Hear the experts debate prostate cancer screening

Do you know someone living with prostate cancer? Statistically, it’s likely that you do, given that the risk of a man developing prostate cancer before the age of 85 in Australia is around one in five.

The risk of developing prostate cancer increases with age, and there are hopes that early detection and treatment could improve prostate cancer survival. So this year, for one of our signature public events, Menzies has invited an expert panel to debate the proposition That all men aged 50-69 years should have annual prostate cancer screening with a PSA test.

PSA (prostate-specific antigen) testing is acknowledged as an important part of the prostate cancer diagnostic process. With Australia’s ageing population each year the number of men diagnosed with prostate cancer increases. In 2020, an estimated 25,310 men are expected to be diagnosed. PSA testing can be done by the GP in their surgery and early prostate cancer detection may mean better treatment options with fewer side effects.

On the other hand, the PSA test is not accurate enough to distinguish potentially fatal cancers from less aggressive ones. No screening test is perfect – the worst case is that PSA may miss harmful cancers while detecting countless less malignant ones. What about the financial cost of screening on this scale, and the impact on access to GPs? How does the discussion change depending on the patient’s age?

Menzies has assembled a great line-up of debaters from Tasmania and interstate, and the event will be moderated by ABC Science personality Bernie Hobbs. Two teams of three will go to battle, representing the fields of cancer research, general practice, population health, urology practice and patient advocacy. Come along on August 20, hear what the experts have to say and ask your own questions.

SEE OUR EVENTS SECTION INSIDE FOR DETAILS

Students in global spotlight

Two Menzies PhD students are among about 500 worldwide to be recognised by the Chinese government for outstanding academic achievement. Lei Si (second from right) and Xingzhong Jin (second from left) have each received the Chinese Government Award for Outstanding Self-Financed Students Abroad. They are pictured with supervisors Professors Andrew Palmer (left) and Professor Changhai Ding (right), and the Consul-General of China, Mr Yumin Song (centre).

I think it is right to say that most of our staff at Menzies love their work and the time we spend here is more than a job. I mention this because there are a number of examples of giving that come from within the Institute. Professor Greg Woods, who is now working on developing a vaccine against the Devil Facial Tumour Disease, has devoted 30 years to medical research. This search is highly complex and the path forward is incremental, but Greg is sustained by the fact that he believes in the work and still finds it fascinating. Greg has also given a huge amount through teaching and communicating his research to the community, and this was acknowledged recently with his award from the Tasmanian branch of the Australian Society for Medical Research.

The same extra service combined with research success is taken into consideration when scientists are admitted as Members of the Institute, which happened recently with Associate Professor Kathryn Burdon and Dr Seana Gall. We also see a selflessness every day through the work of our volunteers at Menzies. Their work underlines one of the secrets of our success – our teamwork, both within the Institute and in concert with you, the community.

Regards,

Professor Tom Marwick
Director

Breast cancer research receives a boost with $70,000 donation

Menzies’ research into secondary breast cancer has received a $70,000 boost thanks to the generosity and hard work of all those who organised, attended and donated to the Seconds Count Gala Ball.

Funds raised by the Seconds Count Gala Ball will enable Menzies to establish a dedicated research program to better understand cancer and explore ways to mitigate its impact.

The leader of the Cancer, Genetics and Immunology research theme at Menzies, Associate Professor Jo Dickinson, said the ultimate research aim in this area was to find new therapies to treat secondary cancers with the view to better managing this stage of the disease, which is frequently terminal.

“This additional funding will make an enormous difference to the time, resources and efforts we can put towards understanding and combating secondary cancer,” Associate Professor Dickinson said.

The Seconds Count Gala Ball was held at Wrest Point Casino on April 18 and was generously supported by numerous individuals and businesses.

Organiser Kim Upton said the willingness and endeavours of so many to make the event such a huge success by helping out, donating or custom-making items was overwhelming.

Mr Dick Warner, husband of Her Excellency Professor the Honourable Kate Warner, AM, Governor of Tasmania, with Seconds Count organiser Nicole Tyson and the Menzies Institute Advancement Manager, Teisha Archer, at the Seconds Count Gala Ball.

