




The Institute

basil hetzel institute for translational health research

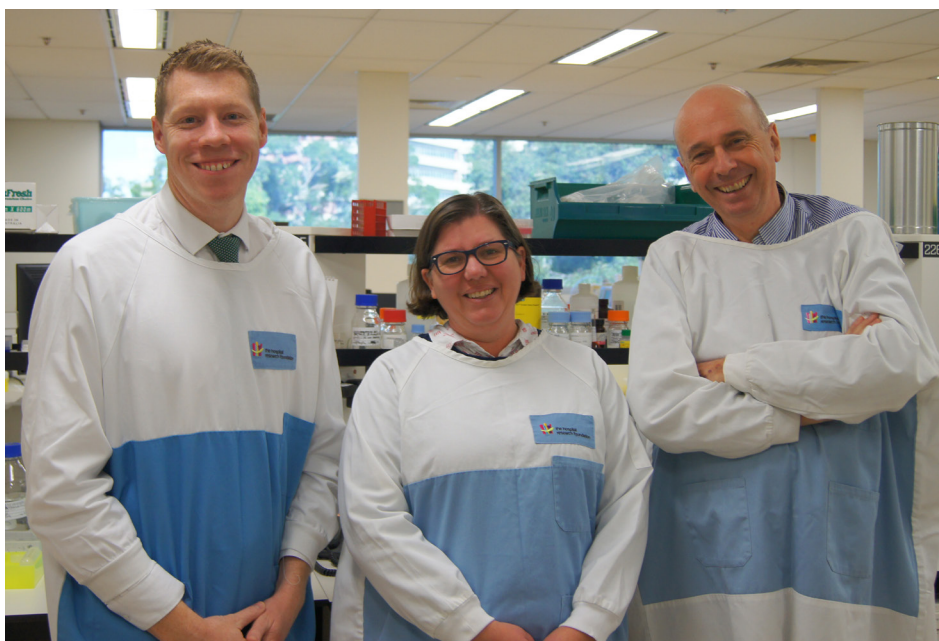
MONTHLY BULLETIN FOR TQEH RESEARCH COMMUNITY

WINNING NEWS

www.basilhetzelinstitute.com.au

Follow us 

New local MP, Mr Joe Szakacs, visits the BHI



L-R: Mr Joe Szakacs MP, Kathryn Hudson and Professor Guy Maddern

State Member of Parliament for Cheltenham, Mr Joe Szakacs MP, met with the Director of Research at The Queen Elizabeth Hospital, Professor Guy Maddern, on Wednesday 29th May. They have both had a long association with TQEH, having each been born at the hospital! Mr Szakacs attended local schools in the area, and has always lived in the area. As the new MP for the electorate which includes TQEH, Mr Szakacs requested a tour of the Basil Hetzel Institute after receiving the 2018 Research Report. The discussion between Professor Maddern and Mr Szakacs ranged from the translational nature of research at the BHI, the invaluable clinical-research interface at TQEH, our long association with The Hospital Research Foundation (formerly TQEH Foundation), future challenges facing researchers, and a bit of history about some of the great medical advances that have arisen at TQEH.

Mr Szakacs was elected to the South Australian House of Assembly at a by-election for the seat of Cheltenham in February 2019 following the retirement of former Premier Jay Weatherill. Prior to being elected as a politician he was the state secretary of SA Unions.

JUNE 2019

ISSUE 123

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BHI SEMINARS

BHI HDR Student Seminars

Tuesdays, 1-2pm

BHI Invited Speaker Seminar

Wednesday 5 June, 1-2pm

[Professor Stuart Brierley](#)

Visceral Pain Research Group
Flinders University

BHI Staff Seminars

Thursdays, 1-2pm

All seminars take place in the BHI
Ground Floor Seminar Rooms

UPCOMING EVENTS

BHI Off the Clock

Wednesday 26 June, 4pm

BHI Ground Floor Seminar Rooms

BHI Longest Table

Wednesday 24 July, 12:30pm

BHI Atrium

BHI HUB

From the BHI Facility Manager Kathryn Hudson

BHI Ground Floor
Phone ext: 27427
kathryn.hudson@sa.gov.au



The Basil Hetzel Institute has multiple reporting lines for researchers across multiple institutions, due to its strong links with the Hospital departments and the Universities. For this reason, we utilise a number of committees to provide leadership and guide the BHI.

BHI Policy Committee

Later in June a call for nominations to fill the scientist representative positions on the BHI Policy Committee will be made. The Policy committee oversees the budget, policy and strategic development of the BHI, and is chaired by the Director of Research at TQEH, Professor Guy Maddern. The BHI Policy committee is the umbrella committee to which all other TQEH Research Committees report to.

