

DR SHAILENDER MEHTA KNOWS IT IS OUR LITTLEST PATIENTS THAT SOMETIMES NEED THE MOST HELP



Dr Shailender Mehta

Dr Mehta is as committed to the life-long health outcomes of his patients as he is to the intensive care they require when they are born.

“I always wanted to be a doctor, and a kid’s doctor to be very precise. I just thought that when you look after those little kids, the kind of satisfaction you get, because they’re still at the beginning of their life ... so it’s up to us how we make the babies into healthy children and healthy adults.” Dr Shailender Mehta

We recently met Sam, a Mandurah mum of twins Dr Mehta cared for. Sam was surprised to discover she was pregnant with twins after attending a routine pregnancy check. It was even more of a shock to learn the twins were sharing a placenta. In this condition, blood flows from one twin to the other, resulting in one baby getting too much blood and the other not getting enough. This affects the health of both babies, sometimes severely.

Sam’s twins seemed to be doing well, and a caesarean section was scheduled at 35 weeks. Unfortunately though, Sam needed an emergency C-section, delivering her two beautiful boys. One a big healthy size, but the other was quite a lot smaller.

Declan and Jordy were both taken straight to Dr Mehta in the Neonatal Intensive Care Unit where they needed help breathing. Both babies had high infection markers and required lumbar punctures to determine a course of antibiotics. They were treated with a 14-day course of medication.

Antibiotics are lifesaving drugs but exposure to antibiotics can alter the balance of bacteria in the body. Good bacteria may compete with the harmful bacteria in the mum’s body and can reduce the risk of infection.

In 2015, Dr Mehta received a grant from Telethon-Perth Children’s Hospital Research Fund (now WA Child Research Fund) to investigate probiotics as a way to reduce group B streptococcal infection in babies. Dr Mehta and his team are acutely aware that **it is a combination of both genetic and environmental factors that determine a child’s health outcomes** at the beginning of life, as well as their lifelong trajectory.



Twins Jordy & Declan

Dr Mehta and his team are currently doing research into giving mothers different probiotic strains (good bacteria) pre-birth to reduce the need for antibiotics for both mothers and their babies. The study is also looking at whether there are possible beneficial effects of probiotic supplementation on the baby’s risk of developing allergies in later life.

Sam is a testament to the value of research. **“There are no words to say how immensely grateful we are to those who have funded research.** If it hadn’t been for the NICU technology and knowledge our babies might not be here today and could have been just a memory. This research is so important.”

The boys are happily at home with their two sisters, mum Sam and dad, Denver. “This Christmas we just plan on spending special quality family time together, grateful that we are all together. It’s the twin’s first so it’s pretty special.

Dr Mehta’s research is having a profoundly positive impact on new born babies and will alter the lifetime health outcomes for many born with critical complications.

Please donate today to give the gift of better health this Christmas.



Declan in the ICU



A MESSAGE FROM THE CEO

The festive season often prompts us to reflect on the year that was and undoubtedly this year has required profound reflection. I am sure many of you would join me in consideration of one powerful word: GRATEFUL. I am immensely grateful for my health, that of my friends and family, my colleagues, neighbours and my community.

I am incredibly grateful to everyone who served with selflessness to ensure our safety, those who made the difficult decisions, and particularly those who treated the ill.

I am particularly grateful to our many researchers who have not hesitated in their commitment. While COVID-19 prevailed in its attempts to send us in to disarray, our doctors and nurses knew that other diseases would not wait for the pandemics passing and they continued to serve us through their pursuit of knowledge and improvements in care.

I am grateful for the Spinnaker Team and Trustee Directors who worked with agility, diligence and a deep commitment to our responsibilities as the challenges of the year intensified.

I am particularly grateful to you, our donors and our community. At a time of great uncertainty you were unwavering in your support, and not just through the generosity of your donations. For the many emails, telephone calls, drop-ins, letters and continued encouragement of the Foundation and the work we do, thank you, it has meant the world to us.

Our global community remains under great threat and too many lives continue to be lost each day. The battle isn't over because we won the fight here. I have never been clearer in my thinking that it is through knowledge that we will find our way out of this, and avoid further catastrophe, and we must continue to do all we can to invest in that knowledge and help our fellow citizens.

I am grateful to be able to share my table with those I love this Christmas and open my home to friends in celebration of the end of a difficult year. I hope you have the opportunity to do the same.

Dana Henderson, CEO

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GOVERNOR TOUR

We were pleased to recently welcome Spinnaker Vice Regal Patron, The Hon Kim Beazley AC, Governor of Western Australia, to Fiona Stanley Hospital to meet some of the exceptional researchers and learn more about the funding provided by Spinnaker.

Mr Mark Balfour, Chairman of Spinnaker welcomed guests before the tour commenced with Dr Mehta in the Neonatal Intensive Care Unit where we learnt about innovative research in infant and maternal health. The tour also gave the opportunity to learn more about the recently launched Men's Health Research strategy with Prof Bu Yeap. Members of the Heart and Lung Research Institute discussed the interdependence of research & technology in improving organ transplants in WA.

