

# Tribute



**GALLIPOLI**  
MEDICAL RESEARCH FOUNDATION

Remembrance through research

NEWSLETTER OF THE GALLIPOLI MEDICAL RESEARCH FOUNDATION AUTUMN 2018

Honouring a proud legacy of service

## This is our Tribute...

### THE JOURNEY HOME

RESEARCH TO HELP VETERANS  
TRANSITION TO CIVILIAN LIFE

### FOSTERING INNOVATION

CONDUCTING RESEARCH PROJECTS, SUPPORT  
PROGRAMS AND LIFE-SAVING CLINICAL TRIALS

### FIGHTING LIVER CANCER

DEVELOPING NEW TREATMENTS FOR THE  
FASTEST INCREASING CANCER IN AUSTRALIA



Gallipoli Medical Research Foundation  
is proudly supported by –



**Greenslopes  
Private Hospital**

Part of Ramsay Health Care

## New year brings renewed commitment

Here at the Gallipoli Medical Research Foundation (GMRF) we seek to honour our Diggers legacy, not just through remembrance, but through creating change.

We began 2018 - a hundred years on from the end of the first World War - with renewed focus on enhancing veteran health. We aim to achieve this through a variety of research projects and programs. From qualitative research into the reintegration process, to innovative research into liver cancer; a rising health issue which particularly affects our veterans (you can read more about this work on page 8-9).

By supporting our research, you are paying tribute to the brave men and women who have served this country. You are not just remembering their service and sacrifice, you are actively helping address major health issues impacting veterans and their families.

Thank you very much for your generous support. I hope you enjoy reading this edition of our Tribute Newsletter.

Kind regards,



Miriam Dwyer  
Chief Executive Officer

### Gallipoli Medical Research Foundation

Greenslopes Private Hospital, Newdegate Street,  
Greenslopes QLD 4120 ABN: 42 077 750 693  
T: 07 3394 7284 | F: 3394 7767  
E: [enquiries.gmrf@ramsayhealth.com.au](mailto:enquiries.gmrf@ramsayhealth.com.au)  
W: [www.gallipoliresearch.com.au](http://www.gallipoliresearch.com.au)



## COVER IMAGE

The bugler prepares to play the Ode for the pre-race service at the 2017 Red Run in support of GMRF.

Imagine; you've got a well-paying job, colleagues you trust with your life, you're part of a system you understand, and you have a clear purpose. Now imagine losing all that in one day.

That is the reality many of our service personnel are faced with as they transition out of the military into civilian life. There are a range of practical matters to address; finding work, living arrangements, navigating healthcare and building new relationships. Add to that a huge dose of 'culture shock' at being thrust into the civilian system, which can feel completely at odds with the life you've known for years, or even decades, and it is little wonder so many veterans are struggling with the reintegration process.

In the United States, studies have reported up to 72% of veterans describe at least one significant readjustment stressor such as marital problems or financial issues. As it stands, no corresponding published data exists for Australian veterans. For the leader of our Veteran Mental Health Initiative, Dr Madeline Romaniuk, this was a clear indication that more research in this space was desperately needed.

The Gallipoli Medical Research Foundation's Veteran Reintegration Study aims to address this issue with a comprehensive look into the cultural and psychological impact of reintegration. Stage 1, which was conducted in 2016, involved interviewing people who transitioned out of the military in the last 10 years. As Lead Investigator, Dr Romaniuk, was given first-hand accounts on the experiences and challenges from former Australian Defence Force (ADF) personnel. The interviews supported what Dr Romaniuk already knew from years of anecdotal evidence in her role as a clinical psychologist.

"We have seen countless veterans struggle with life after service, trying to find a place in society. When you feel like you're in an alien world where you don't belong, every single day can be a challenge," Dr Romaniuk says.

Stage 1 was one of the largest qualitative studies on transition globally, with one hundred participants. It has provided invaluable information on the transition process, including common themes amongst a range of experiences, and key questions to ask to identify at risk veterans.

Armed with these insights, it's on to Stage 2; the development and trial of an assessment tool to determine 'readiness' for civilian life.



# From slipping through the cracks

To this end, Dr Romaniuk has created the Military-Civilian Adjustment & Reintegration Measure to detect those people who may be at risk of poor adjustment and assess their needs going back to civilian life before they discharge or as early as possible following discharge.

“Right now, when people transition out of the ADF, there are methods and systems in place to assess for the practical elements of leaving. This tool will help determine if you are psychologically ready for the transition,” Dr Romaniuk says.