BHI Management Committee

The BHI Management Committee, chaired by Dr Rosanna Tavella, deals with more operational issues affecting The Institute. The BHI Management Committee is currently seeking student representatives to join the committee for the 2019-2020 financial year. The student reps provide a valuable perspective to the Management Committee and coordinate student networking events and other student initiatives. Please see page 6 of this edition for more information.

Representation on both these committees is vital to the BHI, so please consider nominating to ensure The Institute is functioning in the most efficient and productive way possible!

From the BHI Communications Officer Rebecca Anderson

BHI Ground Floor
Phone ext: 27345
rebecca.anderson@adelaide.edu.au
Work days: 9-3pm Tuesday - Thursday



It is great to be able to include some updates from BHI researchers who have received prizes and attended conferences, both national and international, in this edition of the BHI Winnng News. Please be sure to keep me up to date about where you are going and what you are doing!

I would also like to thank the outgoing BHI student reps Clementine, Joe and Sarah for reliably providing me with regular updates of their student networking activities throughout the 2018-2019 financial year.

NEWS

University of Adelaide Graduations

Congratulations to **Dr Vahid Atashgaran** (Breast Biology and Cancer Unit, supervisors: W Ingman, P Dasari, S Barry), **Dr Jae Murphy** (ENT Surgery, supervisors: PJ Womald, S Vreugde, A Psaltis), **Dr Chuks Ajaero** (Cardiovascular Pathophysiology and Therapeutics Group, supervisors: JD Horowitz, Y Chirkov) and **Dr Hasan Imam** (Cardiovascular Pathophysiology and Therapeutics Group, supervisors: JD Horowitz, M Arstall, A Chan, A McGavigan) and **Dr Zafar Usmani** (Clinical Practice Unit, supervisors: B Smith, AJ Esterman) on being awarded their PhDs at the May Graduation Ceremony at The University of Adelaide.



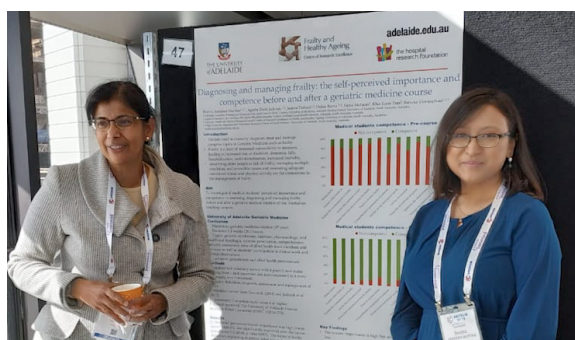
*Associate Professor Wendy Ingman
and Dr Vahid Atashgaran*

Virology Group Wins Prizes at ACH2 Conference



Congratulations to (left-right in photo) **Dr Makutiro Masavuli**, **Dr Zelalem Mekonnen** and **Dr Ashish Shrestha** for each being awarded a prize at the recent 14th Scientific Meeting of the Australian Centre for HIV and Hepatitis Virology Research (ACH2). The conference was held in the beautiful Lamington National Park in Queensland, on the border with New South Wales. Postdoctoral researcher Mak collected the Roche Young Achiever Award (value \$500). Zel, whose PhD was conferred recently, received the Chris Burrell HCV Travel Award (value \$4,000) and THRF Early Career Fellow Ashish received the BD Biosciences Travel Grant (value \$500). The Virology Group is led by Professor Eric Gowans and Dr Branka Grubor-Bauk.

ANZ Geriatric Medicine Annual Scientific Meeting



*Professor Renuka Visvanathan with PhD student
Dr Beatriz Martins*

From 13 - 15 May researchers and PhD students of the Centre of Research Excellence in Frailty and Healthy Ageing attended The Australian and New Zealand Society for Geriatric Medicine Annual Scientific Meeting 2019 held at the Adelaide Convention Centre.

Dr Beatriz Martins presented her research on "The self-perceived importance and competence of 5th year medical students in assessing, diagnosing and managing frailty before and after a geriatric medicine course" and **Dr Kareeann Khaw** presented on "Perioperative Haemoglobin and clinical outcomes in older people after hip fracture surgery". **Associate Professor Solomon Yu** chaired the Advanced Trainee

Presentation session. Lead researcher **Professor Renuka Visvanathan** attended the event and a number of collaborating researchers of the CRE in Frailty and Healthy Ageing presented their results during the event.

The conference reception and dinner, held at Adelaide Oval, were supported by The Hospital Research Foundation and were great networking opportunities for everyone who attended.

