



THE COMMON GOOD NEWSLETTER JULY 2022

THE GOOD NEWS



HOW A NATIVE TREE COULD PROVIDE THE CURE TO LUNG FIBROSIS

The Queensland Lung Transplant Service (QLTS) at The Prince Charles Hospital (TPCH) is investigating compounds from a native Queensland rainforest tree in their quest to find new treatments for lung fibrosis.

In many cases, the cause of lung fibrosis is unknown (idiopathic), while many others are caused by exposure to airborne toxins such as when a person inhales dust (i.e., coal, silica) and this dust settles in their lungs. In response to the inhaled toxin, the immune system goes into overdrive causing inflammation and scarring (fibrosis). This thickened, stiff tissue means the lungs can't function properly and the person finds it hard to breathe. As the disease progresses, large masses of dense fibrosis known as progressive massive fibrosis (PMF) can occur. There is no current treatment for PMF, except for double lung transplant.

Research led by Dr Simon Apte, Chief Scientist at QLTS and supported by a Research Fellowship from The Common Good is investigating new drugs to treat PMF and other forms of lung fibrosis.

Dr Apte and his team oversee the largest biobank of lung material in the southern hemisphere and they have utilised cutting-edge biotechnology to develop a completely new way to test for

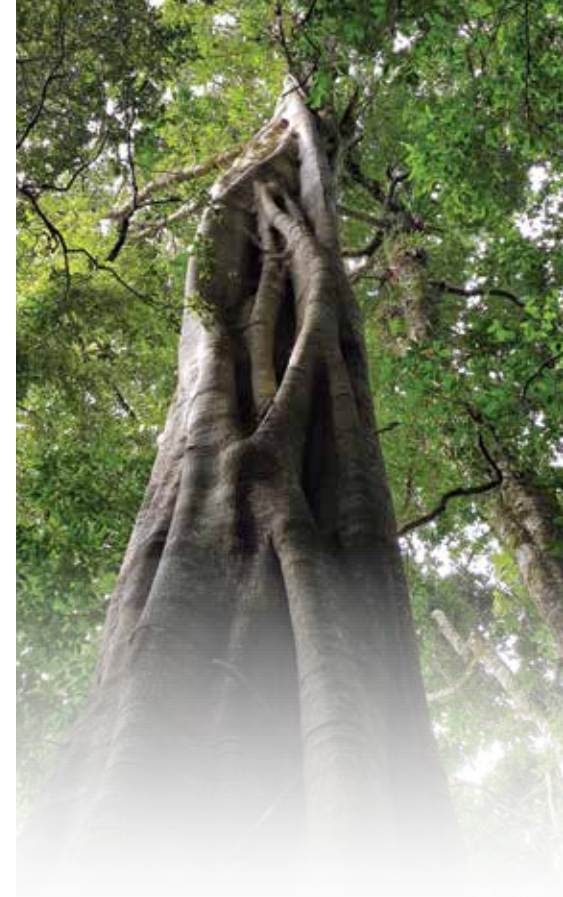
drugs that may be able to stop or reverse lung fibrosis. Using their new technology, Dr Apte and his team are examining existing approved drugs that could be re-purposed for treating PMF as well as testing natural products from NatureBank at the Griffith Institute of Drug Discovery, Griffith University.

NatureBank is a unique library of samples of natural product extracts and fractions (extracted chemical compounds) from plants and marine organisms from Queensland, China, Malaysia and Papua New Guinea. It houses over 18,000 product extracts and 90,000 fractions, and is accessible to researchers around the world. It is hoped that this amazing repository could hold the answer to treatments for some of the most debilitating illnesses.

Dr Apte explains,

"We wanted to take a two-pronged approach, one where existing drugs already used in the clinic for treatment of other conditions could be quickly re-purposed to treat PMF, and a second true-discovery approach where natural products could be tested and provide completely new classes of drugs and treatment options".

Historically, plants have always played an important role in treating illness with many ancient cultures using plant-based therapies. In modern medicine, the pain relief



compounds of aspirin were first extracted from the bark of the willow tree, and quinine, the bitter compound used to treat malaria, was derived from the bark of the cinchona tree.

"We are lucky to have a fantastic resource like NatureBank right here in Brisbane. This sort of synergy is so hard to achieve in medical research. After screening only a few hundred NatureBank compounds we have already identified one exciting lead compound extracted from the root of a native Queensland rainforest tree that may prove to have anti-fibrotic properties".

This exciting work is only just beginning and may lead to the discovery of many new drug types that could treat not only PMF, but many other chronic diseases.

Dear Members,

With the cost of living rising, I would like to sincerely thank you for your continued support of The Common Good. Through all the challenges in the world, we must continue our support of ground-breaking medical research – because in the most literal sense, lives depend on it.

