

ST VINCENT'S *Cares*

FOUNDATION NEWSLETTER

WINTER 2019

CEO MESSAGE

Thank you most sincerely for your support of St Vincent's hospitals and health services in Victoria. As you will read in this newsletter, St Vincent's Hospital Melbourne was recently voted in the top 100 hospitals worldwide – a feat largely made possible through the community's support over the past 125 years. Every single contribution you and others have made, every gift large and small, ensures we are able to assist our doctors and nurses to provide the most compassionate and expert care, using the latest technology.

To everyone who has recently given to our Tax Appeal in support of our cardiology team, we thank you. If you have not yet donated, we would urge you to give today.

With kindest regards,



Lyn Amy

CEO | St Vincent's Foundation



FEDERAL GOVERNMENT COMMITS \$30 MILLION TO THE AIKENHEAD CENTRE FOR MEDICAL DISCOVERY

We are delighted to announce a \$30 million funding commitment from the Federal Government towards the Aikenhead Centre for Medical Discovery (ACMD) at Melbourne's St Vincent's Hospital.

According to the Federal Government, ACMD will keep the city at the global cutting edge of medical technology.

The Centre, which is the only facility where biomedical research and development takes place in a hospital, has already produced an incredible array of medical innovations. These include a 3D printing technique that produces replacement human bones, using surgical robots to fit them to cancer patients or trauma victims. It also includes innovations for epilepsy sufferers, which you can read about later in this newsletter.

The federal funding, along with \$60 million promised by the Victorian Government, will allow the \$180 million project to go ahead. Private philanthropy and commercial partners are expected to complete the required funding for this remarkable project.

*L to R – Angela Nolan, Prof Tom Kay,
Adj Prof Patricia O'Rourke, Scott Morrison,
Brenda Shanahan, Greg Hunt
and Prof Mark Cook*



ST VINCENT'S HOSPITAL IS ONE OF THE **TOP 100** HOSPITALS IN THE WORLD



St Vincent's staff

St Vincent's Hospital Melbourne has been ranked as one of the top 100 hospitals in the world by news outlet, Newsweek.

St Vincent's further cemented its position as a world-class hospital and healthcare provider by being rated number four on the list of the best hospitals in Australia.

St Vincent's CEO, Angela Nolan, said this international recognition was a credit to the Hospital's exceptional staff.

"We are really thrilled to be acknowledged as a world-leading hospital. It is thanks to our extraordinarily talented and dedicated staff that we were able to achieve this outstanding world rating."

Newsweek selected 1000 hospitals based on recommendations from medical professionals, patient survey results and medical performance indicators. It credited the hospitals that made the top 100 list as at the forefront of adapting to new challenges while providing top-notch patient care.

"Our committed staff go above and beyond in both patient care and research and it's wonderful to see this recognised on a global scale," Ms Nolan said.

The full list of World's Best Hospitals 2019 is available at www.newsweek.com/best-hospitals-2019



Angela Nolan

AUSTRALIAN-FIRST ARTIFICIAL PANCREAS A 'GAME CHANGER'

Australians with type 1 diabetes will have access to a new, Australian-first device that works like an artificial pancreas.

Developed in consultation with patients and clinicians from around the world, including St Vincent's, the hybrid closed-loop insulin pump system works like an artificial pancreas, continuously monitoring blood glucose levels and automatically adjusting delivery of insulin to keep glucose levels in a healthy range.

It is a long-awaited breakthrough in the Australian diabetes community in their quest to better manage the chronic disease.

Type 1 diabetes is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that converts sugar into usable energy. It can impact both children and adults at any age and has a significant negative impact on quality of life.

Leanne Foster is the first Australian to be fitted with the device. Leanne has lived with type 1 diabetes since she was 11 years old.

"Hormones, stress and exercise can all impact my blood sugar levels," Leanne says.

"For me the big bonus of having the device was that I slept through the night. I'm clear headed during the day and can go about my daily activity without having to factor in diabetes to every activity."



Leanne Foster, the first Australian to be fitted with an artificial pancreas.