“The truth is, everyone is affected by cancer in some way, shape or form and it touches people’s lives very deeply. The idea that we can make a difference to the quality or longevity of life of those diagnosed with metastatic cancer is our ultimate aim and with the help of Menzies we think this can be achieved.”

The Seconds Count Gala Ball was inspired by Kim’s former teammate and well-known local basketball identity Andree Greenwood, who was diagnosed with secondary breast cancer last May and is undergoing treatment.

Further donations can still be made through secondscountgalaball.com.au.
In June we gathered for the annual Scholarships Morning Tea, where Menzies celebrates and thanks the people and organisations who donate scholarships that significantly boost our Honours and PhD enrolment.

Donors were able to catch up with the students they are assisting and their supervisors, who are crucial in nurturing the next generation of internationally respected medical researchers and health professionals.

In welcoming and thanking the scholarship donors, Menzies Deputy Director Associate Professor Tracey Dickson pointed out that students play a pivotal role in our research at Menzies. The Institute currently has more than 90 PhD and Honours students, supervised by 60 academics whose research is concentrated on the diseases that have most impact on the Tasmanian community.

Six new Honours scholarships and one new PhD scholarship have been established in 2015, bringing the total number of students on donor-supported scholarships to 15 for Honours and 15 for PhDs. The value of donor funded scholarships has grown to a commitment of almost $400,000 annually.

“We know that this is no small commitment from our donors and we want to assure you that the gift you are making is truly transformative,” Associate Professor Dickson said.

**Honours Scholarships**

- Cuthbertson Family Honours Scholarship for Cancer Research – Kelsie Raspin
- Diagnostic Services Honours Scholarship for Medical Research – Elise Yeaman
- Doctors Tasmania Scholarship in Primary Care Research – Janan Sykes
- Dr Eric Guiler Tasmanian Devil Honours Scholarship – Vit Na Kim and Rhys Rumley
- Groom Kennedy Honours Scholarship in Medical Research – Larissa Bartlett
- The Heart Foundation/Menzies Institute for Medical Research Honours Scholarships – Lydia Birch, Phillip Cook, Brooklyn Fraser and Henry West
- Helene Matterson Medical Research Scholarship – Christopher Small
- Menzies Institute for Medical Research Honours Scholarships (donor funded) – Olivia Swann
- Moonah Navy Club Scholarship in Medical Research – Johanna Jones
- Morrell Family Trust Scholarship for Medical Research – Loic Auderset

**PhD Scholarships**

- Broadreach Elite Research Scholarship – Dean Picone
- Diabetes Tasmania / Select Foundation Elite Research Scholarship – Sarah Blackwood
- Farrell Foundation Scholarship in Cardiovascular Health and Diseases Research – Ricardo Fonseca
- Hobart Cancer Auxiliary Elite Scholarship in Medical Research – Emma Cazaly
- Masonic Centenary Medical Research Foundation – Motor Neuron Disease Research Association Doctoral Scholarships – Rosie Clark and Jayden Clark
- Merle Weaver Postgraduate Scholarship – Hoang Thi Kim Phan, Le Bao Chau Ho, Nga Tran and Thi Tuong Van Nguyen
- Pennicott Foundation Elite Research Scholarship – Sionne Lucas
- Staples Australia Konica Minolta Elite Research Scholarship – April Jankiewicz
- Tasmanian Devil Elite Research Scholarship – Amanda Patchett and Ruth Pye
- Masonic Centenary Medical Research Foundation/ Motor Neuron Disease Research Association Doctoral Scholarships – Jayden Clark and Rosie Clark

We are also currently seeking worthy recipients for the following scholarships which are currently unawarded:

**Honours Scholarships**

- Doctors Tasmania Scholarship in Primary Care Research (1 awarded, 1 un-awarded)
- E. Alan Jones Scholarship in Medical Research
- Patricia F Gordon Scholarship in Medical Research

**PhD Scholarships**

- Ashdown Family Elite Scholarship in Medical Research
- Cuthbertson Family Scholarship for Cancer Research
- Farrell Foundation Elite Scholarship in Medical Research
- Farrell Foundation Scholarship in Musculoskeletal Research
You have recently returned to Menzies … Where have you come from?

