

World's most advanced equipment for attacking cancer ahead of schedule

The Ingham Institute's flagship cancer program achieved a breakthrough in the fight against cancer with the first-ever HUMAN images taken by our MRI-Linac machine.

In 2015, more than 131,000 cancer patients presented for treatment in South Western Sydney. More than half of these patients needed treatment for tumours, including radiation and surgery.

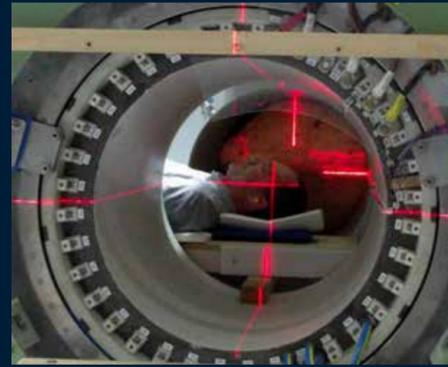
The Institute's MRI-Linac will offer patients image-guided radiation therapy to pinpoint and target the tumours without affecting healthy tissues; a never been done before approach of we 'see what we treat' and 'treat what we see'.

The MRI-Linac is a combination of a Linear Accelerator (Linac), generating X-rays that kill tumours, and an MRI scanner. This allows researchers to view tumours amongst organs and tissues and track their change in location during treatment caused by movements such as breathing or swallowing.

The FIRST human image was taken in April, with the Institute's very own Associate Professor Gary Liney as the test subject. The successful image taken of A/Prof Liney's brain paves the way for the first patient treatment trial.

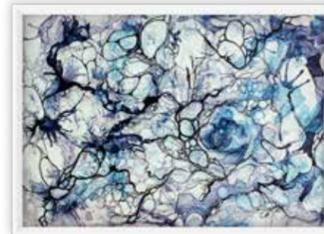
There are only four centres developing MRI-Linac machines in the world and one is based here in South West Sydney.

If you would like to tour our facility and see for yourself how we are working towards changing cancer treatment on a global scale, contact the Institute on 1300 66 55 41.



See Cancer in a New Light

LIMITED EDITION ARTWORKS FROM ONLY \$99



A unique collaboration between internationally-recognised Australian artist Celeste Wrona and the 3D Microscopy research group at the Ingham Institute has resulted in the creation of a limited number of stunning artworks available only through the Institute.

Based on cellular images taken with the Institute's 3D Electron Microscope (affectionately known as "Merlin"), these images depict cancer in a way never seen before. The images represent the relatively unexplored nano-world of human cells as they battle cancer within the body.

Buy your prints here: www.inghaminstitute.org.au/content/cancer-new-light

Donation Form



Help support the life changing work of the Ingham Institute doctors and scientists.

How to donate

Call us on 1300 66 55 41 from Monday to Friday

OR Return this coupon to the Ingham Institute at 1 Campbell Street, Liverpool NSW 2170

OR Fax us on (02) 9602 3221

(The Ingham Institute is a registered charity. Donations of \$2 or more are tax deductible).

My donation is:

- To support vital medical research
- In support of _____
- In memory of _____

Payment Options

- Cheque / Money Order (made payable to Ingham Institute) Debit my credit card: Visa Mastercard Amex

Please accept my donation of:

- 200 100 50 20 Other _____

CVV(Card Verification Value) _____ Expiry Date ____/____/____

Name (on card) _____ Signature _____

Please send my donation receipt to:

Name: _____

Address: _____

Phone: _____

Email: _____

- Please contact me about including the Ingham Institute in my will.
- I would like to organise or participate in a fundraising event to support the Ingham Institute.
- I would like to arrange a tour of the Ingham Institute's facilities.

All donations made to the Ingham Institute are allocated 100% to medical research.



InSIGHTS

Edition 2, 2017



Associate Professor Justine Naylor co-leader of the Ingham Institute Orthopedic Research team.

Knee replacements are one of the top 10 elective surgeries in Australia, with more than 50,000 performed annually. Following surgery, the average cost of a two-week recovery in hospital for a knee replacement is more than \$9000 for the average private-paying patient.