Digestive Diseases Week: San Diego, USA

Digestive Disease Week 2019 was held jointly in San Diego with the World Endoscopy Organisation Meeting. It is the largest gastroenterology meeting in the world and covers a broad range of topics. **Associate Professor Joanne Young** (Solid Tumour Group) attended this meeting to present her work on the association between type 2 diabetes and young onset bowel cancer, and to contribute to the forum on this condition, which is increasing but as yet has no apparent cause in 80% of cases.

Whilst at DDW, Joanne was also able to update her knowledge on serrated polyposis, a related condition which is responsible for 12% of young onset bowel cancer. As part of the South Australian Young Onset (SAYO) Colorectal Cancer Study, Joanne is working to identify the genetic change underlying serrated polyposis.



Welcome to Flinders University staff & students



Dr Biju Balakrishnan (Surgical Science Research Group) received his veterinary medical training and a masters training in immunology in India. After working with Ranbaxy on New Drug Discovery Research for two years, he moved to New Zealand, where he received his PhD in Molecular Medicine from the University of Auckland. Biju is currently working as a postdoctoral researcher on the “Study of bioactivity of Hengshan Astragalus Shiitake (HAS) as biological response modifiers in cancer therapy”, a project funded by Flinders University Innovation Partnership Seed Grant and Shanxi Yulongxiang agricultural development Co., Ltd. He will be working in close collaboration with researchers at Flinders University and the BHI to investigate the anticancer and immune functions of HAS on colorectal carcinoma and other cancers. BHI Level 1, biju.balakrishnan@flinders.edu.au



Taylor Woods (left) and **Vanessa Woelk** (right) are Honours Students at Flinders University whose supervisors Associate Professors Billingsley Kaambwa and Peter Speck collaborate with Dr Isuru Ranasinghe (Health Performance and Policy Research Unit). They will be using data acquired from the ORION Study (Observing Recurrent Incidence Outcomes following Hospitalization) to investigate atrial fibrillation and peripheral vascular disease patients respectively.

BHI Level 2

wood0302@flinders.edu.au

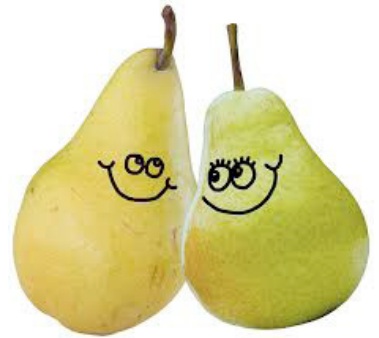
woel0005@flinders.edu.au

BHI Long Lunch Table "Make us HAPPY!"

Wednesday 24 July 2019

12:30pm, BHI Atrium

**Just bring a plate
and donate**



The Longest Table is back, and The BHI will be supporting The Hospital Research Foundation by holding a "BHI Long Lunch Table" on Wednesday July 24th at 12.30pm in the BHI atrium. Everyone is welcome!

This is our seventh year of supporting The Longest Table, and each year we have an amazing array of fabulous food. To attend all we ask is that you make a donation and bring something to share (we encourage savoury!). This year we ask you to bring a dish that makes you Happy! But there's no pressure, while there may be those preparing a complex recipe from home, for some of us we feel happy when enjoying some crusty bread from the bakery, or ordering a pizza to bring along!

Please make your donation via the following link: www.thelongesttable.com.au/table/bhi/ (or search for host "BHI Long lunch Table"). Your donation is 100% tax deductible and will go direct to THRF). Drinks will be supplied. Of course, if you are unable to attend the lunch, we would still welcome your donation. Last year over 50 people joined us and our Longest Tables have raised over \$9600 over the years, so we will definitely crack the \$10k mark this year.

To help create the online buzz – use #forkcancer in your tweets, posts and pics.

The "BHI long lunch table" is guaranteed to make you feel happy as you're enjoying the fabulous food AND supporting our friends at The Hospital Research Foundation. I hope you can attend this year. For more details contact Kathryn.hudson@sa.gov.au. And if you'd like to host your own Longest Table - register as described on p18 of this edition.



BHI STUDENT NEWS

BHI STUDENT REPS 2018-2019



Clementine Labrosciano (Level 2)
clementine.labrosciano@adelaide.edu.au



Sarah Bernhardt (Level 1)
sarah.bernhardt@adelaide.edu.au



Joe Wrin (Level 1)
joe.wrin@adelaide.edu.au

Call for Nominations

Clementine Labrosciano, Joe Wrin and Sarah Bernhardt's term as postgraduate student representatives on the BHI Management Committee will come to an end on 30 June 2019. At its recent meeting the Committee expressed its gratitude to them for their active and constructive role both on the Committee and in doing an amazing job organising and wholeheartedly supporting BHI social networking events in 2018-2019.

