

Thanks to you

Sheren can overcome cancer fatigue



Sheren Potter with FMC physiotherapist, Meg Simpson

"After I was diagnosed with chronic lymphocytic leukaemia (CLL) I lost about 12kgs, and a lot of that was muscle."

"I had no energy at all, was very fatigued and just felt like sleeping all the time. My doctor told me exercise was really important to overcome the fatigue and build up my strength again, but it's hard to be motivated when you have no energy," says Sheren Potter, 48.

To help regain her strength and overcome fatigue, Sheren's doctor referred her to the cancer-related fatigue exercise program at Flinders Medical Centre (FMC) which she attends twice a week.

Run by physiotherapists, the 12-week program provides cancer patients with a personalised exercise plan, classes and support in the gym which can be accessed before, during or after cancer treatment.

"Cancer-related fatigue is best described as an overwhelming tiredness that's not relieved by resting," FMC physiotherapist Ellen Callery says.

"Historically there was a focus on telling people with cancer to rest, but we're now moving away from that as evidence shows that exercise and maintaining a level of activity is the best management. It's been really great to see improvements in patients' quality of life."

The exercise program is one of several new and existing services which cancer patients and their families will be able to access when the Cancer Wellness Centre at Flinders reopens in the coming months.

"I'm increasing the things I'm able to do in the class and can definitely see improvements," Sheren says.

"The physiotherapists are great and were able to talk to me about my condition and make it a personalised program. I really recommend it for other cancer patients like me."

Thank you for helping to improve the lives of cancer patients like Sheren.

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**FLINDERS
FOUNDATION**



Julie's gift of hope for South Australians with MND

Pictured: Julie's husband Steve Meldrum, Dr Kate Johnson and Julie's brother Graham Ragless. Inset: Dr Julie Lawrence.



Dr Julie Lawrence always understood the importance of medical research and care for patients.

A surgeon who worked at Flinders Medical Centre and across South Australia, Julie sadly passed away in 2019 from Motor Neurone Disease (MND) – a debilitating neurological condition that affects nerve communication between the brain and muscles.

But in a wonderful act of kindness and generosity, and with the support of her husband Steve and brother Graham, Julie has left an incredible legacy to help other patients with MND now, and well into the future.

Thanks to the family's donation to the Motor Neurone Disease Association of South Australia, together with generous donations from you, and a contribution from the FMC Clinician's Special Purpose Fund, an MND fellowship has been established in Julie's name.

Dr Kate Johnson has been appointed as the inaugural Julie Lawrence Fellow. She will soon begin research and clinical trials at Flinders Medical Centre, exploring new treatments for MND.

In the coming months, she'll oversee an interstate clinical trial in South Australia investigating the effectiveness of a drug used to treat HIV in halting the progression of MND.

"Other research at Flinders also involves looking at genes in the blood of people with MND, compared with people without the disease, to identify any particular links to MND,"

Dr Johnson says.

"This could help us better understand MND and why it occurs, so that further down the line it might lead to tests or treatments that could be useful."

Thank you for generously supporting MND research at Flinders, to help get closer to that much needed breakthrough.

"MND is a real bummer of a disease because it feels like there's no hope. But the thing is, we can buy some hope," Steve says.

"I know for this amount of money we might not be able to find a cure, but hopefully this can go some way to helping to prolong life, or at least give back a little bit of hope to people with MND – because that's so important."

You too can BUY HOPE today. Simply send back the enclosed donation form and support ongoing MND research at Flinders. Thank you.

You're bringing patients back to life

Your donations recently purchased a mechanical CPR device for Flinders Medical Centre Emergency Department's resuscitation bay, to help our Flinders Heroes perform lifesaving CPR.

Its technical name is the CorPuls – but staff call it 'the thumper'.

The automatic device performs chest compressions using a battery-operated strongarm and it can be highly effective in situations where prolonged CPR is required.

"In some instances many staff can be required to perform CPR, rotating every two minutes for up to two exhausting hours," said Megan Eastaughffe, the ED's Nurse Unit Manager.

With the CorPuls able to take over chest compressions which would normally be shared among many staff, it's also proving helpful in reducing staff fatigue and exposure to patients who may carry a risk of COVID-19 and other infectious diseases.

"The ED are so grateful to Flinders Foundation's supporters for providing our team with this equipment to help save lives, while also keeping ourselves safe," Megan said.



Flinders ED staff run a training drill using 'the thumper'.

32 new research projects funded!

At a time when the focus on health and medical research has never been greater, your generosity is making a huge difference.