There is certainly some exciting research happening throughout Fiona Stanley Hospital and Spinnaker is proud to be able to support it due to the continued generosity of our donors.



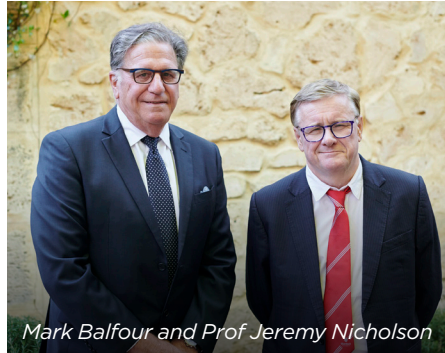
Tour of Fiona Stanley Hospital with the Hon Kim Beazley AC



Brad Thomason, Amy House and Malcolm Farrell-Mitchell



Gail McCulloch and Sasha Bosich



Mark Balfour and Prof Jeremy Nicholson



Helen Warnock, Prof George Kailis and Steve Robertson

ANNUAL AWARDS CEREMONY

On 25 November, many of our supporters and donors gathered for our Annual Awards Ceremony at The University of Notre Dame Australia to celebrate the research Spinnaker supports.

Keynote speaker, Prof Jeremy Nicholson provided a captivating review of the Spinnaker funded COVID-19 research undertaken by the Australian National Phenome Centre to determine the long term impacts of this disease on our community, in collaboration with many international universities, including Cambridge University UK. We also heard from Dr Melanie Burlkhardt, recipient of

the Edith Hearne bequest grant in 2017, which has enabled Melanie to undertake a project in behavioural interventions in assisting patients to better manage their health. The formalities closed with the inspiring personal story of transplant patient Brett Driessen, who received the lifesaving gift of a heart in 2015.

We celebrated all of this and more with our incredible community of researchers, donors and corporate partners. We cannot thank all of our donors enough for continuing to recognise the importance of research and for your ongoing support in fighting for the better health of our community.



Dana Henderson, Dr Michal Luniewski and Dr Warren Pavey

PUMP HANDLE PRIZE

Spinnaker is proud to support the inaugural Fiona Stanley Hospital Anaesthesia Pump Handle Prize, and we congratulate Dr Michal Luniewski, who was the prize's first winner.

The Pump Handle Prize was established to cultivate and foster a cohort of clinical scientists who will meaningfully innovate medical science for the benefit of the patients and the community they serve. This initiative sits at the very core of our mission to engender a culture of research excellence at the hospitals we support. The prize will encourage the next generation of innovative clinicians in their commitment to research challenges that have the potential to improve outcomes for the community we serve.

The prize is named after John Snow, who removed a pump handle in the Broad Street, London standpipe to demonstrate the causal relationship between contaminated water and cholera in the 1800's.

Dr Luniewski is developing a genetic treatment to affect a 50% silencing of SCN9a gene in sensory neurones. He will use the prize to conduct quantitative assessment and continue research into development of a novel genetic treatment for chronic nerve pain.



Georgia McAlpine, Dana Henderson and Dani Ryder

CHRISTMAS WISHES

CHRISTMAS MESSAGE

Are you able to give the gift of better health this Christmas?

Each year the donations we receive are invested in projects in every area of disease, including cancer, diabetes, maternal health, childhood disease, mental health and neuro-degenerative conditions.

There are many people who are only with their families this year because of breakthroughs in research that have saved lives. If you can, please help us to continue in the fight against disease so more lives can be saved.

We wish you and your loved ones a safe and happy festive season.



“When I was a child, doctors told my parents I wouldn’t make it past my teens. Then, at 43, I was given just 12 months to live. I’m happy to say, I proved everyone wrong! This year I celebrated my 58th Birthday, a milestone that would have been impossible without the breakthroughs in heart and lung research that your support has helped fund.”

Tatiana Patient



“I wish for world peace and action on climate change. And if Santa can spare one more... better access to effective behavioural health care for chronic conditions.”

Dr Melanie Burkhardt
Senior Clinical Psychologist



DONATION FORM

Donate online at: www.spinnakerhealth.org.au/donate

THANK YOU. Your donation will support research that helps our community the most.

Donations over \$2.00 are tax deductible.

I would like to make a

- Single donation
- Recurring donation every: _____ (i.e. monthly, weekly)

I would like to give a gift of

- \$25 \$50 \$100
- \$250 \$500 \$1,000
- Other amount \$ _____

Please direct my donation to:

- Where it’s needed most
- COVID-19 research
- Heart and lung research

Personal details

Name: _____ Email: _____

Phone: _____ Address: _____

I wish to remain anonymous My gift is in memory of: _____

Please find enclosed my cash/cheque payable to Spinnaker Health Research Foundation or;

Please debit my donation to the provided credit card:

Mastercard Visa Cardholder Name: _____

Card no: Expire Date: / Signature: _____

- I would not like to receive regular news, updates and invitations from Spinnaker
- I would like to receive information on how to make a gift in my Will to support Spinnaker

Please return this form to Spinnaker Health Research Foundation, PO Box 480, FREMANTLE WA 6959

Email: admin@spinnakerhealth.org.au Phone: 08 6152 6278