The BHI Management Committee is now seeking nominations for 3 postgraduate student representatives on the Committee for the 2019-2020 financial year from the ground, first and second levels of the research facility.

The Committee meets quarterly, normally on the second Wednesday of the month from 9.00 – 10.00am, in BHI Seminar Room 1.

The four meeting dates for 2019-2020 are listed below:

- Wednesday 14 August 2019;
- Wednesday 13 November 2019;
- Wednesday 12 February 2020;
- Wednesday 13 May 2020

If you are interested in being a representative, or know someone whom you think would represent the interests of postgrads at BHI, please let me know.

I look forward to receiving your nominations, please send me an email at:

Gwenda.graves@sa.gov.au by COB, Wednesday 19 June 2019.

June "Off the Clock"

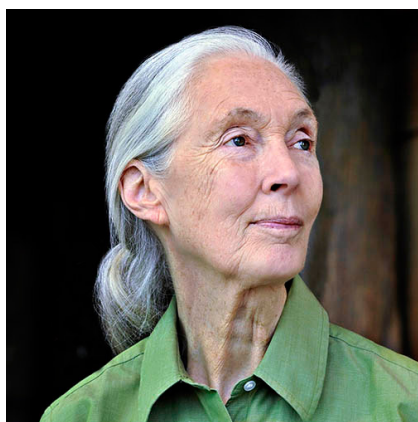
4pm Wednesday 26th June
BHI Ground floor seminar rooms
All BHI Staff and Students,
and THRF Staff are welcome to join us!

Mindfulness session

2pm every Wednesday
BHI Ground floor seminar rooms

At 2pm each week the BHI Student Reps will be running a short (10-15 minutes) guided mindfulness session - please feel free to join in.

“Rewind the Future” talk by Dr Jane Goodall



<https://www.janegoodall.org.au/>



Clementine Labrosciano (PhD Student, Translational Vascular Function Research Collaborative) won a ticket from Women in STEMM Australia (promoted by Adelaide Uni CaRST) to see Dr Jane Goodall’s show in Adelaide called “Think Goodall: Rewind the Future” on Tuesday 14th May 2019 at the Adelaide Convention Centre. Dr Goodall gave an inspirational lecture about her life, research of chimpanzees and the importance of being a woman in STEMM. A couple of Clementine’s favourite quotes from the session were: “We all have a role to play, even if we don’t know what it is yet”, and that “everyone can make a difference and together we can make a bigger difference”. The lecture was followed by a Q&A session hosted by Professor Alan Duffy.

Clementine said “It was such an amazing experience to hear the life stories of a woman who followed and achieved her dreams, and who embodies “the indomitable human spirit” and continues to inspire the next generation of female scientists. It was a truly unforgettable experience.”

Visualise your thesis and you could win \$1000

The [Visualise Your Thesis competition](#) celebrates research conducted by graduate research students around the world.

2019 will be the University of Adelaide’s first year participating in the competition. Developed by The University of Melbourne, graduate researchers are challenged to present their research in a 60 second, eye-catching digital display.

Submissions are judged on their visual impact and how well the content presents the research. Presenting in a digital format allows for different levels of creativity, multi-media, interactivity and interpretation, and is suitable for all disciplines.

Training and support will be available for all entrants to attend during the competition - [register your interest NOW](#) to learn about training opportunities. This competition officially opens on Monday 1 July.

The winner of the University of Adelaide Visualise Your Thesis competition will receive a prize of \$1000 and go on to compete in the International online showcase hosted by The University of Melbourne in the later part of 2019.

COMMUNITY ENGAGEMENT



Community Group Presentations

THRF are always looking for BHI researchers to present at community events. It is a wonderful opportunity for you to practice your public speaking skills, and present your work to a lay audience! If you are interested or would like some more information, please contact Brendan Hardman at THRF on 8244 1100 or bhardman@hospitalresearch.com.au

BHI Cardiology Laboratory says "thank you" to research volunteers



Emeritus Professor John Horowitz and his Cardiovascular Pathophysiology and Therapeutics Research Group held a patient information session, comprising a series of talks and a laboratory tour, on Thursday 9th May. The aim was to thank patients who had contributed to research in the areas of Takotsubo (broken heart) syndrome and coronary artery spasm and to also showcase evolving research into limiting heart damage associated with anti-cancer drug therapy and influenza.