Stage 2 will assess the tool to ensure it is reliable and valid to use with Australian veterans, across a range of transition experiences. This will be done using two versions; one for current serving personnel and another for those who have already discharged from the military.

This research will result in a unique tool which may contribute substantially to how veterans transition out of the ADF. It will enable early intervention and strategic targeting of individual needs. It will also inform stage 3 of the study which will be the development of reintegration and adjustment skills training.

For more information about this research, visit [www.Gallipoliresearch.com.au/research/veteranhealth](http://www.Gallipoliresearch.com.au/research/veteranhealth).

For information about participating in Stage 2 of this study, please email [enquiries.gmrf@ramsayhealth.com.au](mailto:enquiries.gmrf@ramsayhealth.com.au).

“We need to offer people support before they hit rock bottom. This research will establish a method to assess veterans needs early and be proactive about promoting readiness rather than being reactive.”

A US investigation found up to 56% of Iraq and Afghanistan veterans receiving Veteran Affairs medical care reported significant difficulties reintegrating into community life

“I feel like I'm stuck between two worlds”

“I don't belong to anything anymore”



## Tim's journey from soldier to civilian

Tim Thomas is an ex-special forces Commando with deployments to Afghanistan and East Timor. Below, Tim shares some of his experience with the transition process and what motivated him to get involved in our research.

*Defence was great at making me a soldier, but not at making me a civilian. To me, it was like a fish trying to teach me how to fly. When I got out; I kept thinking, 'If I get a job, I'll be right. A job will solve everything.' Wrong! Without realising, I had held onto the Defence cultural framework. Problems kept occurring because I seemed to be 'out of sync' with work mates. I started to feel isolated, and I learned very quickly that social isolation is the breeding ground for negativity. The worst part was that I wasn't enjoying the freedom I fought so hard for.*

*It doesn't matter if the pain is emotional or physical. Pain is very costly to us, our loved ones and our country. We haven't been able to measure the success or failure of the transition process. Right now the only measurable event is the number of ex-service members who are committing suicide. I got involved with the VMHI study to help bring awareness and voice to the silent and unseen struggles of the ex-serving member. I hope this study leads to viable options and solutions to move forward. I want my fellow ex-serving brothers and sisters to genuinely be able to say 'My best years aren't behind me, they're in front of me!'*





# TRY WALKING IN THEIR BOOTS

They say you can better understand a person by walking a mile in their shoes. Recently, some of our team were given a firsthand insight to what life is like for our service personnel as part of Operation Soldier for a Day.

The Gallipoli Medical Research Foundation (GMRF) Team are committed to enhancing veteran health, and do this through experts in the field of mental health, liver disease and cancer, and a range of other health fields that affect our veterans. We've got the right people for the job, but as it stands, none of the team has ever served in the military.

To better understand what our service personnel go through, the 7th Brigade at the Gallipoli Barracks in Brisbane invited GMRF staff and members from other ex-service organisations to a Day in the Life of a Soldier.

The intense day paid particular focus to the physical rigors of service, including a water obstacle course, urban combat drills, rifle training, and a whole lot of walking.

Chloe Kidd from GMRF's Veteran Mental Health Initiative, attended the Soldier for a Day in December, and was given a new appreciation for the demands of service.

"It was a physically tough day," Chloe says, "The weight of the packs, the obstacles; we were exhausted."

"The soldiers involved were professional, well-trained and unbelievably impressive. This experience has shed light on the sheer physical and mental impact of their role and reiterated the importance of our research."

It was a far cry from a normal day for Chloe, who works supports GMRF's projects as a research assistant with tasks such as literature review, statistics, and data entry.

The Soldier for a Day experience gave Chloe the opportunity to see the context and some of the potential issues veterans experience reintegrating.

"Watching the soldiers perform drills, I saw the camaraderie and trust they share. It is a tight-knit community, and leaving it would make the reintegration experience that much more difficult."

While one day of participation obviously pales in comparison to what our service personnel do day in day out, the experience has been a motivation for the team to continue their work.



#### TOP TO BOTTOM:

1. Chloe and Bec from GMRF enjoying the ration pack morning tea.
2. Bec is guided through an urban combat drill.
3. GMRF CEO Miriam Dwyer about to take a tank for a spin
4. The team are given rifle training at the firing range.

## Research underscores successful veteran employment program

After making the often difficult decision to leave Defence, many former Australian Defence Force (ADF) personnel find themselves struggling with a range of challenges, not least finding work in the civilian job market. But a program piloted by RSL Queensland is helping ex-service personnel build strong foundations for a future beyond Defence.

“Defence personnel are highly employable,” says RSL Queensland Veteran Services Manager Rob Skoda. “But it isn’t always easy to see how the skills gained during service fit with the requirements of the civilian workforce.