A LIFETIME OF COMMITMENT CARING FOR AUSTRALIAN'S HEARTS

CURRENT APPEAL



Heart disease is the leading cause of death in Australia. Each year around 57,000 Australians suffer a heart attack. This equates to one heart attack every 10 minutes. Our aging population, poor diet and an increase in obesity and diabetes means the risk is constantly increasing.

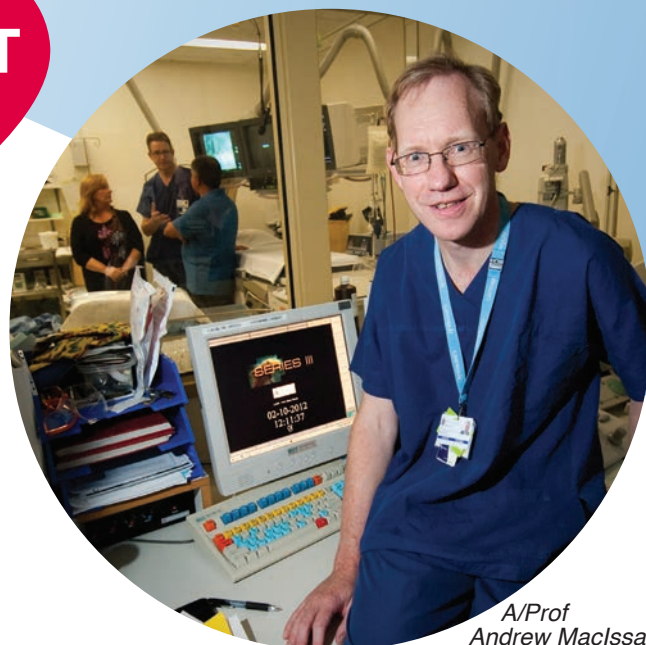
International leader in cardiac surgery and research, St Vincent's Head of Cardiology, Associate Professor Andrew MacIsaac was first attracted to cardiology as a junior doctor.

"I saw critically ill patients with heart disease and I was helpless to save them, which motivated me to want to make a difference," A/Prof MacIsaac said.

The acute nature of cardiology and the constantly evolving technology is what A/Prof MacIsaac finds particularly appealing.

"There are always so many incredible technological advancements in cardiology. The introduction of stenting was a 'game changer'. And putting in heart valves without surgery is a very exciting, relatively new development."

"Both of these techniques can be performed as minimally invasive procedures in the Cath Lab, which is the operating space where we diagnose and carry out these life-saving procedures. Within just a few days, patients can return home to live normal lives," A/Prof MacIsaac said.



*A/Prof
Andrew MacIsaac
outside the Cath Lab*

Frances Cashman, 53, owes her life to these advancements. Frances was rushed to St Vincent's after suffering a massive heart attack. The team inserted two stents into her artery, saving her life. Just a few days later she was able to go home with little more than a bruise on her wrist.

"The team at St Vincent's were amazing. My family and I cannot thank them enough for saving my life," Frances said.

St Vincent's Hospital has a history of leading the way in cardiological advancements. Former Director of St Vincent's Cardiac Investigation Unit, Professor Ian MacDonald was a world pioneer in ultrasound diagnosis of heart conditions. Prof McDonald's work has enabled cardiac partitioners throughout the world to gain a better understanding of heart conditions.

A/Prof MacIsaac comes from a long line of medical practitioners at St Vincent's Hospital. His family's connection with St Vincent's began in the 1950's when his father, a gynaecologist, met his mother who was a student nurse. A/Prof MacIsaac then met his wife when he was a junior doctor at St Vincent's. His brother, an endocrinologist, also works alongside him, as does his medical registrar son.

A/Prof MacIsaac cannot stress enough the importance for both men and women over 45 to get a heart-health check with their doctor and to act immediately if they experience chest pain.

"Don't take chest pain or breathlessness – or other unexplained symptoms – lightly. Get help immediately because it could save your life," A/Prof MacIsaac said.

Support our Tax Appeal by donating before June 30 at <https://www.stvfoundation.org.au/donate-heart>



*Frances and
her husband Eris*

WORLD-CHANGING EPILEPSY RESEARCH

Director of the Department of Neurology at St Vincent's Hospital, Professor Mark Cook and his team are revolutionising epilepsy research. They're developing a device that can be implanted under a patient's scalp to record brain activity and warn them when a seizure is imminent.

