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THE COMMON GOOD NEWSLETTER JANUARY 2021

THE GOOD NEWS



WORLD-FIRST TREATMENT FOR SILICOSIS

Clinicians and Researchers from The Prince Charles Hospital (TPCH) and the University of Queensland (UQ) have developed whole lung lavage, a ground-breaking new treatment that provides a glimmer of hope to those suffering with artificial stone silicosis, a deadly lung disease.

Silicosis affects tradespeople who inhale toxic silica dust while cutting engineered stone products such as kitchen benchtops. The silica dust settles in the lungs, leading to internal scarring (fibrosis) that prevents lungs from working.

Following a comprehensive screening process of nearly 1053 Queensland tradespeople by WorkCover, an astounding 179, or 17%, were diagnosed with silicosis. A further 32 had a diagnosis of progressive massive fibrosis – a far more advanced form of the disease.

Silicosis is now being viewed as the 'new Asbestosis' affecting a new generation of people who have been exposed to high-silica products including the popular engineered stone products used in benchtops.

TPCH's Head of Lung Transplant and Lung Fibrosis Research Professor Dan Chambers said that there is now hope for those hundreds of workers in Queensland who have contracted silicosis, as until now there has been no treatment for the disease.



Professor Dan Chamber,
Patient Anthony Constantine
Michael Hornby, CEO

"We've seen silicosis mostly in young people, some as young as 25 years old, so it's critical to help them and help them fast. This has been a race against the clock, since once scarring occurs it may be too late to remove the silica," Professor Chambers said.

"Early detection and treatment is key, so that the disease does not progress into the more advanced form – progressive massive fibrosis. We encourage any tradespeople to get screened so that treatment can begin as early as possible."

To determine if whole lung lavage would be effective against silicosis, TPCH researchers led by Dr Simon Apte and Prof Chambers developed completely new

diagnostic techniques that allowed clinicians to directly measure silica levels in patient's lungs. This step was critical to the success they have seen with whole lung lavage.

"Normally bacteria in the lungs are fought off by the immune system, but silica crystals don't break down like bacteria. This causes the immune system to go into overdrive, leading to lung inflammation and scarring. This simply means that the lungs cease to function properly, and people cannot breathe," he said.

Former stonemason and whole lung lavage recipient Anthony Constantine said that the treatment had been life-changing for him.

Continues overleaf ▶

Do you remember what life was like before COVID-19?

Jobs, visiting family and travelling suddenly became privileges that were taken away. The impact of this pandemic has showed us that our health is the single biggest influencer not only on our lives, but how we live our life.

While Australia for the time being at least, has avoided the worst, the impact globally is nothing short of horrific.

Suddenly medical research has become a symbol of hope. We desperately need a vaccine. We need to create treatments to tackle a virus that has never been seen before. We need to protect the most vulnerable.

To live healthier for longer we need medical research to be fast-tracked and responsive, but most importantly we need outcomes.

Through your support The Common Good responded. The coordination of three COVID-19 projects, ranging from an international Intensive Care program, through to a locally based adaptive patient study to test drugs that may provide a treatment and an immune response project to understand why some people are more at risk of this virus. Each of these projects will prove critical and given the virus has no vaccine (yet) they will be ongoing.

Beyond COVID-19 we of course are tackling the health conditions which are affecting far more people, every day. They don't get the attention of a pandemic, but they are impacting on lives in just the same way; restricting freedom, affecting families, preventing people from working and spending too much time in hospitals.

COVID-19 has claimed just over 100 lives in Australia, and over that same period heart disease has taken around 4,000.

Ongoing support of medical research is critical.

This larger newsletter provides updates of vital medical research, expansion of our cafes to ensure your donations have the greatest impact, how funding is being used – and the fact that every \$44 funds an hour of medical research time. All designed for one purpose.

To have our freedom, to be with our family, to enjoy life for longer.

Thank you for being an important member of The Common Good.

