

St Vincent's Cares

FOUNDATION NEWSLETTER

WINTER 2021



Love Your St Vincent's

Welcome to our Winter *St Vincent's Cares* newsletter and thank you most sincerely for your interest and generosity.

We are pleased to introduce you to some of the exceptional women who are part of the highly skilled and respected medical staff at St Vincent's Hospital.

In this edition, you will read about two of our outstanding women doctors. Discover the innovative way leading breast surgeon, Dr Caroline Baker, is undertaking breast care with her all-women team. Also learn about Dr Helen Frazer's world-first research that could transform breast cancer screening and has the potential to save many lives.

While the work undertaken at our Hospital is supported by many people, Krystyna Campbell-Pretty is forging an important new path in philanthropy. Her long association with St Vincent's has provided Krystyna with a detailed knowledge of the skilled care provided,

the need for regular new equipment and the importance of new research.

Krystyna is a strong advocate for everyone to give support whenever they can, including to vital medical discoveries that will change lives.

To everyone who has given to our Tax Appeal, please accept our warm thanks. We are extremely grateful for your support.

With kindest regards,



Lyn Amy
CEO | St Vincent's Foundation

Continuing our long history of health care, St Vincent's Hospital Melbourne is proud to be operating one of Victoria's high-volume COVID-19 Vaccination Centres, located at the Royal Exhibition Building in Carlton. The Centre is open Monday to Saturday 9am to 4pm. Everyone over the age of 50 is very welcome.



Lyn Amy, CEO, St Vincent's Foundation and her staff are always happy to talk to you - phone 03 9231 3365



Dr Caroline Baker, Head of Breast Surgery at St Vincent's Hospital, Melbourne

Supporting women's health and celebrating women in health

Women's health and brilliant female nurses, clinicians and researchers are integral to our medical services. Founded by women, St Vincent's has a long, proud tradition of inspirational female leaders, including the current heads of St Vincent's public and private hospitals.

St Vincent's Hospital Melbourne's breast health service is led by renowned breast surgeon, Dr Caroline Baker. Caroline also leads Victoria's only all-female breast surgery team. Caroline's unique approach is to recognise that breast cancer happens to women who already have a life, a family, and a job.

"If you don't think of your patient as a human being, you can't do this job well," Caroline said.

Continued on page 2...

... continued from page 1

It is this person-centred approach that sets Caroline and her team apart, and why she chose to work with an all-women breast surgery team.

"Women understand other women better. They know what it is to be a mother, to breastfeed, to juggle family, work and life. They can empathise strongly with the impact of breast disease on your femininity," Caroline said.

St Vincent's is also the first in hospital in Victoria to employ an Aboriginal breast screen nurse. This was in response to studies that have shown Aboriginal people feel much more comfortable receiving treatment from someone from their own culture.

The purchase of a 3D mammogram and ultrasound machine and clinical suite upgrade is critical to our work. Without this new machine we cannot continue to provide our essential service.

With your help, we can continue to save and improve thousands of women's lives. We will be extremely grateful if you can please support our work.

Visit www.stvfoundation.org.au/love-your-stvincents-public-appeal



An Aboriginal woman receives breast screening wearing a shawl as part of an award winning initiative

Artificial intelligence research a game-changer for breast cancer screening

Clinicians at St Vincent's Hospital Melbourne are engaging in world-leading research in the use of artificial intelligence (AI) technologies that could transform breast cancer screening.

Project lead Dr Helen Frazer, Clinical Director of St Vincent Hospital Melbourne's BreastScreen, says the driving force that inspired this project is the fact that breast cancer is the most common cancer in Australian women and the second most common cause of cancer death.

"We know that screening saves lives but we can do it better. The transforming breast cancer screening with artificial intelligence program (BRAIx) uses cutting-edge artificial intelligence technology to improve cancer detection, service delivery times and program efficiencies.

"What's most exciting is it can change the way we screen women. The use

of AI establishes a path to tailored screening where the frequency and mode of screening is personalised to each woman's individual risk of breast cancer.

"Essentially, we are combining human intelligence with artificial intelligence to make an enormous difference to how we provide breast screening to women," Helen said.

The BRAIx project is being supported by ACMD - Australia's first collaborative, hospital-based biomedical engineering research centre - in partnership with St Vincent's Institute, the University of Melbourne, the University of Adelaide and BreastScreen Victoria.