Your support is providing seed grants of up to \$25,000 to researchers striving to improve the lives of people and their families affected by a wide range of illnesses, diseases and social issues. **Thank you!**

Below is a small selection of the kinds of projects that were funded during the 2020 Flinders Foundation Health Seed Grant Round



Indigenous Health

Early detection of ear disease and hearing loss among Aboriginal and Torres Strait Islander children.



Sleep

Developing a world-first pathway to help GPs treat insomnia in the hope of reducing reliance on sleeping pills.



COVID-19

Exploring whether COVID-19 will have long-lasting effects on the immune system and long-term health.



Cancer

A groundbreaking new study investigating whether a simple blood test can monitor the effectiveness of cancer treatment in patients with oesophageal and gastric cancers.



Heart

Prescribing a medication to patients for the four weeks prior to major heart surgery to see if it can prevent stroke, heart failure and death post-surgery.



Neurological disease

Developing a reliable and readily available testing technique to diagnose Parkinson's disease earlier and more accurately than is currently possible.

Visit flindersfoundation.org.au for the full list of research projects you made possible!

Seed Grants:

Where are they now?

In 2014, support from generous people like you, funded a seed grant to help Flinders University researchers make new discoveries into head and neck cancer, and give patients fighting the disease hope for the future.

Thanks to you – and the Flinders team led by Dr Damian Hussey and Associate Professor Eng Ooi – there's now a promising blood test which could help to diagnose a common form of head and neck cancer in the same way diagnostic tests are available for other cancer types.

By using blood donated by Flinders Medical Centre patients, the research group have discovered a blood



Left to right: A/Prof Eng Ooi, Dr Damian Hussey, Dr George Mayne and Dr Charmaine Woods.

biomarker for oropharyngeal squamous cell carcinoma – the fastest growing type of head and neck cancer.

It's thanks to you that research like this is possible. We look forward to sharing more updates on this work, and more, with you.

Heroes helping heroes.

Thank you for supporting the wellbeing of our Flinders Heroes



When the COVID-19 pandemic hit you generously offered your support to the amazing healthcare workers and researchers... the Flinders Heroes!

And in doing so, you became our hero!

Thanks to you, staff working in a variety of areas shared in 23 Wellbeing Wallet grants – a small boost to help recharge and focus on their own wellbeing in a way they chose.

These wellbeing activities included:

- ✓ Laughter yoga classes for 400 staff.
- ✓ A coffee machine to encourage staff to take a break and get through their day.
- ✓ 'Still Hour' workshops for the Intensive Care Unit and midwifery staff to provide practical ways to help staff prevent burnout and fatigue, and to teach them reflection and relaxation.
- ✓ Wellbeing gardens at Flinders Medical Centre and Noarlunga Hospital to provide staff with a therapeutic place to sit, unwind and connect with one another.

Thank you for giving thanks to our Flinders Heroes for all that they do for you and your loved ones.

Playground Plans Underway!

Thank you for kickstarting a campaign to build a new playground and outdoor space for kids and their families at Flinders Medical Centre.

So many families will benefit from this space. Families just like the Turley family.

It will be a place to go for a moment of distraction, fresh air and enjoyment... and the chance to briefly escape their hospital room.

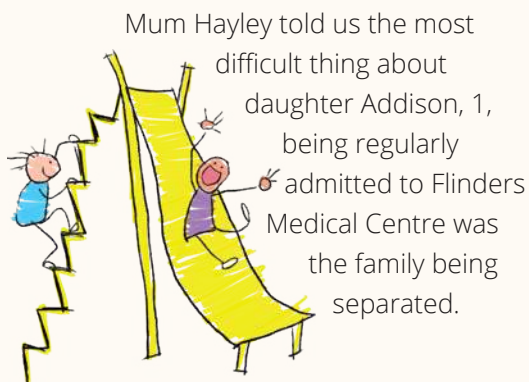
"Often the hardest thing is having two other kids at home who need our support too," Hayley says.

"They miss Addi so much and they want to come in to see for themselves that she is ok.

"If there was a playground and outdoor space, they could come in and see her and we could maybe take Addi outside for some sunshine and fresh air and watch them play... she just loves being outdoors watching them play – for her that's home... This would change a lot of families lives."

We look forward to sharing the progress of this exciting project with you throughout the year.

Thank you for your help to build a playground for kids at Flinders to help them feel better and recover sooner.



Zarli, 7 and Korbin Turley, 4 with their younger sister Addison (inset).