I am a proud Tasmanian who worked clinically as a physiotherapist in the areas of gerontology and neurology before embarking on a research career. After completing a PhD at Menzies in 2010, I worked at Monash University, where I examined the effect of brain ageing on mobility and falls in older people. I was awarded a five-year Select Foundation Fellowship at the end of last year, allowing me to return to the Menzies to set up a Menzies research program and also work at the Royal Hobart Hospital.

What is the current focus of your research?

The overarching theme of my research is the promotion of successful brain ageing. I am interested in the effects of disease and ageing on mobility, cognition and falls in older people. One of my projects is a clinical trial examining the influence of exercise on reducing the risk of dementia in people with type 2 diabetes. I also investigate factors that influence activity levels after stroke and novel ways to increase activity and exercise in this population.

What are some of the recent findings from your work?

In a Menzies study, we found that slowing of walking over two to three years is most strongly linked to a decline in the ability to plan and organise activities. I have also been investigating with international researchers the link between cognitive function and mobility. We found that a simple test of walking speed appears to be an early indicator of cognitive impairment and dementia. We recommend that a walking assessment be part of a health check-up.

What are the biggest challenges in your area of research?

I would say job security and funding for projects. I was fortunate to recently secure a five-year position at Menzies. Now the challenge is to get funding for future projects to improve the quality of life and independence of older people.

What is the most interesting aspect of your work?

My research work is linked to my work as a physiotherapist. If I have a clinical question, I can go and investigate it through research. Working with a wide range of enthusiastic and motivated people has broadened my knowledge and the scope of my research. What other job lets you investigate topics you are passionate about?

PASSIVE SMOKING

Passive smoking greatly increases the risk of a child developing poor cardiovascular health in adulthood. The outcome, highlighted in new Menzies research, demonstrates that respiratory illnesses are not the only long-term health threat to children from passive smoking. The study showed that children exposed to parental smoking were about twice as likely as those whose parents did not smoke to have plaque in their carotid artery 26 years later. Arterial plaque is linked to heart disease.

The research, led by Dr Costan Magnussen and Henry West, a Menzies Honours student, was published earlier this year in Circulation, a journal of the American Heart Association.

MENZIES RESEARCHER PROFILE

Researcher profile: Dr Michele Callisaya

The overarching theme of my research is the promotion of successful brain ageing. I am interested in the effects of disease and ageing on mobility, cognition and falls in older people. One of my projects is a clinical trial examining the influence of exercise on reducing the risk of dementia in people with type 2 diabetes. I also investigate factors that influence activity levels after stroke and novel ways to increase activity and exercise in this population.

The research, led by Dr Costan Magnussen and Henry West, a Menzies Honours student, was published earlier this year in Circulation, a journal of the American Heart Association.

TOP TEN TIPS for a long and healthy life.

- Build at least 30 minutes of exercise into your daily life.
- Eat wisely, always include breakfast and watch portion sizes.
- Do something intellectually stimulating every day.
- Know the signs of poor mental health and act on them.
- See your GP for regular screening and, where recommended, vaccinations.
- Be active (and sun smart) outdoors.
- Try to avoid breathing polluted air.
- Limit alcohol.
- Be safety conscious.
- Start today.

PASSIVE SMOKING

Passive smoking greatly increases the risk of a child developing poor cardiovascular health in adulthood. The outcome, highlighted in new Menzies research, demonstrates that respiratory illnesses are not the only long-term health threat to children from passive smoking. The study showed that children exposed to parental smoking were about twice as likely as those whose parents did not smoke to have plaque in their carotid artery 26 years later. Arterial plaque is linked to heart disease.