Dr Ha Nguyen talked about advances in Takotsubo syndrome, a condition which usually occurs in post-menopausal women and is clinically characterised by chest pain precipitated by severe acute emotional stress. Our research has shown that Takotsubo syndrome is associated with extensive inflammatory oedema of the left ventricle, which resolves slowly over a period of at least 3 months. We are currently working on improving early diagnosis and a trial to accelerate recovery. **Dr Gao Ong** talked about the role of adrenaline in precipitating attacks of Takotsubo syndrome and the need to avoid the use of medications which might increase adrenaline levels.

Dr Yuliy Chirkov discussed research related to coronary artery spasm; a debilitating condition which is poorly understood, difficult to diagnose and is characterised by

episodes of prolonged chest pain, with no changes on ECG or standard blood tests. Our recent findings suggest the cause of coronary artery spasm may be related to a combined defect in biochemical regulation over blood vessel and platelet function and a marker of blood vessel damage may be useful as a screening test. Resolution of symptoms appears to be accelerated by combined use of N-acetyl cysteine and nitroglycerine.

Patients being treated for cancer or suffering from influenza, tend to develop heart failure which contributes to the risk of death, but as yet has not been subjected to extensive trials to identify best treatments. **Dr Saifei Liu** talked about her work to address this problem, starting with investigations in isolated human heart cells (grown in culture). Her work will extend towards monitoring markers of impaired heart function in susceptible patients and finally to trials of promising treatments.

Overall, the information session provided an insight into the research which helps to give patients a better quality of life.

Irene Stafford, Laboratory Manager/Research Officer

Dr Danielle Taylor: Monday 1 April 2019



On Monday 1st April **Dr Danielle Taylor** (THRF Mid Career Fellow, Adelaide G-TRAC Centre) gave a THRF community presentation to the Prospect chapter of The University of the Third Age (U3A). The title of her talk was “Geographic Perspectives to Promote Healthy Ageing”. **Dr Adrian Abdo** (Zinc and Cardiovascular Research Group) then led the group on a tour of the BHI laboratories.

Dr Nicky Thomas: Thursday 2 May 2019

Dr Nicky Thomas, Senior Research Fellow at the Basil Hetzel Institute for Translational Health Research (UniSA), was recently invited by The University of the Third Age to speak about his THRF-supported research on antibiotic resistance. His presentation entitled “The Good, the Bad and the Ugly: Fighting Antimicrobial Resistance” highlighted common misconceptions on bacterial infections, why antibiotics increasingly fail to cure infections and innovative ways to overcome antimicrobial resistance. “I was thrilled to see how engaged the U3A audience was and the many questions people had following my presentation and a vibrant Q&A session.”



Clementine Labrosciano: Wednesday 15 May 2019



Clementine Labrosciano (PhD student, Translational Vascular Function Research Collaborative) gave a community presentation to the Probus Tea Tree Gully group at the BHI about her research into patients returning to hospital after having a heart attack. Her talk was followed by a short tour of The Institute given by her and Kathryn Hudson.

Clementine said “It is always a privilege to be able to present my work to the community, because the community always teaches me something new and it is a reminder of why our research is so important.”

COMMUNITY ENGAGEMENT CONTINUED

Pint of Science Festival: May 20 - 22

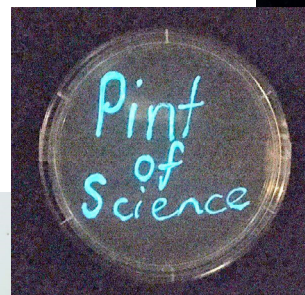


2019 has been an incredible year for Pint of Science, an annual festival bringing science to society in pubs around the world. In Australia, we sold over 8,600 tickets, coordinated 350 speakers in 54 venues across 19 cities.

For the first time, the Adelaide Pint of Science Festival expanded to an organising team of 21 volunteers, including BHI researchers **Laurine Kaul** and **Dr Katharina Richter** (Pint of Science South Australia coordinator). We made science accessible and understandable in 3 pubs: The Wheatsheaf Hotel, The British Hotel and the Rob Roy Hotel, and organised 18 local speakers (including **Dr Pallave Dasari**, Breast Biology and Cancer Unit) to enlighten the public about their fascinating research. Highlights were topics from finding cures, to space missions, to Twitter to predicting disease outbreaks, to glow-in-the-dark bacteria, and saving Aboriginal languages. On top, we brewed a purple beer that changed colour with pH!

Broad interest from the public and the media led to a Channel 9 News interview, an article in The Advertiser and sold out events. Curious? Come along to Pint of Science next year (11-13 May 2020)!

Dr Kati Richter



GENERAL INFORMATION

STATISTICIAN AT THE BHI

Suzanne Edwards works at the BHI on Tuesdays. She is available and can be consulted by TQEH/ The University of Adelaide Faculty of Health & Medical Sciences staff and research higher degree students. Support is limited to 15 hours on a per project basis.