The Orthopedic Research team at the Ingham Institute performs research into all aspects of the patient journey; from injury treatment through to recovery. Our team works across Liverpool and Fairfield Hospitals and is closely linked to South Western Sydney Clinical School of University of NSW. This team conducts clinical research where the people are – in hospitals and in the community – dedicated to improving their health outcomes.

Associate Professor Justine Naylor from the Ingham Institute's Orthopedic Surgery research team recently completed a three-year study to observe the recovery process between inpatient rehabilitation and patients on a monitored home program. 165 knee replacement patients across South West Sydney took part in the study.

The study observed no significant recovery differences between the patients at 10, 26 and 52 weeks after

surgery. One of the comparisons included no significant difference in the six-minute walk test, patient-reported pain and function, or quality of life.

The Ingham Institute is founded by the community for the community. All of the Institute's research has a translational focus, where results from clinical research and laboratories transform into direct health care benefits.

"If we can identify care that is, and is not, good value, we can help reduce pressure on private health insurance premiums and the public system at the same time," A/Prof Naylor said.

Private-paying patients are the main demographic targeted for inpatient rehab, a move that is said to add to the increasing pressure on insurance premiums.

Our award-winning researchers like A/Prof Naylor rely on grants and public support to continue their work into research that directly improves the lives of patients in their everyday environments.

If you would like to contribute to research that creates medical advancements in South West Sydney and beyond, you can show your support here:

www.inghaminstitute.org.au/content/donate-now

In Partner With "Local builder, local heart, local scholarships"



Nikhil Autar

Coronation Property is investing in the future of South West Sydney – in Liverpool's infrastructure, heritage and people.

Their corporate donation has provided scholarship opportunities for students Nikhil Autar and Sanjoy Mukerjee to contribute not only to the field of medical research, but to also address the health outcomes of the local and greater community.

Nikhil Autar from Western Sydney University is a leukemia survivor himself. Nikhil is extremely passionate about personalised and targeted treatment of cancer. He joined the Institute's Circulating Tumour Cell (CTC) team who are working on the development of a blood test that will allow clinicians to monitor the effectiveness of cancer treatment for each individual patient.

Sanjoy Mukerjee, a medical student from the University of New South Wales, works under the guidance of Professor Nicholas Shakel, Head of the Gastroenterology and Liver Disease Group at the Ingham Institute. Part of his research will include a study of chronic viral hepatitis patients at four, eight and 12 weeks of treatment.

The Ingham Institute is extremely grateful for business leaders like Coronation Property and we welcome other businesses, local and beyond, to visit the Institute, meet with our researchers and learn about our health projects. Get a first-hand experience on how our corporate partners have helped our dedicated researchers and students team up with our research teams to discover better treatments.



Sanjoy Mukerjee

100% of funds raised goes towards medical research.
Because of you, our research continues.

Inspiring health. Transforming care.

Founded by the community, for the community, the Institute
welcomes you to visit us and meet our researchers.

Inspiring Supporters



The Ingham Institute is a not-for-profit organisation. Thanks to the support and generosity of community members, our researchers can continue their vital work improving and saving lives.

Debb Meyer of Narellan Pools (pictured on the far left of the bottom photo) is a long-time supporter of the Ingham Institute. Debb and her team have been the Hope sponsor of the Institute's annual luncheon since its inception in 2012. Narellan Pools have contributed \$40,000 to medical research projects across many areas, such as diabetes, mental health and the cutting-edge blood test that determines the effectiveness of treatment in cancer patients.

Any contribution, big or small, makes an incredible impact. The Institute team is very grateful to community members who share the vision for medical advancements for the health and well-being of their society.

"We are privileged to be in the position to be able to make a difference to people's lives," Debb said. "The medical research conducted at the Ingham Institute can affect so many, not only worldwide but also our nearest and dearest. It is wonderful to have the Institute as a part of our local community. They are serving for the greater good and we are lucky we can help support them change the future of medicine."

There are many ways you, your family, friends and workplace can get involved, from events, workplace giving, In Memory or In Celebration donations - 100% of funds raised go towards world-class community-driven medical research.