The research, led by Dr Costan Magnussen and Henry West, a Menzies Honours student, was published earlier this year in Circulation, a journal of the American Heart Association.
LIFE AT 125:
Redefining ageing in the 21st Century – A public discussion for the University of Tasmania 125 Welcome Home Week

If health care is based on maintaining good health to increase life expectancy, how do we maintain the quality of that longer life? What are the expectations of the new elderly, and are there new models of care that we can provide? Come and have your questions answered – this is a Q&A event presented by the Menzies Institute for Medical Research and the Faculty of Health

When: Wednesday 2 September, 2015
Time: Panel discussion: 6-7pm,
Drinks and canapes: 7-8pm

PROFESSOR GREG WOODS
– THE DEVIL MADE ME DO IT

University of Tasmania 125 Welcome Home Week

When: Tuesday 1 September, 2015
Time: Seminar with question time 6pm-7pm
Refreshments 7pm-7.45pm

THE 2015 MENZIES DEBATE:
That all men aged 50-69 years should have annual prostate cancer screening with a PSA test

When: Thursday, 20 August, 2015
Time: Refreshments 5.30pm, Debate 6pm-7.30pm

FESTIVAL OF BRIGHT IDEAS:
Princes Wharf Shed No. 1

The Festival of Bright Ideas will present a diverse program of hands-on activities, science entertainment and celebrity speakers. Mingle with scientists and science communicators as they showcase Tasmania’s innovative and exciting science sector. Menzies will be exhibiting and asking people to get interactive with Menzies Top 10 Tips for a Long and Healthy Life.

When: 15 August, 2015
Time: 9am-4pm

STUDENT SHOWCASE
University of Tasmania Research Week

Community groups, supporters and interested others are invited to meet and converse with Menzies research students to find out about their work. Research posters will be on display and laboratory tours available. Please join us for light refreshments.

When: Monday 31 August
Time: 1:30 to 3:30pm
RSVP: Menzies reception on 6266-7700 or Menzies.events@utas.edu.au

MENZIES PUBLIC TALK:
Understanding Alzheimer’s Disease

Menzies neuroscientist Professor David Small will talk about recent research that suggests it may be possible to develop an effective therapy for Alzheimer’s disease in the near future.

When: Thursday 15 October, 2015
Time: 5:30pm–7:00pm

SAVE THE DATE FOR
MENZIES ART OF CHRISTMAS

When: Friday 27 November, 2015

ALL EVENTS ARE FREE OF CHARGE.
**Prestigious award for research leader**

The leader of the scientific quest to stop Devil Facial Tumour Disease (DFTD) decimating the Tasmanian devil population has been formally recognised for his 30-year contribution to medical research, teaching and the community.

Menzies immunologist Professor Greg Woods is the 2015 recipient of the Australian Society for Medical Research (ASMR) Certificate in Recognition of Distinguished Service to Medicine, Science and Community in Tasmania.

Professor Woods leads a team of researchers who are attempting to develop a vaccine against the deadly DFTD. He is a past recipient of several grants from the National Health and Medical Research Council and the Australian Research Council, and was a member of the team whose work on DFTD won the 2011 Sherman Eureka Prize for Environmental Research.

Professor Woods has supervised numerous PhD, Masters and Honours students since he joined the University of Tasmania’s School of Medicine Pathology Department in 1988. He is also vice-president of the David Collins Leukaemia Foundation of Tasmania.

Professor Greg Woods is leading a team of researchers who are attempting to develop a vaccine against the deadly DFTD.

The Menzies Director, Professor Tom Marwick, congratulated Professor Woods and three Menzies PhD students who were also recognised at the ASMR awards dinner in Hobart on May 28. They were Lei Si, Amanda Patchett and Dean Picone.

Professor Woods will speak about his career during the University of Tasmania’s 125 Welcome Home Week celebrations.

**SEE EVENTS PAGE FOR DETAILS**

---

**Thank you to our valued supporters**

Thank you to all of our donors for your ongoing financial support and commitment to Menzies.

Listed below are new individual and community supporters since our last Bulletin.