Prof Cook is also partnering with epilepsy diagnostics and monitoring health technology company, Seer Medical, to trial an app to predict seizures. In addition, they're testing an in-home monitoring system to record a patient's Electroencephalography (EEG) data. The system is so compact, it fits into a small suitcase. Patients previously had to endure long hospital stays to capture this data. This was both time consuming for the patient and costly for the hospital. The quality of the data was entirely dependent on a patient experiencing seizures during their stay, which often didn't happen.

Prof Cook was inspired to undertake research into epilepsy because of his father's ongoing struggle with severe seizures. "This gave me a personal interest to try to solve the problem."

Eighteen-year-old Gabrielle Bloom has endured hour-long seizures since she was 14. The seizures come without any warning, and apart from the confusion and nausea she experiences after the episodes, she has no memory of these events.

Gabrielle trialled the app and the home monitoring system. The data the team collected finally led to a diagnosis, which has enabled her to join a drug trial. This is by no means a solution, but Gabrielle has had some relief from experiencing any severe seizures for the past five months.



Seer Medical co-founder Dean Freestone and Prof Mark Cook with the devices

Gabrielle's mother, Ruth said if the device could be fully developed it would be life-changing for her daughter. "Epilepsy controls you. To get a warning that she's going to have a seizure would give Gabrielle control over her life."

"If we can understand these systems better it will potentially help us to find a way to cure the most common serious neurological disease in the world," Prof Cook said.

To support our work donate at
<https://www.stvfoundation.org.au/donate>

ST VINCENT'S PRIVATE HOSPITAL - LEADING THE WAY IN PREGNANCY CARE



Catherine and Luke with baby Owen.

Pregnancy is meant to be a time of excitement and hope but for some it can be an utterly stressful experience. That was the case for Catherine and Luke.

The couple tragically experienced three consecutive pregnancy losses, including to a medical condition called hypoplastic left heart syndrome. This is a birth defect that affects normal blood flow through the heart. Given the history, Catherine was monitored very closely when she became pregnant again, to ensure the same condition didn't recur.

At their 21-week routine scan, Catherine was diagnosed with intrauterine growth restriction (IUGR), a condition in which an unborn baby is smaller than it should be due to placental insufficiency. Her foetus was approximately 11 days behind in growth.

Catherine was admitted to St Vincent's Private Hospital at 23-weeks gestation. After five-and-a-half weeks in hospital, their unborn baby was thriving but it was decided that it was best for Catherine to deliver her infant at 34-weeks gestation. Baby Owen Reynolds was born on 2nd November 2018 weighing 1.63 kilograms. After a four-week stay in the Special Care Nursery, baby Owen was able to go home.

Catherine offered some advice for other mums in similar situations. "It was the power of positivity that got me through it all. It helps you find ways to focus on what you must get done."

To support our work donate at
<https://www.stvfoundation.org.au/donate>

ST VINCENT'S DOCTOR AWARDED VICTORIAN YOUNG AUSTRALIAN OF THE YEAR



St Vincent's doctor Skye Kinder, a Psychiatry Registrar in Mental Health, was named the 2019 Victorian Young Australian of the Year at an event held at Victoria's Government House. Skye was recognised for her commitment to improving the health of people living in rural and regional areas.

Growing up in Bendigo, Skye saw her father travel to Melbourne many times for specialist appointments. While studying, Skye became a passionate advocate for rural health, representing the Australian Medical Students' Association (AMSA) as Rural Health Officer. Through AMSA, she co-founded and chaired the first Rural Health Committee and set up a national Rural Health Summit, creating new opportunities for students in regional areas to participate in advocacy and policy.

Skye continues to highlight rural health issues to local, national and international audiences.

This is not first time Skye has been acknowledged for her tireless work – she was named Victoria's Junior Doctor of the Year in 2017 and Bendigo's Young Citizen of the Year in 2014.