“Through the RSL Queensland Employment Program, ex-service personnel get help to highlight their transferable skills so civilian employers can more easily see where they can fit into their organisations. We also provide career counselling and help with writing CVs and making connections with employers.”

Mr Skoda said the RSL Queensland Employment Program also provided help to the partners of serving and ex-serving ADF personnel.

“Family support is crucial to successful transition, so it’s important to ensure that both partners in a transitioning family have meaningful employment. But with families relocating regularly while Defence personnel are serving, it can be hard for partners to build a career,” Mr Skoda said.

Matilda\* said it was hard to find a job after posting to Townsville with her partner.

“I started to doubt why I moved from a perfectly fantastic

job in the NT to no job in Townsville,” Matilda said. After working with the RSL Queensland Employment Program, she has since found full time employment.

In the six months since a pilot of the program launched in Townsville, more than 100 people have enrolled.

“We’ve had a tremendous response so far,” Mr Skoda said. “There is obviously a great need, as well as an appetite for the comprehensive assistance we are providing.”

He said the RSL Queensland Employment Program had been shaped by GMRF research into the factors that help personnel successfully transition out of Defence.

“RSL Queensland is committed to finding evidence-based solutions to the challenges that veterans face, and our partnership with GMRF has been integral to that process,” Mr Skoda said. “The RSL Queensland Employment Program is a good example of how GMRF research is being used in real and practical ways.”

Following the completion of the six-month pilot, RSL is currently compiling and reviewing the results, with the intention of rolling out the program more broadly later this year.

“Family support is crucial to successful transition, so it’s important to ensure that both partners in a transitioning family have meaningful employment.”

*\*This name has been changed for privacy reasons.*

## RSL Queensland supporting the Defence family since 1916

Our Veteran Mental Health Initiative includes a number of studies that required significant funding to establish. RSL Queensland didn’t hesitate to answer the call. Their generous support of our research is a demonstration of their unwavering commitment to our veterans and their families.



# Research powered by **grass roots support**



The medical research in our laboratories is founded on the support of our local communities. We are inspired by the passion for medical discovery displayed by our individual supporters and community group partners.

Over the past few months, we've received a variety of fundraising support. The Women's Interest Group recently donated \$2,500 from the sale of Entertainment Books and from membership fees. The Rotary Club of Carindale donned the aprons to raise money at a local Bunnings Sausage Sizzle. Grill'd repped GMRF on the Local Matters jars in CBD locations, leading to a generous \$1,200 donation for taking out first prize.

There are so many ways to get involved, while having a whole lot of fun! Consider the local groups you are involved in and the difference your combined efforts could make to life-changing medical research.

## Setting a goal

Advances towards life-saving new treatments won't come cheap. Medical research is expensive, but every donation -

no matter the size - makes a tangible contribution towards discoveries. Contact the GMRF team on 07 3394 7284 for more information about specific items our researchers require that your community group could fundraise for. As you'll see below, every donation counts;

### **Tubes for storing blood - \$10 per bag**

Storage of samples from patients with liver disease is performed every day in the GMRF labs. We use special plastic tubes for this and go through multiple bags of tubes per week.

### **Flasks to grow cancer cells - \$100 per box**

The cells we grow also require special plastic flasks to study disease processes and potential treatments. These cells must be grown in specialised plastic flasks.

### **Tube of antibodies used to detect proteins - \$400 each**

Every day the GMRF researchers use specialised reagents called antibodies to help them to detect changes in the body that occur with liver diseases like fatty liver disease. Antibodies are also used to show us whether potential treatments for liver disease are working or not.

## UPCOMING COMMUNITY EVENT

### Col Shields Memorial Golf Day

Consider yourself a keen golfer? Or willing to give it a crack for a great cause? Regardless of your golfing abilities, you are invited to the annual Col Shields Memorial Golf Day. Established in 2012, this event is a tribute to Col Shields, who lost his battle with cancer in 2011. Col's family and friends generously donate all proceeds of the event to the work of the Gallipoli Medical Research Foundation.

The event will be held at the Caloundra Golf Club, with the date to be announced in the coming weeks. To register your interest in attending, or if you would like to sponsor the day or support with a prize please contact Sharon at [Woodsharon@ramsayhealth.com.au](mailto:Woodsharon@ramsayhealth.com.au) or call 07 3394 7508.







On 5 November 2017, hundreds woke up early, laced up the joggers, braced themselves for a balmy spring morning, and joined together to run for remembrance.