<table>
<thead>
<tr>
<th>Anonymous (4)</th>
<th>Mr Peter Davie</th>
<th>Ms Fan Harding</th>
<th>Ms Judy Palfreyman</th>
<th>Citizens Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ms Maureen C Aiken</td>
<td>Mr Titian De Colle</td>
<td>Ms Anne Hardman</td>
<td>Ms Stella Pearce</td>
<td>St Aidan’s Church Parish</td>
</tr>
<tr>
<td>Mr Robert L Barnett</td>
<td>J Denne</td>
<td>Mrs Susan Hogan</td>
<td>Ms Margaret Pearce</td>
<td>of Lindisfarne</td>
</tr>
<tr>
<td>Mrs Enid Bielewski</td>
<td>Epicurean Club</td>
<td>Inveasco Australia Ltd</td>
<td>Ms Julie Ralph</td>
<td>Mrs Alison Stopp</td>
</tr>
<tr>
<td>R M Boland</td>
<td>W L Fellows</td>
<td>M R Johnson</td>
<td>Mrs Yvonne Ransley</td>
<td>Ms Judith Sweet</td>
</tr>
<tr>
<td>Mrs Gillian J Bruce</td>
<td>Ms Kathleen Ferguson</td>
<td>Mrs Sonia Kear</td>
<td>Mr Ian Rowntree</td>
<td>J W Thomas</td>
</tr>
<tr>
<td>Mr Grahame</td>
<td>Mr Robert Fisher</td>
<td>Mrs Chris Leu</td>
<td>Mr Ron Saunders</td>
<td>Mr C Traianos</td>
</tr>
<tr>
<td>&amp; Mrs Pat Chapman</td>
<td>Mrs Bessie Furlani</td>
<td>Ms Debra J Lewis</td>
<td>Seconds Count Gala Ball</td>
<td>Dr Robert J Walters</td>
</tr>
<tr>
<td>Clarence Probus</td>
<td>Ms Gillian Gillam</td>
<td>Ms Prudence Griffiths</td>
<td>Mr H Skordas</td>
<td>Westbury RSL Sub Branch</td>
</tr>
<tr>
<td>Mrs Judith Cripps</td>
<td>Halifax Foundation</td>
<td>Little Footprints Auxiliary</td>
<td>South Hobart Senior</td>
<td>Mrs Patricia A Williams</td>
</tr>
<tr>
<td>Ms Anne Cummings</td>
<td></td>
<td></td>
<td></td>
<td>Ms S Wilson</td>
</tr>
</tbody>
</table>

Listed below are our Everyday Angels – our supporters who make regular gifts to Menzies.

<table>
<thead>
<tr>
<th>Anonymous (30)</th>
<th>Mr Peter Davie</th>
<th>Ms Fan Harding</th>
<th>Mr Peter Sluce</th>
<th>Mr Richard &amp; Mrs Gwynneth Sperring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr Tim Albion</td>
<td>Mr Titian De Colle</td>
<td>Mrs Susan Hogan</td>
<td>Ms Phillippa Micklom</td>
<td>Mrs Alex Stanelos</td>
</tr>
<tr>
<td>Mrs Teisha Archer</td>
<td>J Denne</td>
<td>Inveasco Australia Ltd</td>
<td>Ms Sarn Mollard</td>
<td>Ms Carmel Taylor</td>
</tr>
<tr>
<td>Mr Bill Avery</td>
<td>Epicurean Club</td>
<td>M R Johnson</td>
<td>Mr Peter Morgan</td>
<td>Mrs Cynthia Tennant</td>
</tr>
<tr>
<td>Ms Jennifer Banks</td>
<td>W L Fellows</td>
<td>Mrs Sonia Kear</td>
<td>Ms Tess Mount-Harvey</td>
<td>Mr Vic Threander</td>
</tr>
<tr>
<td>Mrs Jan Barren</td>
<td>Ms Kathleen Ferguson</td>
<td>Mrs Chris Leu</td>
<td>Ms Wendy Noyes</td>
<td>Mrs Rosemary</td>
</tr>
<tr>
<td>Mrs Larissa Bartlett</td>
<td>Mr Robert Fisher</td>
<td>Ms Debra J Lewis</td>
<td>Ms Felicity Oakford</td>
<td>Van den Berk</td>
</tr>
<tr>
<td>Mrs Kathleen Bevis</td>
<td>Mrs Bessie Furlani</td>
<td>Ms Prudence Griffiths</td>
<td>Mrs Sally Oakley</td>
<td>Mr Walter &amp; Mrs Robin Verth</td>
</tr>
<tr>
<td>Mrs Pamela Blunt</td>
<td>Ms Gillian Gillam</td>
<td>Little Footprints Auxiliary</td>
<td>Miss Alison Parsons</td>
<td>Mrs Anne Warren</td>
</tr>
<tr>
<td>Ms Kathleen Brient</td>
<td>Halifax Foundation</td>
<td>South Hobart Senior</td>
<td>Mrs Jennifer A Parsons</td>
<td>Mr Peter Weldon</td>
</tr>
<tr>
<td>Dr Catherine M Bulman</td>
<td></td>
<td></td>
<td>Mr A &amp; Mrs T Paterson</td>
<td>Mr John &amp; Mrs Kathlyn</td>
</tr>
<tr>
<td>Ms June Butler</td>
<td></td>
<td></td>
<td>Kim Paterson</td>
<td>Wheatley</td>
</tr>
<tr>
<td>Dr Susan R Cherry</td>
<td></td>
<td></td>
<td>Mrs Glenda Paton</td>
<td>Ms Kathleen Hill</td>
</tr>
<tr>
<td>Mr Tim &amp; Mrs Emma Claridge</td>
<td></td>
<td></td>
<td>Mr Andrew J Pitt</td>
<td>Ms Barbara White</td>
</tr>
<tr>
<td>Mrs Anita Clarkson</td>
<td></td>
<td></td>
<td>Ms Allyson</td>
<td>Ms Janice Wilson</td>
</tr>
<tr>
<td>Mr Peter Cochrane</td>
<td></td>
<td></td>
<td>Ms Barend Poortenaar</td>
<td></td>
</tr>
</tbody>
</table>
Please post to:
Menzies Institute for Medical Research
University of Tasmania
Reply Paid 77465 Hobart TAS 7000