Tuesdays
BHI Level 1
Room 1E.07
Phone: 8222 6679
suzanne.edwards@adelaide.edu.au

Suzanne Edwards
Statistical Consultant
Data, Design and Statistics
Services
Adelaide Health Technology
Assessment (AHTA)
School of Public Health
The University of Adelaide

Funding Opportunities



The Hospital Research Foundation Early and Mid Career Fellowships

THRF is pleased to invite applications for its 2019 Early and Mid Career Fellowship Grant Round.

Early Career Fellowships are designed to support medical researchers who have held their PhD or equivalent research doctorate for less than five years, allowing them to undertake high quality medical research.

For more information, please visit our website: <https://bit.ly/2XiCpMV>

Mid Career Fellowships are designed to support medical researchers who have held their PhD for 5-10 years, allowing them to undertake high quality medical research.

For more information, please visit our website: <https://bit.ly/2XiYATc>

The deadline for all applications has been extended to Sunday 9 June at 11:59pm ACST.

BHI Bulletin of Funding

The [BHI Bulletin of Funding](#), which can be found on the BHI website, is updated regularly by the CALHN Research Office.

TQEH Librarians

Every **Wednesday** a TQEH librarian (Anna or Rachel) visits the BHI (Room 1E.07). These librarians from the SA Health Library Service, The Queen Elizabeth Hospital campus, will be available to assist you with constructing suitable literature and database searches for your research and help you obtain relevant material. AutoAlerts can also be configured by library staff to automatically deliver the latest results from a saved database search directly to your preferred email account.

Please contact anna.holasek@sa.gov.au or rachel.davey@sa.gov.au to arrange a meeting with them at TQEH Library on level 5B of the main building. Alternatively, visit our website at <https://salus.sa.gov.au> to view our services and resources or use the quick online chat option to contact us. To access any of



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TQEH Research Secretariat Contact Details
Ground Floor, (DX465101)
Basil Hetzel Institute for Translational Health Research
The Queen Elizabeth Hospital
28 Woodville Rd, WOODVILLE SOUTH 5011
Phone: 08 8222 7836 Fax: 08 8222 7872
Email: gwenda.graves@sa.gov.au

GENERAL INFORMATION CONTINUED

Pre-review service for clinical research grants

All research studies, including grant funded research, require appropriate ethics and governance approvals before they can commence. Unlike the NHMRC, many funding bodies do not utilise a peer-review system as part of their grant funding rounds. This can lead to delays in researchers obtaining the post-award approvals that are required before they can start their projects. **The CALHN Research Office is offering pre-application scientific review of clinical human research projects by the CALHN HREC Chair, Mr Ian Tindall, with a view to facilitating efficient post-award approval processes.**

For further information and submission please contact the CALHN Research Office on Health.CALHNResearchEthics@sa.gov.au or call 7117 2230

CALHN Human Research Ethics Committee 2019 Submission and Meeting Dates for Applications

A list of all meeting dates can be found on the [BHI website](#)

Submission to site (sponsored studies)	Submission to HREC	CALHN HREC Meeting	Meeting Group
Friday 17 May	Monday 20 May	Thursday 13 June	B
Friday 31 May	Monday 3 June	Thursday 27 June	A
Friday 14 June	Monday 17 June	Thursday 18 July	B
Friday 5 July	Monday 8 July	Thursday 1 August	A

In 2019 there will be one submission date (and one meeting) each fortnight with the committee split into two meeting groups. Researchers can submit to either meeting group – a full NHMRC prescribed quorum will be present at all meetings. Above are the meeting dates and final dates for submissions of applications for Scientific and Ethical approval.

Any study which includes drug therapy is considered by the Investigational Drug Subcommittee (IDSC) the week prior to the CALHN HREC. Drug studies will be passed on to the CALHN HREC meeting. ALL HREC meetings will continue to be held on Thursdays at Roma Mitchell House, Level 3, 136 North Terrace, Adelaide, and NOT at the BHI, TQEH.

For more information please contact:

Investigational Drugs Subcommittee (IDSC) Mr Peter Siobodian or Dr Ada Lam Executive Officer, Specialist Pharmacist Phone: (08) 7074 1430 or (08) 7074 1150 peter.siobodian@sa.gov.au ada.lam@sa.gov.au	CALHN Human Research Ethics Committee (HREC) Ms Lisa Barrie CALHN HREC Level 3, Roma Mitchell House Phone: (08) 7117 2229 or (08) 8222 6841 Health.CALHNResearchEthics@sa.gov.au
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CALHN Animal Ethics Committee

Further information: John Finnie, SA Pathology/CALHN AEC Committee SAPathologyAEC@sa.gov.au

WORK, HEALTH & SAFETY

Safe Lifting

We all move or carry heavy weights at times, including computers, equipment, jerry cans, animal cages, sheep etc so we should be mindful of safe manual handling practices. This information was obtained from the SafeWorkSA Website (<http://www.safework.sa.gov.au/>).