Lead researcher, Dr Helen Frazer

If you would like to support ACMD projects head to:

www.stvfoundation.org.au/donate/acmd

A deadly warning to check your gas heater

Like so many of us, Northcote couple, Alby and Helen Thomas, spend the cooler months enjoying the warmth of a heater. But did you know, a heater can be deadly?

Alby and Helen became unconscious after their room filled with fatal levels of carbon monoxide emitted from a faulty gas heater. Luckily, their daughter, Michelle, decided to visit her parents when neither she nor her brother David could contact them via phone. After discovering her parents, she immediately called an ambulance.

The couple were rushed to St Vincent's Hospital Emergency

Department, where the team went into action to diagnose them and ultimately save their lives.

Director of Emergency, Andrew Walby said, "Everyone is exposed to small amounts of carbon monoxide throughout the day. However, inhaling too much can cause the levels to build up in your bloodstream resulting in carbon monoxide poisoning, which can be fatal."

"Alby and Helen had an extremely lucky escape. Their carbon monoxide levels were so high that they had just minutes to live."

"I am so grateful for the staff at St Vincent's. It was wonderful how they cared for my parents. They put my mind at rest, calmly explaining what was happening every step of the way. I knew they were in safe hands," Michelle said.

Alby and Helen spent another month with their son David, his wife Kasey and their family recuperating and are now in very good health.

Alby and Helen's story is particularly important as we enter the winter months. Since their experience, they have been surprised by the number of family members and friends who then had their gas heating checked, only to find they too were potentially leaking dangerous amounts of carbon monoxide.

"Reliable carbon monoxide detectors are now readily available for less than \$100 from hardware stores.

"We count ourselves very fortunate. If our story can save one life, what a great gift that will be," Alby said.

If you would like to support the great work of our St Vincent's Emergency Department, head to: www.stvfoundation.org.au/donate



Alby and Helen are relieved to be able to enjoy their heater now that it's safe.

A highly anticipated new chapter

The largest and best-known provider of palliative and supportive care in Victoria, the Caritas Christi Hospice, has recently undergone a major redevelopment.

We are pleased to announce that services and admission of the first patients are due to commence in the new building by mid-August. An official opening will be held later this year.

We wish to thank everyone who has so generously supported this vital upgrade. In particular, we want to recognise all the generous donors who have made a very special, lasting contribution by purchasing naming rights to spaces within the Caritas Christi Hospice.

Naming part of the new building is an ideal way to honour a friend or family member, business or community organisation.

If you would like to discuss leaving a lasting legacy, please contact Jeffrey Topp, Campaign Advisor at:

jeffrey.topp@svha.org.au



The new entrance of the Caritas Christi Hospice in Kew

Passionate advocate and philanthropist announced as ACMD Philanthropy Council Co-Chair

We are delighted to announce that Krystyna Campbell-Pretty will join Clark Morgan as Co-Chair of the ACMD Philanthropy Council.

Krystyna is a highly respected and admired philanthropist who supports the arts, culture, education, social welfare and medical research. She has a hugely successful international business background and is a passionate advocate for women in philanthropy.

"Women see life differently, they give from the heart and once they are sure, they tend to give more generously."

Krystyna will play a pivotal role on the ACMD Council, encouraging others to become involved in this nationally significant project and advocating to her own extensive networks.

Krystyna admires the ethos of St Vincent's Health Australia and its focus on brilliant clinical care, research, and compassion for vulnerable people in the community. She has had a long association with St Vincent's Private Hospital, Melbourne. Her husband and father-in-law, who have both sadly passed away, received great care as patients at St Vincent's.

Krystyna recalls experiencing an exceptional level of communication while she was visiting her loved ones. "The way the nurses interacted with me, my husband and father-in-law, was reassuring. They kept us informed, so we always knew what was happening. This was something I really valued.

"I was particularly impressed by the pastoral care team, who demonstrated another dimension of care. They genuinely seemed interested in both how the patient and family members were coping, and in ensuring everyone had the support they needed once they returned home."

Love Your St Vincent's

"Quite simply - you saved my life!"

Paul, a former St Vincent's patient



Mrs Krystyna Campbell-Pretty

Krystyna is excited by ACMD because, "ACMD is doing something no one else is doing by converging engineering and technology and applying it to medical discoveries. This promises to make a significant difference to people's lives.