Dr Sky Kinder

JOIN US FOR RUN MELBOURNE



Join the St Vincent's Foundation Run Melbourne Team on Sunday 28th July to run for a great cause! Choose from the 3km Walk/Run, 10km Run or Half Marathon events.

This year we are raising money for The Good Samaritan Fund, a staff initiative that provides emergency aid to patients and their families who are experiencing hardship.

Head to <https://www.stvfoundation.org.au/> and follow the links to enter.

Don't want to participate but want to show your support?

You can make a donation via this link
<http://bit.ly/StVRunMelb>

A SPECIAL REASON TO SUPPORT DRY JULY

DRY JULY
FOUNDATION

Brenda McGuirk was inspired to take part in Dry July in 2018 for two reasons. Firstly, to honour her husband Robin and secondly, to thank St Vincent's Hospital Melbourne's Oncology and Surgical staff for their incredible support during her husband's battle with metastatic lung cancer.

Being the first time she had participated in Dry July, Brenda was overwhelmed by the response she received from her family and friends.

"I had no idea how much I would raise, but thanks to the generosity of my family and friends, I was able to contribute over \$1600 to support patients during their cancer treatment."

"It was a great way to honour my adored husband Robin and to thank the wonderful St Vincent's Hospital Oncology staff," Brenda said.

Registrations are now open. Go booze-free this July and raise much-needed funds to support patients during their cancer treatment.

Visit <https://www.stvfoundation.org.au/event/dry-july-2019> to join the St Vincent's Hospital Dry July team.



*Brenda McGuirk and
her husband Robin*

TAKE ME TO THE WORLD THECHO!R FUNDRAISING CONCERT

Artistic Director and Conductor
Dr Jonathan Welsh AM

Special guest singer and conductor
Claire Patti

3pm, Sunday 23rd June

**Collingwood Town Hall,
140 Hoddle Street, Abbotsford**

Celebrating their 10th anniversary THECHO!R presents a spectacular fundraising concert of world music in support of St Vincent's Hospital Foundation.

Cabaret style seating (tables of 10) and refreshments available.

Tickets \$35 adults/\$25 concession and under 18. **Enquiries** call 0419 337 283

Book online at <http://thechoir.com.au/performances/>



CARITAS CHRISTI HOSPICE REDEVELOPMENT



Caritas Christie Redevelopment

Founded in 1938 by the Sisters of Charity, the historic Caritas Christi Hospice in Kew will soon undergo an innovative upgrade. The redevelopment will include a 120-bed aged care facility at the rear of the site, and a brand new 26-bed palliative care facility at the front of the block.

There will be a range of events and campaigns to help us raise funds for the new building. We look forward to keeping you updated on our progress.

CALENDAR OF EVENTS

For more information about any of our events please contact our Event Manager Rebecca Martin on 03 9231 3287 or 0410 865 176

THECHO!R Fundraising Concert

Sunday 23rd June

Dry July

Monday 1st -
Wednesday 31st July

John Clareborough Lecture

Tuesday 16th July

Blessing Ceremony at Werribee Chapel

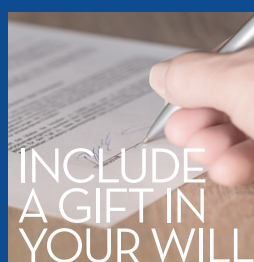
Thursday 18th July

Donor Lunch

Thursday 25th July

Run Melbourne

Sunday 28th July



A Will is a legal document that ensures your assets, such as your home, superannuation or income, are distributed according to your wishes.

Including St Vincent's in your Will is a straightforward process. You simply need to decide what type of Gift you want to make,

and use the correct wording. Your Gift can be directed to an area that is important to you, or an area of the hospital in need.

To learn more about drafting your Will, we are hosting a FREE Will Seminar on Tuesday 15th October, which explains circumstances to consider when drafting your Will.

If you want to discuss any options please contact Sue Worland, 03 9231 3363 or sue.worland@svha.org.au

CHECK OUT OUR FOUNDATION WEBSITE

To donate easily, start your own fundraising event and keep up to date with the latest hospital news and events, visit: www.stvfoundation.org.au



ST VINCENT'S
FOUNDATION