Q: What is a safe weight to lift or carry?

A: South Australian OHS law does not specify an exact 'safe' weight limit to lift or carry. Most jobs involve some manual tasks and while not all manual tasks are hazardous, almost half of all workplace injuries occur as a result of these activities. The level of risk for manual tasks depends on how the load is handled. For example, a 10kg load held close to the body and transferred at waist height from a stack to a bench, poses less risk than the same load lifted from floor to shoulder height. As a general rule, the heavier the load, the greater the force required to handle it. The more bent, twisted, uncomfortable or sustained the posture: the greater the risk of injury.



Follow these tips from Alberta Health to avoid compressing the spinal discs or straining your lower back when you are lifting:

- Keep a wide base of support. Your feet should be shoulder-width apart, with one foot slightly ahead of the other (karate stance).
- Squat down, bending at the hips and knees only. If needed, put one knee to the floor and your other knee in front of you, bent at a right angle (half kneeling).
- Keep good posture. Look straight ahead, and keep your back straight, your chest out, and your shoulders back. This helps keep your upper back straight while having a slight arch in your lower back.
- Slowly lift by straightening your hips and knees (not your back). Keep your back straight, and don't twist as you lift.
- Hold the load as close to your body as possible, at the level of your belly button.
- Use your feet to change direction, taking small steps.
- Lead with your hips as you change direction. Keep your shoulders in line with your hips as you move.
- Set down your load carefully, squatting with the knees and hips only.

Keep in mind:

- Do not attempt to lift by bending forward. Bend your hips and knees to squat down to your load, keep it close to your body, and straighten your legs to lift.
- Never lift a heavy object above shoulder level.
- Avoid turning or twisting your body while lifting or holding a heavy object.

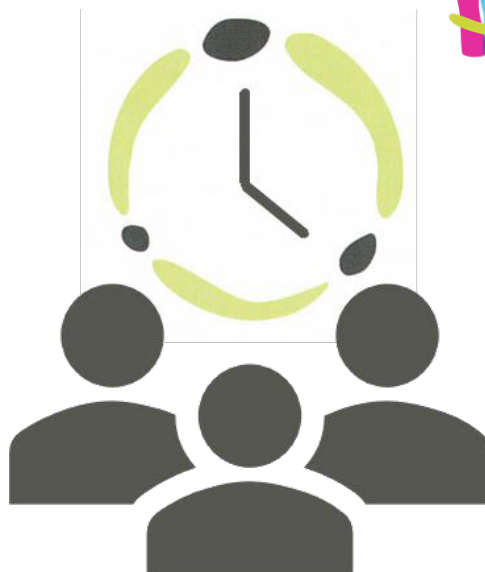
UPCOMING EVENTS



The Institute
basil hetzel institute for translational health research



**the hospital
research foundation**
finding cures improving care



BHI Off the Clock

Wednesday 26th June 2019

from 4pm

BHI Ground Floor Seminar Rooms

- For all staff, students & supervisors
- Meet informally & build relationships
- Casual networking/social environment
- Extended invitation to THRF to discuss potential media exposure with new researchers
- Pizza and drinks provided

Kindly supported by THRF



UPCOMING EVENTS CONTINUED



The Institute

basil hetzel institute for translational health research

SAVE THE DATES

TQEH Research Expo

Thursday 10 & Friday 11 October 2019

Ground Floor, Basil Hetzel Institute, 37a Woodville Road, Woodville



2018 Award Presentation

TQEH Research Expo is for researchers in training and is open to:

- Honours, Masters and PhD candidates based at the BHI, TQEH, and
- Clinical Trainees at TQEH

Abstract submission will open on Wednesday 26 June and close on Monday 12 August. Following abstract submissions and initial judging, speakers will either present a poster (Thursday 10th) or an oral presentation (Friday 11th).

Enquiries to: Dr Prue Cowled

Interim Chair, TQEH Research Expo

Organising Committee

(08) 8222 7541

prue.cowled@adelaide.edu.au

www.basilhetzelinstitute.com.au

www.facebook.com/basilhetzelinstitute

Major Sponsors



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THE UNIVERSITY
of ADELAIDE



University of
South Australia

PUBLICATIONS

If you wish to have a recent publication included, please send details to the BHI Communications Officer
rebecca.anderson@adelaide.edu.au

Shrestha AC, Wijesundara DK, Masavuli MG, Mekonnen ZA, Gowans EJ, Grubor-Bauk B. Cytolytic Perforin as an Adjuvant to Enhance the Immunogenicity of DNA Vaccines. *Vaccines*. 2019;7(2):38. <https://www.mdpi.com/2076-393X/7/2/38>.