In our January edition of The Good News, I was proud to share with you that eleven lives had been saved due to a revolutionary advancement in heart transplantation. Remember, this was off the back of your generosity and willingness to support our incredible researchers. With a further few months now passed, I am beyond thrilled to let you know that another six lives have been saved, taking the total to 17 people who are still walking this earth today because of you. I cannot express my gratitude enough for your support and hope you feel as proud as I do for being part of this truly life-saving breakthrough. Every time you donate, you are helping save lives, and this update is a testament to that.

In other news, The Common Good was so very proud to officially launch our support of Caboolture Hospital. Over the past two years, we have supported approximately \$300,000 of hospital projects and research at this hospital, and in June this year, we were able to award another \$100,000 of grants to seven passionate and dedicated researchers. I'm sure you will join me in wishing these researchers every success as they work towards helping our community live healthier, longer lives.

And finally, when you hear The Common Good, I would love you to acknowledge that you are a member of this incredible movement, and you too are part of The Common Good.

Thank you for joining us.

Michael Hornby
Chief Executive Officer



MEET DR ANDREW HAYMET

BACKED BY THE COMMON GOOD

Vascular Surgery Registrar and PhD candidate, Dr Andrew Haymet, recently received an Innovation Grant from The Common Good for his research project investigating a simple intervention to try to reduce the rates of early bypass graft failure.

Coronary artery bypass graft surgery (CABG) is a procedure used to treat people with coronary artery disease, a narrowing of the arteries which decreases the blood flow to the heart. If the artery becomes blocked completely it can cause a heart attack. Peripheral bypass graft surgery is performed for the same condition, affecting the legs. Impaired blood supply to the legs can cause pain whilst walking short distances or even during no activity at all and may result in limb loss.

One way to treat a blocked or narrowed artery is to bypass the part of the artery which is blocked with a piece of healthy blood vessel, referred to as a graft, taken from elsewhere in the body. The healthy blood vessels are usually a segment of vein taken from the leg or sometimes a segment of artery from the arm. During the bypass surgery, the graft is first harvested and then often kept temporarily in a saline solution ready for implantation. This can be for up to 45 minutes or longer. However, up to 5% of grafts may fail at one month, and up to 15% at one year post surgery. This failure can lead to serious consequences, including a heart attack or a threatened leg. There are currently no specific guidelines for the optimal storage solution for grafts during the surgery.

Dr Haymet's research is investigating storing the grafts in a solution usually used to preserve donor transplant organs during transportation to an organ recipient.



Dr Andrew Haymet

"I am investigating whether the simple intervention of storing the graft in a specific organ preservation solution will better preserve the lining of the graft, reduce the loss of proteins which protect against clotting, and potentially reduce postoperative complications, compared to the standard practice of using a saline solution". Dr Haymet's research is significant as The Prince Charles Hospital's Cardiothoracic Unit performs approximately 40% of all CABG procedures in Queensland.

"Chances are, many of us know a friend, family member, or work colleague having this surgery, and if simple interventions can make a positive difference, I would like to help make that happen. I would like to thank The Common Good including their generous donors and volunteers for helping this research move forward. Their support is invaluable, and their spirit of community service is admirable."

Australian Unity 

Tour de **BRISBANE**

SUPPORTS OVER

1,685 HOURS OF MEDICAL RESEARCH



On Sunday 10 April, over 5,000 riders took to the fully closed roads of Brisbane to ride in this year's Australian Unity Tour de Brisbane.

The beautiful sunny weather with little or no wind made for perfect riding conditions, whether competing in the 110km Gran Fondo or the community ride. Thank you to the incredible community of riders and fundraisers who raised over \$74,000 or 1,685 hours of medical research.

CRAIG LOWNDES AND DARYL BEATTIE

RIDE FOR MEDICAL RESEARCH



On 31 March, motorcycle enthusiasts, including three-time Supercar Championship winner and seven-time Bathurst Champion Craig Lowndes OAM and ex-500cc MotoGP Champion Daryl Beattie, navigated through 500 kilometres of South-East Queensland's most beautiful terrain to raise much-needed funds for medical research as part of The Common Good's inaugural Ride for Good.



Riders really were riding for good, with over 690 hours of research being raised, equating to over \$30,000.

The scenic charity ride will be back in 2023.

WHEN BIGGER IS NOT ALWAYS BETTER



The modern food industry has distorted what is considered a normal portion. We look at five areas where portion control can help maintain a healthy weight, increasing the chances of a healthier, longer life.