"I also wanted to be a part of something that's growing and developing and to play a role in spreading the word in the community to help to maximise the success of this project.

"I urge everyone to give as much as you can while you're alive. That way, you can see the impact and direct things as you wish. Plus, the knowledge you gain along the way is phenomenal," Krystyna said.

If you would like to find out more about ACMD, head to:
www.acmd.org.au



Frank Costa

The team at St Vincent's Hospital Melbourne Cancer Centre were saddened to learn of Frank Costa's passing.

Frank's association with St Vincent's Hospital goes back more than 20 years. During this time, Frank and his wife, Shirley, were generous

Tribute to a great and generous man

supporters of the Cancer Centre. He was a great advocate for the work at the Centre and managed to secure additional funds from many others within his circle of friends and business associates.

"I remember accompanying Frank Costa to the old cancer centre in St Kevin's Ward. He was very affected by the over-crowded and old facilities in which patients were seen and treated. Frank understood the impact this had on patients, being treated in an area where privacy was limited.

"Frank was instrumental in supporting and energising the Cancer Appeal, which resulted in our new Cancer

Centre. He was very happy to see the modern facility in which patients with all types of cancer could now receive multidisciplinary care under ideal circumstances," said Raymond Snyder, former Director of Oncology and of Cancer Services, St Vincent's Hospital Melbourne.

We would also like to acknowledge Frank's support for our Opera in the Market program. This ran for a number of years and provided essential funds for different departments of the Hospital.

We are very grateful to the Costa family for providing this lasting legacy.

Wrapped in Kindness: Students unite to help those in need

In a strong show of generosity, Caulfield Grammar students volunteered their time during the Easter school holidays to lend a helping hand with the Wrapped in Kindness campaign.

The campaign was generously supported by local and national businesses who donated goods, including underwear, long pants, socks, mittens and toiletries.

The students helped fill over 2000 care packages with these essential winter items. Packs were distributed to St Vincent's patients who are experiencing chronic disadvantage as well as to local charity groups across Victoria and Alice Springs.

"Wrapped in Kindness is about bringing the community together to provide a heartfelt gift to those who need

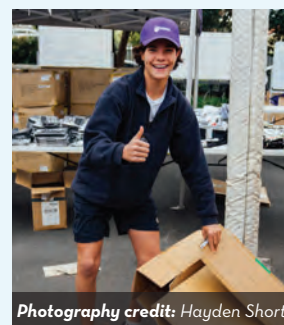
it most," says Lyn Amy, CEO of St Vincent's Foundation.

Thank you to all of our generous Wrapped in Kindness Supporting Partners. Without you, this event would not have been possible:

Australian United Retailers, Williamson's Foodworks, Reddrop Group, Hyatt, GIVIT, Colgate-Palmolive, Monde Nissin, Posh Josh, Pinchapoo, Dettol, ACCOR, Peter Sheppard, Pinnacle and Linfox.



A selection of images from the Wrapped in Kindness event



Photography credit: Hayden Short

Excellence in orthopaedics



Paul Morrissey enjoying exercise post surgery

Arthritis affects an estimated 3.9 million Australians. That's one in six people.

And it doesn't just affect older people. In fact, Arthritis Australia reports that around two million people with arthritis are aged between 15–64 years.

St Vincent's Private Hospital Melbourne is equipped with the latest technologies to deliver the most innovative and comprehensive orthopaedic care. We excel in the latest techniques for robotic hip and knee surgery.

St Vincent's Private Hospital orthopaedic surgeon, Mr Nathan White's person-centred approach incorporates both non-invasive methods for managing arthritis as well as surgical options, to deliver the best outcomes for his patients.

One of Nathan's patients, Paul Morrissey, shared some valuable insights into his arthritis journey.

Paul was in his late 40s when he started to notice limping and pain while running. It turned out the pain was being caused by arthritis and a lack of cartilage in his left knee. Paul said given his age, it was suggested he should wait to have a knee replacement. "My sleep was interrupted because I would wake up in severe pain. And sitting in cars or driving started to become unbearable.

"Nathan walked me through the options and expectations and we decided a full knee replacement was the best course of action," Paul said.

Sixteen weeks after the surgery, Paul did a 25 km walk, much to everyone's horror. He said all his other body parts hurt except for his knee.