The inaugural Red Run paid tribute to our current and former service personnel, while raising funds for GMRF's research to enhancing the health of veterans and their families.

We were blown away by the support from individuals, community groups, and local businesses. The enthusiasm and passion were both clearly on display from all those involved. A crowd favourite from the morning was the rockin' band from 7th Brigade, who put on a great show, and set the tone for a fun family morning.

As well as a 5km and 10km run, the event included a

pre-run service, with the Ode of Remembrance delivered by Australia's oldest living Victoria Cross Recipient Keith Payne. The service was a touching reminder of the legacy that we seek to honour and the importance of events such as the Red Run in raising funds and awareness to improve the health of our veterans.

Special thanks to Kedron-Wavell Services Club for sponsoring and hosting the event, as well as to Kedron Wavell RSL Sub Branch for their support.

The Red Run will be back, bigger and better, in November this year, so stay tuned for more information!







## International recognition For GMRF PhD Student

**Ritu Shrestha is yet to complete the first year of her PhD with GMRF's Liver Cancer Unit, but she's already receiving international recognition for her work. Ritu was recently awarded a Young Investigator Bursary by EASL to present at a summit for primary liver cancer in Geneva.**

For an early-career researcher, receiving validation for your work is a tremendous encouragement. It is particularly encouraging when the recognition comes from one of the world's leading associations in your field.

GMRF PhD Student, Ritu Shrestha, from our Liver Cancer Unit was recently awarded the Young Investigator Bursary by the European Association for the Study of the Liver (EASL) for an upcoming summit in Geneva.

The Hepatocellular Carcinoma (HCC) Summit is a coming-together of experts in the field of HCC - a primary liver cancer - to share research findings and establish new collaborations. Thanks to the bursary, Ritu will now be attending the summit to present her research from the first year of her PhD with GMRF.

"It is so exciting that my work is being accepted. This is a very good platform for me to meet people and gain more knowledge about the current scenario of HCC," Ritu said.

Ritu will be presenting on the abstract of her PhD work; Epithelial-to-mesenchymal transition induced drug resistance in hepatocellular carcinoma derived cancer stem cells.

So what does that actually mean? Ritu is researching possible underlying mechanisms for drug resistance in HCC with a focus on cancer stem cells and a phenomenon

which makes cancer cells more aggressive and results in the spreading of cancer throughout the body (known as epithelial-to-mesenchymal transition, or EMT).

"Cancer stem cells are usually resistant to available therapy and can cause tumor relapse. Thus, targeting EMT and cancer stem cells can reverse drug resistance so that drugs can kill cancer cells more effectively," Ritu says.

*"It is so exciting that my work is being accepted. This is a very good platform for me to meet people and gain more knowledge about the current scenario of HCC,"*

**MORE AWARDS!** Ritu (right), along with fellow GMRF student Raji, received Study Brisbane Awards for International Students from Lord Mayor Graham Quirk in November 2017.





# REWIRING Cancer



Newly appointed Head of the GMRF Liver Cancer Unit Dr Aparna Jayachandran plans to hit the ground running with a primary liver cancer project which will be the first of its kind in Australia.

Late last year, Dr Jayachandran was awarded a Reginald Ferguson Research Fellowship in Gastroenterology to examine and developing treatments for cholangiocarcinoma, a type of primary liver cancer with limited treatment options and a very low survival rate.

“Cholangiocarcinoma is lethal. Survival for this type of cancer is less than 12 months,” Dr Jayachandran says, “We really do need to develop better treatment options.”

“It is very encouraging that the fellowship supports innovative research in this area. I am very grateful for what it means for my work.”

The project will build on Dr Jayachandran’s previous work in melanoma as she seeks to rewire aggressive cancer cells to a less aggressive state. This is cutting-edge research involving an embryonic micro-environment which will closely resemble the behaviour of cancer cells within

patients. This research method will allow Dr Jayachandran to examine how aggressive cancer cells move and factors which may potentially stop them from spreading.

“If we establish it here, we’ll be the only institute in Australia doing this. Worldwide there are only three other teams doing this research, and they are looking at other cancers. No one has attempted to do this on liver cancer,” Dr Jayachandran says.

In order to commence this project, Dr Jayachandran requires additional funding for three items of equipment. She needs an incubator to set up the embryonic micro-environment, and two specialised microscopes to properly examine the cancer cells.

**If you are interested in helping fund this equipment so Aparna can begin her innovative project, contact the GMRF team on 07 3994 7284.**



Liver Cancer Unit Head:  
Dr Aparna Jayachandran

## GMRF leads the way in collaboration

Hepatocellular Carcinoma, a primary liver cancer with a devastating mortality rate, hasn’t been high on the ‘public health radar’. Our Liver Cancer Unit is changing this.