Wardill H, Secombe K, Bryant R, Hazenberg M, Costello S. Adjunctive fecal microbiota transplantation in supportive oncology: Emerging indications and considerations in immunocompromised patients. *EBioMedicine*. 2019 Mar 30. pii: S2352-3964(19)30215-4. doi.org/10.1016/j.ebiom.2019.03.070.

Chan F, Lester S, Whittle S, Hill C. The utility of ESR, CRP and platelets in the diagnosis of GCA. *BMC Rheumatology*. 3:14, 2019.

Hummel R, Ha N, Lord A, Trochsler M, Maddern G, Kanhere H. Centralisation of oesophagectomy in Australia: is only caseload critical? *Australian Health Review*. 43(1):15-20, 2019 Feb.

Inacio M, Visvanathan R, Lang C, Amare A, Harrison S, Wesselingh S. Pain in older Australians seeking aged care services: Findings from the Registry of Older South Australians (ROSA). *Journal of the American Medical Directors Association*. 2019 Mar 6. pii: S1525-8610(19)30154-9. doi: 10.1016/j.jamda.2019.01.127. [Epub ahead of print].

Mehta P, Beltrame J. Myocardial infarction with non-obstructive coronary arteries: a humbling diagnosis in 2018. *Heart*. 105(7):506-507, 2019 Apr.

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One Million Reasons to Fork Cancer



Our 2019 TLT Ambassadors are ready to #forkcancer!

The Hospital Research Foundation's (THRF) annual cancer fundraiser The Longest Table is back!

Get together with friends and family for a night of food, fun, friendship and fundraising to help raise funds towards lifesaving cancer research.

Since 2013, The Longest Table has raised over \$900,000 towards cancer research. This year, you can help us reach \$1 MILLION to save lives!

This year's official date to host your event is Saturday 27 July, but you can host an event any time until the end of August.

Back for a third year in a row, Hayley and Lauren from Adelady are motivated to raise even more funds towards stopping the heartbreak of cancer.

Both of their loving mothers were diagnosed with breast cancer, and thankfully it was a positive outcome for both families, however Hayley and Lauren know this isn't the same outcome for all women and their families.

"Even though she's had the all clear, the thought of losing someone you love so much from cancer is horrendous," Hayley said.

Lauren agreed: "Like so many other people, I've lost so many family and friends to cancer and it shouldn't be happening."

Hayley and Lauren are aiming to beat their record of \$37,000 raised through their Longest Table event last year.

[Register](#) your Longest Table today and join the fight to #forkcancer!

2019/20 Entertainment Books Available

Winter is coming! With the cold weather setting in, it can be hard to think of entertaining activities – but you'll have plenty of hot options with an Entertainment Book! Purchase your membership today for just \$70 for a season of fun, food and family activities with each purchase supporting THRF. The Entertainment books are available at our office, just down the road, located at 60 Woodville Road, Woodville.



Thank you for Joining the Fight!

Thank you to those who purchased tickets on our Hospital Research Home Lottery!

Sue Lange received a lifechanging phone call on Friday 31 May to say she had won the Grand Prize of the fully-furnished, Scott Salisbury home at Glenelg North plus \$1 MILLION cash! Watch the video of the call via this [link](#).

Your support enables THRF to continue the fight of our lives by funding vital medical research and patient care initiatives towards the BHI for over 40 different areas of healthcare within South Australia!

Most importantly, you are helping to ensure your loved ones receive the very best of care, informed by the latest research!

If you missed out on purchasing a ticket, you can register as a member so you never miss out!



Sue Lange (far right) couldn't believe she had won the lifechanging Home Lottery Grand Prize!



THRF is now on Instagram!

You may have seen that THRF is now on Instagram!

Follow us at www.instagram.com/hospitalresearch to keep up the date with current research, events and information!

Develop your Media Skills through Community Radio!

Do you ever find yourself thinking what it would be like to be interviewed on radio? All you have to do is ask! THRF has a regular segment on community radio station Coast FM, occurring on the first Thursday of every month at 11am. This is a great way for you to practice speaking about your research to a very engaged and interested lay audience!

You will be interviewed by the lovely radio presenter Dave Hearn who will make you feel very comfortable and at ease.

If you are interested in sharing your research on radio, get in touch with Sarah from THRF's Communications team, squartuccio@hospitalresearch.com.au.