UPSIZING

This phenomenon is common in the fast-food industry but is also a feature in many supermarket products as well. You are able to purchase a much larger size for a relatively small increase in cost. The savvy shopper in us will often upsize as it is a 'good deal', being more economical to buy the larger size. However, upsizing can come at a cost to our health.

On average, upsizing your order at a fast-food chain will come with 23% more kilojoules. The same goes for supermarket purchases, the family size packet of chocolate biscuits might only be an extra 50c but it is unlikely to last twice as long!

BUNDLING

A form of upsizing, bundling is making the purchase of several items together significantly cheaper than if you ordered them separately. The extra items are commonly low nutrient foods or drinks like soft drinks, chips, garlic bread, or ice cream.

Bundling is profitable for retailers as the extras are usually of low cost to them, but it encourages you to spend more. Purchasing the bundle, however, often means consuming a lot more food than you originally intended and can easily lead to over-eating.

BEVERAGES

Increases in serve sizes are not just restricted to food with some of the biggest increases occurring in beverages. For example, a small can of cola is only 250ml, whereas the larger bottle contains 600ml. Buying the large size will give you 630 extra kilojoules and an extra 37 grams of sugar (8.8 teaspoons). Coffee sizes have also grown with the extra-large at a popular coffee chain being 60% larger than the small size (and with it an extra 1,100 kilojoules and 25 grams of sugar).

DINNERWARE CHOICES

Numerous studies have found that when people serve food on a large plate or in a large bowl or eat with a large spoon they consume more. Interestingly, they do not report feeling any fuller. It seems we very much eat with our eyes and not with our stomachs! Similarly, eating snacks like potato chips or sweets

out of the original packet, rather than putting a serve in a separate bowl results in people eating more.

KNOW WHAT A RECOMMENDED SERVE IS

With serve sizes increasing everywhere we often lose touch with what is an average serve. For example, a recommended serve of protein includes 90-100g raw, lean red meat; 100g raw, lean poultry; 115g raw fish fillet; or 1 cup of cooked or canned legumes. These amounts are quite conservative when compared to what is being sold in the supermarket or in restaurants. For example, a single-serve steak in our major supermarkets weighs in at 150-200g and 300-400g at popular steak restaurants.

For more information on portion sizes see: www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day

Tips for portion control

- When eating out, try and work out what you want exactly before ordering. This way you can avoid the temptation of upsizing or bundling. Remember that it might be cheaper to buy large, but the hidden cost is your health.
- Avoid buying large sizes of snack foods as they tend to get eaten in the same time frame as the smaller sizes.
- Order smaller drinks sizes as it is very easy to drink a lot of extra kilojoules when purchasing larger sizes.
- Serve food on small plates and in small bowls and use small spoons or chopsticks to avoid over-eating.

COVID CRITICAL UPDATE

You may have been following the progress of the COVID Critical Consortium (COVID Critical) in previous editions of *The Good News*. Based at The Prince Charles Hospital in Brisbane, COVID Critical launched in January 2020 with the backing of your public donations, via The Common Good. It was Queensland Mums and Dads who came forward to support crucial research into this new virus, COVID-19, that was sweeping the world and threatening millions of people's lives.

It was only through this initial seed funding that the COVID Critical program was able to develop into the world's most in-depth database of COVID-19 ICU patient outcomes.

"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.

After incorporating over 35 million pieces of data with 220,000 hours of data entry, this work has now attracted the attention of two of the world's leading philanthropists, The Bill and Melinda Gates Foundation and Minderoo Foundation who

will provide a combined \$1.6M in funding to help build an app to deliver important COVID-19 recovery data to clinicians all over the world.

It is amazing to think that your generosity and willingness to tackle this health crisis head-on has taken a local project started at The Prince Charles Hospital to a world-wide database helping clinicians in countries across the world.

CATERING FOR THE COMMON GOOD

Did you know that in addition to our social enterprise cafes, The Common Good also operates a catering business? We pride ourselves on providing fresh and convenient catering options to ensure your next catering event is nutritious and delicious!

WE EVEN DELIVER!

Whether your event or meeting requires breakfast, morning or afternoon tea, or hot and cold lunch options, our catering options are extensive. Let us take the hard work of catering away from you. Our team can create the tastiest and most convenient options! From pastries and breakfast muffins, to rice paper rolls and wraps, our food is made fresh on site daily. Best of all, when you support our catering business, you're helping support life-saving medical research through The Common Good! Now doesn't that taste good!



Visit www.thecommongood.org.au to view our latest catering menu

HELPING PATIENTS THRIVE, NOT JUST SURVIVE

THE ICU OF THE FUTURE PROJECT REACHES AN EXCITING MILESTONE

You may remember in 2021 when we called for the support of the public to make a contribution to an ambitious but critically important project – the intensive care unit (ICU) of the Future.