On the 1st & 2nd December 2017, GMRF hosted HCC clinicians and researchers from across the country and the United States for the inaugural HCC Research Workshop: Experimental HCC. The workshop was a huge success featuring high quality scientific talks and discussions. Over the day and a half program, almost 40 leading national and international clinicians and researchers discussed cutting-edge HCC research and recent advances in treatment.

This meeting achieved a number of outcomes, most notably, the establishment of the Australian Experimental Liver Cancer Research Network (AELCRN). The AELCRN will be holding its first annual forum, presented by GMRF, on 30th November & 1st December 2018, to creating opportunities for collaboration in this important

field. Please contact the GMRF team on 07 3394 7284 if you are interested in attending or supporting this event.

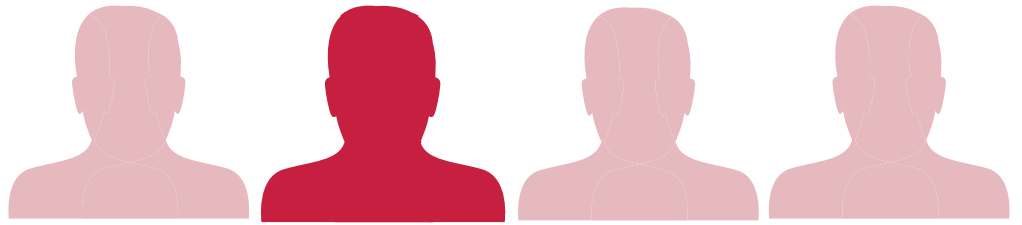
“From this workshop we’ve formed a committed group of liver cancer experts. **Together we aim to get this devastating illness on the national agenda.**”

Professor Darrell Crawford, GMRF Director of Research



**MAKING A STAND:** GMRF staff joined with researchers from Australia and the United States to establish collaborative partnerships to tackle primary liver cancer

# 1 in 4



Adult Australians has fatty liver disease *(and the problem is only getting worse)*



“With more than six million Australians affected by liver disease, the estimated national annual cost burden is over \$50 billion. However, the human toll can’t be so easily measured; the impact on quality of life, the lives cut short and the devastating affect on loved ones. Something must be done. Medical research is key to addressing this major health issue.”

Professor Darrell Crawford, GMRF Director of Research

The above statistics speak for themselves. Fatty liver disease is a massive problem for this country. Perhaps the only thing more alarming than the problem itself is how little is being done to address it. Our Liver Research Unit, led by Professor Crawford, is committed to the fight against liver disease for the sake of our veterans - who are at particular risk of this disease - and all Australians. We’re targeting the issue on multiple fronts, from basic science research into better understanding the disease, right through to treating patients as part of our Clinical Trials Unit.

## Pathogenesis of Fatty Liver Disease *(understanding the chain of events leading to the disease)*

**Background:** The obesity epidemic has resulted in a steep increase in the number of people with fatty liver disease. If untreated, this disease can lead to the more serious non-alcoholic steatohepatitis (called NASH) which in turn can lead to liver scarring and liver cancer. Excess iron in the liver is thought to exacerbate liver disease. In addition, the fat cells themselves are not simply storage sites of fat – fat tissue is a very active organ capable of producing factors called adipokines that affect the liver.

**Aim:** We are examining the fat tissue, iron metabolism and the liver together to try and determine what key factors play a role in switching simple fatty liver into the more serious NASH. We hope to identify and understand pathways that will lead to future studies in humans – such as novel treatments for fatty liver.

**Time Frame:** It will take at least three years to generate enough preliminary data from our lab based experiments to develop targets for future therapeutic or intervention studies.

**Expected Outcomes:** Success will mean understanding more about these pathways linking adipose tissue and the liver and whether or not iron plays an important role in injury development.

## Liver Disease Clinical Trials *(providing patients with access to novel treatments)*

The GMRF Clinical Trials Unit is running two trials into treatments for non-alcoholic steatohepatitis. These trials are currently open for recruitment.

You can **donate** to GMRF’s innovative liver research at [www.Gallipoliresearch.com.au](http://www.Gallipoliresearch.com.au)



# On borrowed time



*One man's journey with cancer  
and the clinical trial that saved his life*

**If Howard Everson's story doesn't convince you of the value of clinical trials, safe to say nothing will...**

The most life-threatening of situations started in the most innocuous beginnings. A small, red scab on the side of his temple. After his wife Pat brought it to his attention, Howard dutifully had it checked, but he hadn't expected the results; primary melanoma.