Paul exercises regularly and although his knee can be a bit stiff occasionally, overall he's feeling great, and most importantly he is now pain free.

You can watch our webinar on arthritis at:

www.stvfoundation.org.au/webinars/webinar-recordings

Preserving the dignity of people with disability

Thanks to our generous donors, we are delighted to announce a new accessible toilet and adult change facility is now open at St Vincent's Hospital Melbourne.

The new facilities include an electronic, height-adjustable adult change table and overhead ceiling hoist, and a renovated special-access toilet.

This means people with severe physical disability and other complex patient groups, who are cared for by the Young Adult Complex Disability team, now have access to safe and respectful toilet facilities.



The new accessible toilet and adult change facility at St Vincent's Hospital Melbourne

Celebrating the life of a loved one

Donations instead of flowers or gifts are a wonderful way to help the thousands of people needing treatment and care at St Vincent's Hospital now and into the future.

It's also a beautiful way to celebrate someone's life and keep their legacy alive. The Sawaya family chose to ask for donations in lieu of flowers to celebrate the life of their beloved mother, Mary.

Mary endured a long battle with mouth cancer. She first became involved with the team at St Vincent's 18 years ago. Over the years, the cancer came and went and up until approximately a year ago Mary was able to enjoy a good quality of life. When the cancer returned, it was very aggressive. Eventually, Mary was transferred to the Caritas Christi Hospice to receive palliative care.

Mary's son, Nadim, said she always felt very well looked after at St Vincent's. "She always got along really well with her doctors, in particular one of her female doctors, who she described as very warm."

Nadim said he and his family were extremely grateful to the staff for their kind and compassionate care. This inspired them to ask for donations in lieu of flowers in memory of their mother.

"We wanted to raise money to go towards the care of patients and for research. We thought it much better for mum's loved ones to help people instead of spending their money on flowers.

"It's what my mum would have wanted. She was a really wise, kind and generous person. She was also an amazing cook. She would have been pleased that we created the page on her behalf," Nadim said.

You can set up your own fundraising page to support St Vincent's Hospitals.

Head to:

www.stvfoundation.org.au/fundraise



Mary Sawaya with granddaughter Elise

Love Your St Vincent's

"When I had my quadruple by-pass in 2014, I couldn't have been in a better place. The wonderful staff were all so caring and dedicated and the treatment was the best; so good I was in no hurry to come home. That's why I love St Vincent's."

Dorothea, a former St Vincent's patient

Calendar of events



DRY JULY
FOUNDATION

GO DRY THIS JULY

Dry July encourages participants to go alcohol-free in July to raise funds for people affected by cancer at St Vincent's Hospital, Melbourne.

Thank you to all the participants of the 2020 Dry July campaign who raised over \$32,000. This fantastic result has enabled us to purchase essential items including wheel chairs and portable oxygen carriers for the Cancer Centre.

Dry July in the Workplace:

Organisations can make a big difference and gain many benefits by creating a workplace team.

Individuals and workplace teams can sign up today at:

www.dryjuly.com/beneficiaries/stvincentshospitalmelbourne

Love Your St Vincent's Expert Webinar Series

Our monthly webinar series features a St Vincent's Hospital specialist presentation on a wide variety of fascinating topics. The presentations include a question-and-answer session, giving you the chance to discover everything you want to know about each topic.

Keep an eye on our website for more information.

To register: www.stvfoundation.org.au/get-involved/webinars



For more information about any of our events, please contact our Events Manager, Rebecca Martin, on (03) 9231 3287 or 0410 865 176.

Include a gift in your Will

By including St Vincent's Hospital in your Will, you play an important part in contributing to the Hospital's future. For more information, please contact a member of the Foundation Team at foundation@svha.org.au or call 03 9231 3365.

St Vincent's Foundation raises funds to support the vital work of the network of St Vincent's Hospitals across Victoria.

If you would like to say thank you for the care you received at St Vincent's, please contact the St Vincent's Foundation team. You can call us on 03 9231 3365, email us at foundation@svha.org.au or visit www.stvfoundation.org.au.

We acknowledge the people of the Kulin Nation, the traditional custodians and pay our respects to their culture and their Elders past, present and future. We welcome all cultures, nationalities and religions. Being inclusive and providing equitable healthcare is our commitment.