Find out about our upcoming events on page 3 or visit www.inghaminstitute.org.au/events

Become an
Inspiring Supporter
and make a real
difference today.

If you or your workplace would like to raise funds towards medical research, you can register at www.good2give.ngo and nominate the **Ingham Institute** for Applied Medical Research.



In the News

2017 NSW YOUNG WOMAN OF THE YEAR FINALIST

Maysaa Daher is one of the many young achievers here at the Institute who are making a difference and transforming care in the community. As part of our Brain Injury and Rehabilitation team, her particular focus is on resilience in family members caring for a relative with traumatic brain injury. Maysaa is steering the Vocational Intervention Program, a state-wide return-to-work pilot program for people who have had brain injuries. The Vocational Intervention Program is the first program of its kind in NSW.



PLASTIC VS PLASTER

Major trial could change the way we fix broken bones.

The trial is being led by Professor Ian Harris, who heads up the Institute's Orthopedic Research team, and is designed to inform clinical recommendations and practice guidelines about treatment options for wrist fractures in the elderly. Up to 500 patients from hospitals across Australia and New Zealand will be recruited to compare two common treatment methods. The first method is surgery, which involves using plates and screws to immobilise the broken joint. The second method being trialled is plaster, which utilises a non-surgical treatment to achieve mobility.

Prof Ian Harris has written a book titled, 'Surgery, The Ultimate Placebo.' You can purchase it directly through our website www.inghaminstitute.org.au

GP UNIT – OUR TEAM OF RESIDENT GPs PROVIDES INSIGHTS TO ALL YOUR FAQs!

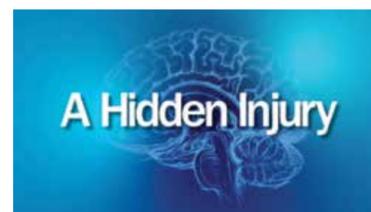
The General Practice Unit at the Institute is a teaching practice of the UNSW School of Public Health and Community Medicine and South West Sydney Local Health District. The priority areas of the unit include chronic disease management with a focus on diabetes, CVD and asthma/COPD.

Stay tuned to 2UE's Lifestyle Segment for regular appearances from the team in our GP Unit.

A HIDDEN (BRAIN) INJURY

Over 700,000 Australians have a brain injury and some estimates suggest the cost of looking after someone with a brain injury for their lifetime can be up to \$5 million. Associate Professor Simpson joined the SBS Insights panel to explore what acquired brain injuries can mean for caregivers.

"The brain is such a complex organ and so it depends what parts of the brain are damaged, it depends on the type of damage that occurs and how much recovery the brain can make." A/Prof Grahame Simpson, Brain Injury and Rehabilitation Group, Ingham Institute.



Upcoming Events

Forest Lawn Memorial Park Annual Fun Run/Walk

27 AUG
10:00am

Date: Sunday 27 August 2017
Time: 10:00am
Venue: Forest Lawn Cemetery, Camden Valley Way, Leppington NSW 2179

Put on your running shoes and join us at Forest Lawn Memorial Park's annual Fun Run/Walk to support medical research for the local community.

Participants can run competitively or walk leisurely for the unified goal of a disease-free community. There will also be a sausage sizzle, cake stall, face painting, jumping castle, rides and raffles as well as a memorial service for people taking part in memory of a loved one.

\$10 for individuals or \$45 per team (six people per team). To register please call the Institute on 1300 66 55 41.



In Memory Wall

29 AUG
6.30pm

Located within our main research laboratory, our In Memory wall features the names of those whose final act was to help progress medical research to benefit others. The official launch of the Ingham Institute's In Memory wall will recognise the generosity of those who have contributed so far.

Date: Tuesday 29 August 2017
Time: 6:30pm
Venue: Ingham Institute, 1 Campbell Street, Liverpool NSW 2170

This is an open event for family and friends who would like to visit and honour the final, generous act of their loved one, and also to community members who would like to see how simply requesting for donations in lieu of flowers at a funeral allows our researchers to continue their work.



FREE
TOURS

To book a FREE tour
or to join an event,

contact: 1300 66 55 41 or
events@inghaminstitute.org.au