"Immediately, I saw melanoma as a death sentence. My expectation was that I wouldn't make it to 70," said Howard, who was 69 years old at the time of diagnosis.

The melanoma was aggressive and the prognosis bleak. Howard's wife remembers the family GP tell her "Start making your plans now, Howard will be gone by Christmas." That was in November 2012.

From that point, the cancer progressed at an alarming rate. Treatment wasn't working, and the doctors continued finding more tumours in Howard's lungs. It was then that he was given an unexpected option by one of his doctors, Dr Victoria Atkinson, a primary investigator working with our Clinical Trials Unit. There was a new clinical trial for a drug which, at that point in time, had not been trialled anywhere in the world.

"I got involved in a trial through the GMRF Clinical Trials Unit in February 2013. I was going to be the first in the world in this trial, but two patients in Norway began the trial just days before I did." Howard says.

Narrowly missing the 'world-first' title didn't bother Howard because the treatment appeared to be working.

"I had no prior knowledge of clinical trials, but I was extremely grateful to be on this one," he says, "The doctor said if the diagnosis had been 12 months prior there was nothing they could have done for me."

Through the treatment at GMRF Clinical Trial Unit, and the Cyril Gilbert Cancer Centre at Greenslopes Private Hospital, things were starting to look more positive.

But the battle was far from over. While on trial, doctors found two tumours on Howard's brain which had to be

surgically removed. Added to this, more tumours were found in his lungs, a staggering 23 in total.

"I was given months to live, and yet I kept on going. I felt like I was living on borrowed time."

With encouraging results indicated by his doctors, Howard continued 'borrowing time' year after year on the GMRF trial. Fast forward to today and how many tumours are in Howard's body? Zero.



**CELEBRATION:** Howard Everson on his final day of treatment with GMRF's Senior Clinical Trial Coordinator Bronwyn Casey.

In February this year we caught up with Howard for his final day of treatment, marking the end of five years on trial. It was a day for celebrations and chocolate cake.

"I'm very positive for the future. I will still be monitored on a regular basis with scans and blood tests, but that's it for this trial," Howard says.

Howard and his wife are now looking at taking a holiday down the east coast of America - very well deserved!

This has been a land-mark trial in proving melanoma responds better to immunotherapy based treatments than chemotherapy. Based on the overwhelming success of treatment, the trial drug has now been approved for the Pharmaceutical Benefit Scheme. We are incredibly proud of our Clinical Trials Unit for this outstanding result.

**For more information about the CTU visit**  
[www.GallipoliResearch.com.au/research/clinical-trials-unit/](http://www.GallipoliResearch.com.au/research/clinical-trials-unit/)

# GMRF Innovation Grants

## Facilitating immediate benefit to patient care

The GMRF Innovation Grants, made possible by our generous donors, is proof you don't have to wear a white lab coat to conduct life-changing research.

This annual grants program empowers staff at Greenslopes Private Hospital (GPH) to use their first-hand experience to enhance clinical outcomes. Thanks to our supporters, we are making a significant and measurable difference to the health of patients and staff.

One of the great strengths of the grants program is that it recognises the array of specialties and backgrounds here at GPH. A perfect example of this diversity is the application we received last year from the hospital chaplain, Petra Milaudi.

As part of her role, Petra offers support to patients and families following amputation and colorectal surgeries. She has observed that even a completely successful surgery could lead to severe emotional and psychological struggles.

"I have received a lot of calls to support people post amputation or post colorectal surgery," Petra says, "People understood the operation was required for their physical health, but they were in a state of anticipatory grief and anxiety over the unknown future."

For amputations, Petra found many patients struggled with the thought of losing a part of themselves and what it meant for the future. For colorectal surgeries, which

require the potentially indefinite use of colostomy bag, patients struggled with self-esteem and were anxious over the potential lifestyle impacts. Seeing the grief and loss associated with these surgeries deeply moved Petra and motivated her to apply for a grant.

"The first step was to prove what I already knew. Research would validate my anecdotal evidence," she says.

Awarded the grant at GMRF's Research Awards Night in November, Petra is now in the process of recruiting participants to document their experiences following amputation and colorectal surgeries.

Petra hopes to implement processes enabling her to engage with patients earlier, before they reach a stage of deep bereavement. The research will include home visits, questionnaires, a telephone follow-up, and a patient diary.

"The goal is for each person to receive individual, tailored support for their journey in a way that is improving their overall wellbeing and allowing them to be heard," Petra says.

"I am so grateful for this grant. I strongly believe we never know if it'll be us or a loved one that may face this type of situation. I am in a position to help, and that's what I plan to do," Petra says.

