analysis was undertaken on data provided by 229 ex-service personnel diagnosed with PTSD. The results, recently published in the Australian & New Zealand Journal of Psychiatry, indicated PTSD symptom severity, unemployment or total and permanent incapacity (TPI) pension status significantly predicted suicide attempt history.

An individual's likelihood of attempting suicide increased by 2% per additional point on a frequency and intensity symptom rating scale measuring PTSD.

Veterans with PTSD who had a history of a suicide attempt were lower in age on average, with higher rates of anger, anxiety and depression compared to veterans with PTSD who have never attempted suicide.

"The results certainly highlight the importance for early intervention for mental health conditions as well as prioritising the need for tangible employment options or meaningful goal-directed activities for veterans deemed unable to work," said co-author on the study, Dr Madeline Romaniuk.

RSL Queensland recognises that a healthy lifestyle plays a key role in veteran welfare and has partnered with several organisations to boost its ability to assist servicemen and women with their physical and emotional recovery.

This follows on from the recent GMRF study into posttraumatic stress disorder (PTSD), to which RSL Queensland provided significant funding. The study revealed that veterans with PTSD suffer from numerous physical health issues and recommended a healthy lifestyle to help manage these symptoms and contribute to general wellbeing.

Because RSL Queensland does not have all the necessary expertise in-house to deliver the full range of services, it has partnered with groups such as the Association of Veteran Surfers (AVS), Trojan's Trek, 3rd Brigade, Digger's Rest, Timor Awakening and the Sporting Wheelies and Disabled Association to bring innovative programs to Queensland veterans.

Different people respond to different treatments and the variety of partnerships allows them to choose from an array of activities, such as surfing, camping, traveling, relaxing or playing sport.

For example, surfers find that riding a wave is the ultimate in mindfulness, with many physical and mental benefits. AVS was established by two returned servicemen who know the unique challenges of a military career and the difficulties of transitioning to civilian life.

They believe there are many aspects of surfing members can relate to – challenging themselves against the elements, looking out for your mates, and enjoying a pastime that takes your mind off life's pressures. Thanks to the partnership with RSL Queensland, AVS offers monthly family surf days to the Defence community.

Meanwhile, if "going bush" is more your style, Trojan's Trek is a peer-to-peer rehabilitation program which acts as a circuit breaker for veterans struggling to cope with life outside the military. In a six-day journey, participants take stock of their lives and learn the tools and techniques to adjust their behaviours and thinking, relate to other people without anger or aggression, build self-esteem, and plant the seed for positive change.



These new partnerships are in addition to the many other services RSL Queensland has long provided for veterans, including mental health support, emergency financial assistance and help with compensation claims.

If you or a veteran you know wants to get involved in some of these fun, free services or needs help with their overall health or wellbeing, contact vs@rslqld.org or visit <http://bit.ly/RSLhealth>.

PTS17 Forum – working together for our veterans

StandTall4PTS in partnership with Gallipoli Medical Research Foundation (GMRF), RSL Queensland, the Department of Veteran Affairs, the Australian Defence Force and Phoenix Australia will hold the second International Posttraumatic Stress Forum, in Brisbane, Australia on 8-9th September 2017. This forum brings together professionals, academics, and organisations to raise awareness of posttraumatic stress disorder (PTSD) and share research, knowledge and advancements in treatment.

Dr Madeline Romaniuk (Leader of the Veteran Mental Initiative at GMRF) has been invited to be a plenary speaker addressing the topic of transitioning from military to civilian life and will be presenting findings from her research at GMRF. Dr Justine Evans (Research Officer at GMRF) will also present on online programs designed to support recovery from PTSD.



Clinical Trials Unit leads the way in new treatments

New medicines can only be registered for use on the basis of evidenced-based clinical trials. The GMRF Clinical Trial Unit (CTU) currently has about 40 clinical trials open, with three-quarters of these either recruiting, dosing or in participant follow up.

Together with medical officers at Greenslopes Private Hospital, the CTU conduct oncology, liver and respiratory trials. There have been excellent outcomes of the Hepatitis C studies in the liver clinical trials, which have resulted in the registration of several drugs that now “cure” Hep C patients. Our current team of 13

clinical researchers are very proud of the involvement with these studies in assisting patients' ability to access new drugs.

The CTU was awarded the Favourite Investigational Site award by ARCS Australia, being received by CTU Manager Suzanne Elliott (*Inset above*).