Yours sincerely,
Michael Hornby
Chief Executive Officer



Continued from page 1

"Just knowing that horrible stuff is not inside me anymore is just such a relief, I'm not stressed about it anymore. My mental load has been lifted," he said.

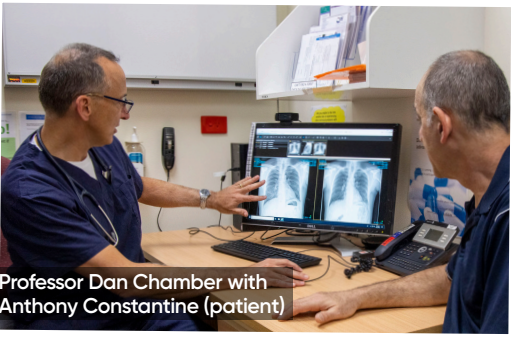
"Being given a death sentence was a shock, I basically shut down. "Having this procedure has truly changed my life, I can't thank everyone enough."

Professor Chambers worked alongside TPC Lung Researcher Dr Simon Apte to develop a technique that allows them to 'open up' a patient's affected lungs and extract the crystal, allowing them to calculate their 'crystal load'.

Armed with this information, a team of clinicians led by Professor Chambers have been able to use the whole lung lavage treatment to wash out damaging silica crystals and damaged cells, effectively 'rinsing out' the lungs in what can be a four to five-hour procedure. The Brisbane protocol has now been rolled out to clinicians in Sydney and Melbourne, who will soon commence whole lung lavage for workers in NSW and Victoria.

The Common Good CEO Michael Hornby said that funding this type of research is extremely important and is hopeful this whole lung lavage procedure will help many young workers not just in Queensland, but across Australia.

"This treatment, if successful,



Professor Dan Chamber with Anthony Constantine (patient)

could mean a cure for these young people – we are hopeful this innovation will save many lives and give them back their health and future," he said.

"This problem is very widespread, and potentially worse than we currently know. It is fantastic that we now have this treatment to offer hope to sufferers of silicosis. However, the best thing is prevention. Appropriate personal protective equipment is extremely important for anyone working with high silica products, in order to prevent exposure in the first place," said Hornby.

Dr Apte is supported by a Fellowship from The Common Good, and both he and Professor Chambers have recently received a research grant from the Foundation to further help the study.



Lung Lavage Treatment Fluid from a patient's lungs.

DID YOU KNOW?



World-first silicosis treatment pioneered at The Prince Charles Hospital

- Tradespeople working with stone, rock, sand, gravel, bricks, tiles, concrete, artificial stone benchtops and some plastic materials are at risk of exposure to silica dust
- Silica dust is harmful as it can be easily inhaled – each crystal is 100 times smaller than a grain of sand
- The Whole Lung Lavage procedure generally takes 4-5 hours, with six patients having been treated since the program commenced in mid-2020

Fighting COVID-19 pandemic –

COVID APP NOW BEING ROLLED OUT GLOBALLY

You may remember from our last edition of the Good News, we mentioned that our COVID Critical Consortium was working on a dashboard for Intensive Care Clinicians around the world, dealing with the ongoing COVID-19 pandemic.

We're very pleased to let you know that COVID Critical, in conjunction with global tech giant IBM, released an app in December, that will assist these ICU clinicians across the world access the most up-to-date medical information to treat critically ill COVID-19 patients.

Based at The Prince Charles Hospital in Brisbane, COVID Critical launched in January 2020, backed by donations from the public via The Common Good and a collaboration with Queensland Health and Wesley Medical Research.