**These grants are made possible by the sponsorship of Thynne + Macartney, the support of Greenslopes Private Hospital, and our generous donors.**



**"I was seeing a common thread among these patients - grief and loss for the life that was."**



GPH CEO Chris Went

## Strengthening the GMRF and GPH Partnership

Greenslopes Private Hospital's new CEO, Chris Went, is looking forward to strengthening the close relationship between the hospital and the Gallipoli Medical Research Foundation.

In her previous role as the CEO of St Andrew's Ipswich Private

Hospital, Chris built strong relationships with doctors, staff and the broader community. She was successful in developing the business case for a major redevelopment of St Andrew's, including an emergency department, new rehabilitation centre, refurbished maternity unit, additional beds and theatres.

Chris returned to Greenslopes Private Hospital in December 2017, having previously been Nurse Unit Manager of the



# GPH Cancer Wellness Program

## 2017 IN REVIEW

The GPH Cancer Wellness Program recently celebrated its first birthday! We caught up with Program Coordinator Raneë Saffioti for a snapshot of the value this program has provided to cancer patients and their families and carers.

### What is the purpose of the program?

The GPH Cancer Wellness Program has been designed to provide education and support to Greenslopes Private Hospital cancer patients and their carers. It identifies specific needs and facilitates services including counselling, dietary advice and exercise techniques.

### What need do you see the program filling?

The program really highlighted the fact that a lot of patients didn't know where to go for information and that there were a lot of misconceptions about cancer treatment. Many new patients were quite overwhelmed at first, trying to make sense of it all.

Information is power. This program isn't about recreating the wheel, it's about connecting patients to existing supportive care services within the community.

### What are some of the practical elements of the program?

The main focus for the program over the past 12 months has been free monthly education sessions for Greenslopes Private Hospital cancer patients, their carers and support network. These sessions ran for two and a half hours



SKATTLE Counselling Services support children, teens and their families through difficult/challenging life experiences such as cancer or diagnoses, divorce or separation, and grief and loss associated with these life experiences.

and usually consisted of two guest speakers and a patient who shared their personal story. Attendance for each session was between 25 and 30 people. It's been really encouraging to see word spread amongst the patients. The engagement has been really positive.

We also provided discharge packs to patients who are completing treatment so that they feel well equipped and informed to make the most out of life post-treatment.

### What's next for the program?

We are aiming to broaden our topic range, as per patient suggestions, with the hopes of introducing allied health support. We introduced finance and legal support in February this year which patients found very informative.

I am keen to expand the reach so that all patients are able to engage with and benefit from this program.

By donating to GMRF, you are supporting the GPH Cancer Wellness Program. Find out more about this program at: [www.GallipoliResearch.com.au/hospital-initiatives/cancer-wellness](http://www.GallipoliResearch.com.au/hospital-initiatives/cancer-wellness)



Emergency Department and Assistant Director of Clinical Services.

Chris has a background in nursing and post graduate qualifications in cardiology, emergency and business.

She has represented the private sector on the Queensland Clinical Senate for the past three years and has represented the Australian Private Hospitals Association on the Queensland Clinical Education and Training Council.

GMRF is incredibly grateful for the ongoing support of Greenslopes Private Hospital. The in-kind support provided, together with the income of our Clinical Trials Unit, enables us to make the following promise to you -

**100% of your contribution goes directly to medical research.**

**Greenslopes Private Hospital**  
Part of Ramsay Health Care

# Expert Advice:

## Testamentary trusts

A trust is an arrangement where a person or entity, known as a trustee, holds property on behalf of one or more people, known as the beneficiaries.

A testamentary trust is simply a trust established by a will, which comes into effect after an individual's death. They are widely used in estate planning and have numerous benefits. Figure 1 is an overview of a testamentary trust, where for example Jane's husband's estate has established a trust for her and their children's benefit; the trustee: Jane; and the beneficiaries: Jane and their three children.

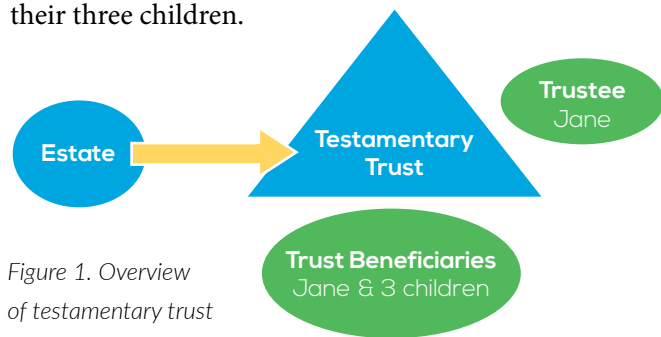


Figure 1. Overview of testamentary trust

### The advantages of testamentary trusts

**1. Protection from attack:** Assets, and investments can be gifted to a testamentary trust, rather than directly to the intended recipient. One of the benefits of gifting to a testamentary trust is that the assets are protected from potential attack by third parties, for example if:

- a beneficiary separates from their spouse and property settlement proceedings are commenced; or
- a beneficiary becomes bankrupt.