For more information or to view current trials, visit www.gallipoliresearch.com.au/site/CLINICAL-TRIALS

HEPATITIS C TRIALS

Over the course of nine years, GMRF participated in 28 Hep C Trials involving a total of 169 Patients.

81%
CURE RATE IN HEP C STUDIES (100% in last 12 months!)

THE IMPACT

Inclusion of trial medication onto PBS has increased the amount of people with HCV able to access treatment.

Love your liver

Your liver performs over 400 hundred functions, so it's important to look after it. Fatty liver disease is a rapidly increasing epidemic in Australian, with one in three adults developing this condition. On the right are suggestions from our Director of Research Dr Darrell Crawford for keeping your liver in tip-top shape.

- Maintain normal body weight and exercise regularly
- Don't smoke and limit alcohol consumption (2 standard drinks per day or less)
- Get vaccinated against viral hepatitis (see your GP for more information)
- Be aware of risk factors for liver disease and address any of relevance with your doctor

Make a commitment to discovery

GMRF Partnership & Development Manager Sharon Wood discusses the value of a regular donation to medical research



Sharon: When I joined the GMRF team in February, two things immediately stood out to me...

Firstly, the research being done here is incredible. If you haven't already, I recommend you read the story on page 2 for a sense of how innovative GMRF's medical research is. The Liver Cancer Unit is breaking new ground, targeting liver cancer on multiple fronts.

Secondly, it all comes back to funding. This research could change lives, but it won't happen overnight. You could have some of the brightest minds in the field (which we think we do!) but it won't count for anything if you don't have funding for their work to continue long-term.

A regular donation gives our researchers confidence in the future of their work. We don't receive government funding and applying for government grants is an extremely competitive and time intensive process. With recurrent giving from individual and corporate donors, we can forecast the future sustainability of current projects and plan new projects.

More and more of our donors are switching to our regular giving program to take advantage of the

convenience and flexibility it offers. You can tailor every aspect of your giving; the donation amount, the frequency, the card or account to be deducted. You can downgrade, suspend or cancel your donation at anytime. We even make things super simple for you come tax-time with a consolidated tax receipt mailed to you at the end of financial year.

You can allocate your gift to your preferred research project. You could spend six months helping our researchers discover more about liver cancer, then switch over to fund the GPH Cancer Wellness Program to provide practical support to patients and families.

I would like to strongly encourage you to consider giving a regular donation to GMRF. You can complete the form attached, visit our website; www.GallipoliResearch.com.au or give us a call on 07 3394 7284. Your commitment as a Regular Giver will mean so much to our researchers, and will progress research to enhance the health of our veterans and the wider Australian community.

A big thank you to our current regular givers. We are so grateful for the commitment you've made to life-changing medical research.

Community fundraisers equip our cancer researchers

It is inspiring to see the local community come together to help discover the treatments of the future. Here's a glimpse of the generous contributions from our community of supporters.



Alma (left) continued her fantastic fundraising efforts, donating \$2,600. Alma will open her garden in September for the Toowoomba Carnival of Flowers to raise more funds for cancer research.



Bijay from our Liver Cancer Unit tests out his new voltohmmeter, donated by the Freemasons Consistory No1.



The family and friends of Col Shields raised over \$5,710 in their annual Memorial Golf Day, presenting the cheque to Sharon (centre).

Expert Advice: Estate administration at a glance

Ashleigh Poole – Thynne + Macartney



Being involved in the administration of a deceased estate, whether as an executor or as a beneficiary, can be a daunting experience.

Below we answer some of the common questions that are asked on the topic of deceased estate administration.

What is an executor / administrator / personal representative?

An executor is a person named in the will of another person to carry out the terms of that document. Where there is no will, the person who administers the estate is called an administrator. Executors and administrators are sometimes collectively referred to as the 'personal representative'.

What steps must be taken in the administration of an estate?

In simple terms, the personal representative is responsible for:

1. Collecting the assets of the deceased;
2. Paying the deceased's liabilities and estate expenses;
3. Attending to taxation matters (if necessary) and notifying relevant government departments of the deceased's death; and
4. Distributing the estate according to the will and / or the law.

What happens if a person dies without a will?

The person is regarded as having died 'intestate'. Legislation sets out those entitled to benefit from

the estate and in what proportions.

Legislation also dictates who is entitled to apply to the Supreme Court to be appointed as the personal representative of the estate.

What is a grant of probate?