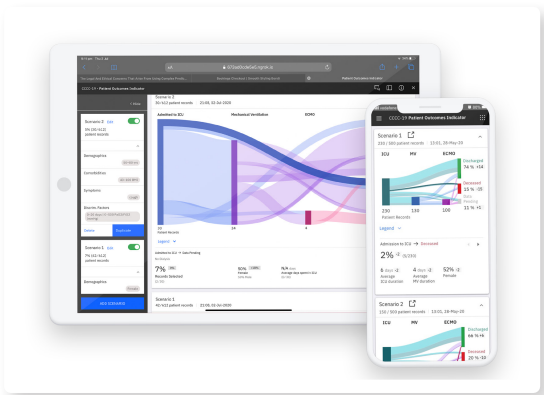
That funding allowed the start of a program that has seen the collection of over 3,500 COVID-19 patient data sets from all over the world, which was distilled into this simple to use IBM-developed web app.

The app has been made available to more than 500 clinicians at over 370 hospitals around the world, as they fight to treat the most critically ill COVID patients.

"At the start of 2020, when COVID-19 was not yet well-known globally, we knew we urgently needed to share and accumulate information because clinicians on the frontline had nothing: no training or textbooks about how to fight this virus in critical care," said Professor John Fraser, Director of the Critical Care Research Group.

"This web-based app will potentially provide them with the evidence and information they need to save lives. We are particularly excited for the difference this will make to our colleagues fighting this pandemic in low and middle-income countries, with limited resources and support. It could be a game-changer and a life-saver."

Michael Hornby said that he was proud of The Common Good's involvement in COVID Critical, in what was a very difficult environment.



"2020 was a very turbulent year, but we are proud to have been able to pull together some of the best intensive care clinicians from across the globe through COVID Critical, which has culminated in this IBM app. We have been very fortunate in Australia to have had relatively low exposure to COVID-19, however many other locations around the globe have not been as lucky. We trust that this development will assist clinicians in these locations to more quickly treat COVID patients, and hopefully save lives."



Professor John Fraser, The Prince Charles Hospital



Bryce Liyanage Head of Retail
Matthew Hallahan, Head Chef



The Café for The Common Good Awarded 'OUTSTANDING SOCIAL ENTERPRISE' AT THE LORD MAYOR'S BUSINESS AWARDS.

The Café for The Common Good, located at Albany Creek Central shopping centre, has been awarded the ISPT Award for Outstanding Social Enterprise as part of the 2020 Lord Mayor's Business Awards.

The Common Good's Retail Manager Bryce Liyanage, said, "The Common Good sets itself apart from other charities with our social enterprise model. The profits earned from our cafes cover our operating and administration costs, so that all funds raised go exactly where donors expect them to - into our life-saving medical research."

"It's a real honour to receive this award amongst such deserving finalists. We're really grateful to Site8 at Albany Creek Central who have provided the site, and our suppliers

particularly Merlo, who have been so generous," he said.

Low business overheads have helped ensure financial sustainability, with every dollar profit currently returning between seven and eight dollars in community benefit.

"Last year our cafes collectively did some \$800,000 which we turned into nearly \$5.2million in medical research," said Mr Liyanage.

"Right here in Brisbane we have 120 researchers, scientists and biomedical engineers tackling problems like COVID in an ICU setting, and a horrific disease called Silicosis that's affecting our tradies. And we're so proud of the teams we're backing - one coffee at a time."

The Café for The Common Good Albany Creek is located inside the Albany Creek Central shopping centre, near Woolworths, serving barista made Merlo coffee, Lick Ice Cream, a light menu and a variety of cakes, slices and cold drinks from 7am Monday - Saturday, and 8:30am Sunday.

The Common Good social enterprise business includes six café outlets and a catering business run from our commercial kitchen at The Prince Charles Hospital. Café locations include four outlets across The Prince Charles and Caboolture Hospitals, one at the Kedron Emergency Services Complex, and the first in a public location at Albany Creek Central shopping centre.

Kick-starting research careers

NEW INVESTIGATOR GRANTS

10 new medical research projects are now being funded by The Common Good, putting the money raised from the successful 2020 Ekka Strawberry Sundaes campaign to immediate use.