**2. Protection from waste:** The trustee/s control how much, when, and for what purpose distributions are made to the beneficiary/ies. For example, a testamentary trust can provide for the maintenance, education and advancement of a beneficiary/ies while they are at a young age, and can delay absolute control of an inheritance until they reach an appropriate age nominated in the will.

**3. Tax benefits:** Distributions to minors are taxed at full adult taxation rates (instead of penalty rates). This enables minor beneficiaries to access the full adult tax-free threshold figure (currently \$18,200 annually for the 2017- 2018 financial year). If, for example, the family unit consists of a non-working spouse and three minors, and the income is split amongst all four beneficiaries, there is the potential for significant tax savings for the family unit each year.

### Potential disadvantages of testamentary trusts

**1. Control:** If there is only one trustee (who is also a beneficiary), then it could be argued that the individual has sole control of the testamentary trust and can distribute the income and capital to themselves when they see fit. In this situation, because the trust may be viewed as the “alter ego” of the trustee, a court is more likely to allow the assets of the trust to come under attack.

**2. Costs:** Once the testamentary trust comes into operation (that is, after the testator's death), it may be necessary to seek the advice of an accountant, financial planner and lawyer. While this will involve a cost, in many cases the costs involved are outweighed by the advantages explained above.

**3. Taxation and duty:** Distributions of assets, other than cash, can have unintended taxation and duty consequences. If a will maker intends that an asset (other than cash) be held directly by a beneficiary, it may be more cost-effective to gift that asset to the beneficiary absolutely in their will.

### Contact us

Thynne + Macartney's Wills and Estates team have substantial experience drafting wills and assisting clients with their estate planning. For more information, advice or questions about setting up a testamentary trust in your will, contact Ashleigh Poole on 07 3231 8880.

### Corporate mateship

Our work relies on generous corporate partners like Thynne + Macartney. To find out more about the partnership benefits and life-changing difference your organisation could have as a GMRF Discovery Partner, please contact Partnership & Development Manager Sharon Wood on 07 3394 7508.





## *Your legacy*

Having an up-to-date Will can give you peace of mind. It ensures your wishes will be carried out after you've gone. It is also the best way to express your care for those you love and the organisations and causes close to your heart.

By leaving a gift in your Will to the Gallipoli Medical Research Foundation, you are choosing to make your final act one of lasting significance to the health of future generations.

If you would like to find out more about preparing a Will or arranging a gift for GMRF, please contact the GMRF team for an obligation free chat on 07 3394 7284.

## A lasting gift for the future

'How will I be remembered?' It is a question most of us will ask ourselves at least once in our lives. You get to decide the answer, at least in part, by preparing a detailed Will.

Doug Murray was a generous GMRF supporter from 2011, right up until his passing last year. He came from a family with a proud history of military service. Doug's uncles served during the first World War, and his father did so during the second. Doug was eager to 'do his bit', joining the Navy as a 17 year old. His sister Margaret (pictured above) recalls how much Doug enjoyed serving on the HMAS Vengeance and as one of the original crew of HMAS Melbourne.

"Doug had a grand time in the Navy," Margaret says. "He saw parts of the world he wouldn't otherwise have seen. He served in peace keeping missions on the coast of Korea, celebrated his 21st Birthday off the coast of Scotland, and even granted audience with the Pope."

Throughout his life, Doug placed special emphasis on the value of education. When visiting our Foundation, he took great delight in chatting with our researchers, in particular our PhD students. He saw these young scientists as the future of medical research, and he wanted to help them on their journey of discovery.

"He was the kind of person that loved to see young people making the most of opportunities," Margaret says.

To this end, Doug decided to leave a Gift in Will to GMRF. Generous in life, so he was with his final act. As per his instructions, Doug has left a gift to establish the Doug Murray PhD Scholarship, enabling GMRF to take on another PhD student.

We were deeply saddened by Doug's passing, and moved by his final act of generosity. Doug's name is displayed on our Honour Board at Greenslopes Private Hospital as a lasting reminder of the incredible difference he has made to the future of medical research.