A grant of probate is a document issued by the Supreme Court which officially recognises a will as the last valid will of the deceased and the right of the executor/s named in that will to administer the estate.

A grant of probate is not always required to administer an estate. It may be obtained in some circumstances, including where a financial institution requires it before releasing the asset to the executor (usually because the value of an asset exceeds a certain threshold) or where the executor wishes to obtain it for protection against possible allegations by others about the validity of the will or the right to administer it.

How long does it take to administer an estate?

An estate will typically be administered between six months and one year from the date of death of the deceased. However, the administration of an estate may not always be simple and can involve a number of delays to an executor's process.

For more information, please contact Ashleigh Poole, Special Counsel at Thynne + Macartney on apoole@thymac.com.au or 07 3231 8880.



Corporate mateship in action

Thynne + Macartney Lawyers is a GMRF Discovery Partner and a proud sponsor of the Innovation Grants Program. As we do not receive any regular government funding, our work relies on generous corporate partners like Thynne + Macartney. If you are interested in finding out more about the partnership benefits and life-changing difference your organisation could have as a GMRF Discovery Partner, please contact GMRF Partnership & Development Manager Sharon Wood on 07 3394 7508.

Get your running shoes on for research

GMRF Donor, Emma, shares her fundraising journey

Emma: Earlier this year my wonderful father was diagnosed with advanced prostate cancer. This was completely unexpected and devastating for our whole family. I felt particularly helpless because while Dad was undergoing treatment at Greenslopes Private Hospital (GPH), I was on the other side of the world (12 months ago my husband and I and our three children moved to Dublin). Being so far away, I desperately wanted to do something to help Dad. I decided to raise money for something that would help him get better. My parents quickly got on board and suggested the Cyril Gilbert Cancer Centre at GPH as they were both so grateful for the depth of care and support the centre and its staff provide. The Gallipoli Medical Research Foundation, which funds the GPH Cancer Wellness Program and conducts vital cancer research, seemed like the perfect choice.

I have started running since moving to Ireland so I decided to challenge myself by signing up for the 10km Dublin Women's Mini Marathon. I set up a

fundraising page on Everyday Hero, and broadcast my plea for support on Facebook. My parents and I were overwhelmed with the number of family and friends who donated, and their generosity. My parents are such kind, lovely people – I think everyone who knows them wants to help in some way during this difficult time, and this was a practical way they could do so.

We all got so much enjoyment, interest and positivity from watching the tally grow and reading the beautiful messages of support. These messages motivated me to get out in the cold and wet weather to train! Race day was brilliant, running alongside 35,000 other women, most running or walking for a cause close to their hearts. I was happy with my time, but most of all so thrilled to have done it for Dad! In the end we raised more than \$2,000 for the GPH Cancer Wellness Program, which means the money raised will go directly to helping support Dad (and Mum! – she has been getting fantastic support from staff at the centre) and his fellow cancer patients.

Pre-race: Emma with hubby and the kids



Emma's parents at the Cyril Gilbert Cancer Centre



Completed! Emma and a friend post-race



Run or walk for Remembrance at the Red Run 2017



You can help honour the legacy of our diggers this Remembrance Day by taking part in the Red Run on Sunday 5th of November 2017 at Kedron-Wavell Services Club. The Red Run is non ordinary fun-run. With active involvement from current and ex-service personnel, tunes from the 7th Brigade band, and military equipment on display, this event is a tribute to the brave men and women who have served our country.

You don't have to be a runner to get involved. You could rope in a friend, colleague, or family member to run, walk or jog and fundraise for GMRF's medical research. Red Runners are asked to raise a minimum of \$250 for the work of the Gallipoli Medical Research Foundation. By doing so, you'll be part of life-changing medical research, and as a bonus you'll get a Red Run T-shirt once you hit your fundraising target!

Sign up now to get active for remembrance - www.redrun.com.au



REMEMBRANCE DAY FUN RUN, WALK & JOG

SUNDAY
5TH
NOV
2017

5km
10km
RUN OR WALK

Start and finish
at Kedron-Wavell
Services Club,
Chermside.

Proudly sponsored by

Kedron-Wavell
SERVICES CLUB

Charity Partner



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REGISTER AT WWW.REDRUN.COM.AU

"It has been a privilege to be involved with this great organisation. I'm managing my PTSD now but I have to set challenges for myself all the time to stay on track."

Dave Morgan, Vietnam veteran and PTSD Initiative participant.

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