Following a campaign where more than 90,000 sundaes were sold and 8,000 hours of research were funded, The Common Good has added 10 new projects to the more than 120 already underway at The Prince Charles Hospital.

The Common Good's New Investigator Grants program has awarded grants to ten research projects based at The Prince Charles Hospital in Brisbane, kicking off the careers of researchers who will study areas including heart

failure, nutrition, lung diseases including Asthma and the development of a cardiac pump that will keep failing hearts alive, amongst a variety of others.

Each of these projects is scheduled to run for approximately 12 months and will contribute further to the vast library of knowledge researchers at The Common Good have discovered across the last 30 years.

The Common Good CEO Michael Hornby said that he was extremely proud that the foundation was able to fund these 10 new projects, thanks to a very successful Strawberry Sundaes campaign.

"Brisbane really came together for The Common Good, with an

incredible amount of support for our Strawberry Sundaes campaign, so it is fantastic to be able to fund these new projects right here in Brisbane," said Hornby.

"We are very fortunate to have world-leading scientists and researchers based at The Prince Charles Hospital, and The Common Good is extremely pleased that we can fund these Queensland based projects that will hopefully have positive outcomes for the health of not just Queenslanders, but all Australians.

"We look forward to seeing the results of these projects, and the more than 120 other projects currently underway, in years to come."

Are you riding this year?

TOUR DE BRISBANE 2021

Early in 2020, The Common Good made the decision to merge the annual Cycle of Giving event with the Tour de Brisbane, offering our riders a much bigger and better cycling experience while still raising funds for heart and lung transplant research.

Tour de Brisbane is an incredible cycling event - the only cycling event in Australia to offer fully closed roads in a capital city, where riders will enjoy a unique inner-city route with several river crossings including the Story Bridge.

Tour de Brisbane will be held on Sunday 11 April 2021, and there are four distances on offer - 110km, 70km, 30km and a FREE Community ride.

Our goal is to raise \$200,000 to support heart and lung transplant research through Tour de Brisbane fundraising.

Interested in joining us for the 2021 Tour de Brisbane?

Head to thecommongood.org.au for more information, including a discounted entry rate and free cycling jersey*!

*free jersey for riders in the 110km, 70km or 30km courses.



HUGE STRAWBERRY SUNDAE SUCCESS DESPITE COVID CANCELLATIONS

When the EKKA 2020 show was cancelled, we were in danger of losing one of our biggest fundraising activities of the year – however thanks to an incredible effort from our staff and volunteers, and astonishing support from the people of Brisbane it turned out to be our biggest Strawberry Sundae campaign ever!

We sold a huge 90,000 Strawberry Sundaes during a Brisbane wide 10-day campaign in the traditional August EKKA week, along with a very successful Do-It-Yourself take home pack drive.

We even had a strawberries and cream beer created by our mates at Stone & Wood Brewery – and it was absolutely delicious!

Money raised from those 90,000 sundaes (and beers!) is already funding more than 8,000 hours of critical medical research, equating to four years of research that would have otherwise been lost when Ekka was cancelled due to the COVID-19 pandemic.

We used 15 tonnes of Lick ice cream, six tonnes of cream and five tonnes of Queensland strawberries were used in the making of all those



Mark Furner MP and Annastacia Palaszczuk
Queensland Premier and Minister for Trade

sundaes – Brisbane really loves a delicious ice cream treat!

Michael Hornby said the support shown by Brisbane had been humbling for all of us at The Common Good.