Yes, I would like to help the Menzies Institute for Medical Research

☐ I would like to make a one-off donation of $________
☐ I would like to have monthly donations of $________
deducted from my credit card.

Note: all donations over $2 are tax deductible.

Please complete the following details:
Title: Mr / Mrs / Miss / Other
Name:
Address:
Postcode:
Telephone: (       )
Email:

Please accept my donation/s in the form of:
☐ Cash ☐ Cheque/Money Order* “Payable to the Menzies Institute for Medical Research

OR

Please debit my:
☐ Visa ☐ MasterCard
Credit Card No.: /
Expiry Date: /
Name on Card:
Signature:

☐ I/We wish that my/our donation be used for research purposes at the discretion of the Menzies Institute for Medical Research, unless a particular research purpose is stated as follows:

☐ Please do not publish my name in the ‘Valued Supporters’ section of Menzies’ next Bulletin.
☐ Please send me information on remembering Menzies in my Will.

Thank you for your support.

Please post to:
Menzies Institute for Medical Research
University of Tasmania
Reply Paid 77465 Hobart TAS 7000
More than Flowers

One sentence in your Will can fund life-saving medical research.

Remember the Menzies Institute for Medical Research in your Will.

If you would like more information please contact Teisha Archer on 03 6226 4236 or email Teisha.Archer@utas.edu.au

Bequests save lives by funding research. THANK YOU

In Memoriam
March 2015-June 2015

We gratefully acknowledge gifts made in honour of:

Mrs Pauline Anning  Mr Ervins Miezitis
Mrs Winifred H Barrow  Mr Rex W Murfet
Mrs Bronwyn A Bell  Mrs Dorothy Peypers
Mr Douglas Beltz  Mr Neil E Quarry
Ms Beatrice U Bird  Mr Peter Richards
Ms Patricia Cuthbert  Mrs Alma Salter
Mrs Doreen Dawes  Mr Colin Sherwood
Mr Christos Diamantis  Mr John Sluce
Mr Peter Dunford  Mr Eric J Stopp
Mrs Phyllis Ellis  Mr Richard Thompson
Mr Athol Harwood  Mr Jaap W Vermaas
Mr Leigh Martin  Ms Wendy Wadsworth
Mrs Shirely McCarthy  Ms Betty Woolley