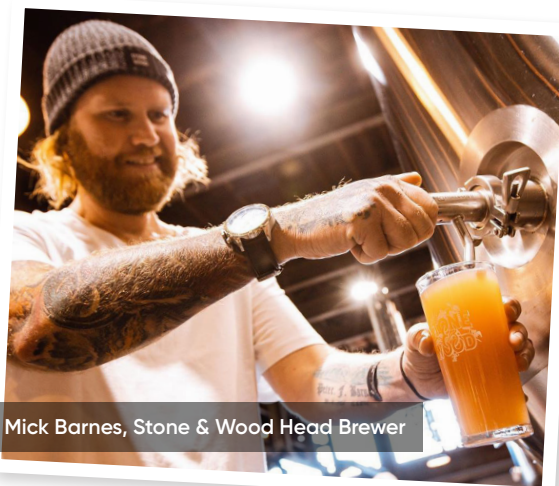
"The Common Good lost up to 10 years' of funding due to the COVID-19 crisis, however thanks to your support, we have managed to get four years of that back – and provided lots of smiles along the way.

"This generosity will pay huge dividends in the long run, as it has allowed us the ability to fund the crucial research projects that will help defend against diseases that up to 90% of the population will experience in their lifetimes.

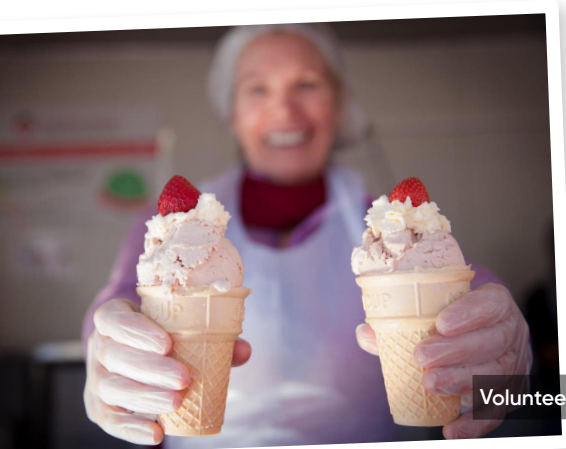
"I cannot say thank you

enough, we are so delighted with the result. While you have enjoyed delicious Strawberry Sundaes, you have also funded life-saving medical innovation. It's truly incredible."

We are hopeful of a 'normal' EKKA show in 2021 – but will be ready for anything!



Mick Barnes, Stone & Wood Head Brewer



Volunteer

What an interesting year 2020 turned out to be for medical research!

RESEARCH UPDATE WITH DR STEPHANIE YERKOVICH

While it certainly provided some incredible challenges – as faced by every sector – the COVID-19 pandemic also put science and scientists at the forefront of the public's consciousness, which can only be a good thing for projects into the future.

In regard to research funded through The Common Good, we were able to award 10 New Investigator grants, which will hopefully kick start the careers of those researchers.

25 grants were completed this year, with 120 still active. We have also inducted six new members into our alumni, which now numbers 115.

The main thing that stood out to me throughout all of the challenges was the passion and tenacity of our researchers.

Some worked from home, others continued with laboratory-based research, while some had to suspend their research during lockdowns. Thankfully here in Queensland we have been largely unaffected by COVID, so everyone is back in the lab now.

Some of our researchers have had to change plans. You will remember Martin Mapley from our last edition, a New Investigator and Emerging Researcher grant holder finished his PhD before heading to Spain to assist an unwell family member. He's been stuck there since, and is continuing his research into novel impellers for heart blood pumps.

Dr Glenn Stewart was awarded a Research Fellowship last year and planned to move back to Australia having been at the Mayo Clinic in the United States for the last few years. COVID has delayed his plan and he will commence his Fellowship in January – either from the USA while he awaits a flight home or from quarantine.

One of our Research Fellows, Dr Annalicia Vaughan completes her Fellowship next year and has been offered a senior research role in NSW, so congratulations Annalicia! She has been with us for many years, having previously held a PhD scholarship and New Investigator grants through The Common Good.



Dr Stephanie Yerkovich

Congratulations also go to PhD Scholarship holder Dr Vainess Mbuzi being awarded her PhD.

There were some exciting developments in our research this year, most notable of which through the work of Professor Dan Chambers, Dr Simon Apte and the team in our Lung Disease research laboratory, who identified new techniques to treat Silicosis. You can read more about this project elsewhere in the newsletter.

While 2021 will no doubt continue to throw up challenges, I have no doubt that our researchers will continue to deliver incredible results.



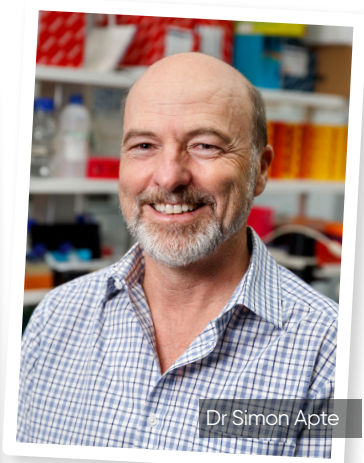
Dr Annalicia Vaughan



Dr Vainess Mbuzi



Professor Dan Chambers



Dr Simon Apte

PHILANTHROPY UPDATE

with Peter Duffy, Head of Philanthropy

Along with many other charities, businesses, individuals and communities we have all endured a difficult 2020, however we cautiously look forward with renewed optimism to 2021. There are currently more than 130 research projects to fund, plus many more hospital projects and new research relying on the foundation to fund – so we have plenty of work to do!

This is why The Common Good exists – all of us working together to give precious time to researchers, so they can give more time to us and those we love to live happier, healthier, longer lives.

The year ahead will no doubt bring more challenges, however with the continued backing of our loyal supporters we can continue to support our researchers, hospitals

and front-line workers.

With many traditional fundraising events and activities affected by COVID-19, our hope in 2021 is to not just grow our annual fundraising activities such as our Christmas and Tax appeals, but also significantly increase our Regular Giving Program & third-party fundraising events to help fund key priorities including:

- Heart Disease, Lung Disease, Dementia & Mental Health Research
- The Prince Charles Hospital & Caboolture Hospital projects
- Special campaigns such as Silicosis & ICU of the Future

Of course, we plan to participate as the official charity partner again at major events such as Tour De Brisbane, the Ekka (selling the famous Strawberry Sundaes) and



Petter Duffy,
Head of Philanthropy

the 20th Anniversary ECHO Australia Conference.

Please don't forget that by supporting The Common Good and 'Buying Time', every \$44 is an hour of research directly funded by you.

We look forward to 2021, and with your support with navigate any and all challenges thrown our way!

PARTNERSHIP UPDATE

with Mick Dwane, Partnership Manager

2020 presented many challenges for us all and, certainly in the early days concerns regarding our fundraising income.

Companies moved staff to work from home (with many of them still there), EKKA was cancelled, and interstate conferences were put on hold. It was concerning, but this would be the year that we were truly blessed with corporate support.

EKKA turned into the strawberry sundae extravaganza with corporates jumping onboard to support the campaign. Instead of the usual 2000 corporate volunteers who help us scoop sundaes this year, we had thousands of businesses all wanting sundaes!

Many provided pop up facilities, helping us address lost revenue. Although too many to mention

there are those that require special thanks including Dnata, Lick Ice Cream, AMP Capital, Queensland Investment Corporation, Morayfield Shopping Centre, Skygate/Brisbane Airport, Stone & Wood Brewery and Harvey Norman, Everton Park.

A partnership that has gone from strength to strength during 2020 is that with Coles via the national Curing Homesickness campaign, alongside seven other hospitals around the country. For us, the Queensland campaign has generated close to \$300,000 to date which will enable us to provide funding and equipment to improve paediatric services both at The Prince Charles & Caboolture Hospitals.

Another success story has been the further development of our partnership with Harvey Norman.

They've always been a wonderful supporter locally but have now taken the initiative on a state level to support our Buying Time program. Their financial contribution will be converted into hours and redistributed amongst staff and customers to support an area of research they feel particularly passionate about.



Mick Dwane,
Partnership Manager