This world-first project to redesign the ICU environment to be more patient-centric and recovery-focused has been unveiled by The Common Good and

The Prince Charles Hospital's Critical Care Research Group (CCRG).

The prototype provides a proposed model of what the ICU of the Future might look like, addressing many of the environmental factors that can contribute to long-term side effects of being in ICU. The new prototype looks at every aspect of ICU care including noise, lighting and interactive technology to create an environment that optimises patient recovery, quality of life following discharge, and improves clinical efficiencies.

This impressive project has been developed over a number of years and it is inspiring to see the evolution of such a highly innovative and patient-centred initiative.

On behalf of the researchers, clinicians and hospital teams, we would like to thank all those who have contributed to this truly game changing project.



HELPING SICK KIDS

WITH THE VERY FIRST CABOOLTURE HOSPITAL CHILDREN'S APPEAL

In May this year, The Common Good launched its first-ever appeal at Caboolture Hospital, focusing its efforts on the children's ward to provide both an incubator bed for newborn babies and a refurbished play area on the children's ward.

Caboolture Hospital is a vital community resource, providing the highest quality of care to residents around the clock. Over 3,000 children are admitted to the Caboolture Hospital children's ward every year and it is often the littlest of patients that require access to vital pieces of life-saving equipment. The Caboolture community is so appreciative for the support of those who so generously donated to the appeal.

The Common Good is also proud to award the inaugural Caboolture

and Kilcoy Hospitals and Woodford Corrections Health (CKW) Research Grants. Four \$10,000 Novice Researcher grants and three \$20,000 Research Grants were awarded to further research into areas including breech birth delivery outcomes, sensory processing disorder screening and the use of peripheral intravenous catheters in the ICU (to name a few). Congratulations to all the research grant recipients and we look forward to sharing with you the impact of their work!

MEET JOHN

Proud member of
The Common Good



As a past patient of The Prince Charles Hospital (TPCH), John knows firsthand the importance of exceptional treatment and life-saving care. In 2018, John underwent heart valve and bypass surgery at TPCH.

John is now able to live his life to its fullest, often cheering on his beloved AFL team, the Melbourne Football Club.

To show his appreciation of the wonderful care received at The Prince Charles Hospital, John reached out to The Common Good, and so generously gave one of the largest single gifts ever to the Foundation.

The Common Good would sincerely like to recognise and thank John for his momentous generosity. His contribution will go on to sustain an incredible amount of research into heart disease which will no doubt save more lives like John's.



Ekka STRAWBERRY SUNDAE STALLS



*Last call for
Volunteers!*

The Common Good rely on over 2,000 amazing volunteers to help us serve the iconic Ekka treat and we would love you to join us!

Visit

www.thecommongood.org.au
for more information on Ekka
volunteering opportunities.

**Be quick, shifts are
limited and are sure to
be scooped up soon!**

After a two year hiatus

EKKA IS BACK!

It's been two long years since the last Brisbane Ekka and we can't wait to serve up our iconic Ekka Strawberry Sundaes in 2022!

We were so grateful for the support we received from our incredible community through the past two Ekka cancellations. Whether you visited our pop-up shops, ordered a take home pack, or grabbed a 5L tub at Christmas time, one thing is for sure, Brisbane LOVES their Strawberry Sundaes! We'll be scooping up a storm at Ekka from 6 – 14 August.

Whether you are a diehard fan or a first-timer, look out for our Ekka Strawberry Sundae stalls and remember that every Strawberry Sundae helps power life-saving medical research with The Common Good.



GIVING DAY project update...

Last October you helped raise over \$250,000 for special projects at The Prince Charles Hospital as part of our inaugural Giving Day and we are delighted to share a project update with you!



The Common Good Ambassador, Kate Phillips and CAM Unit staff

We are thrilled to have the support of The Common Good Ambassador Kate Phillips, who is donating her time and expertise as a Landscape Architect to not one, but two Giving Day projects!



Detailed design has commenced on the **Rehabilitation Path to Recovery** which allows patients who have experienced stroke, illness or recent surgery to build their confidence and strength on this path to enable them to transition home sooner and safer.

Through your support, **new dementia sensory gardens** have also been planted in our Cognitive Assessment and Management (CAM) Unit to allow patients impacted by dementia to engage their senses of touch, sight and smell and create a more calming environment. Our wonderful therapy dogs have also been working their way through The Prince Charles Hospital visiting a variety of patients, providing a welcome and furry distraction from being in hospital.

GIVING DAY 2022 IS COMING!

With your support, we can fund even more special projects for The Prince Charles Hospital which don't receive immediate government funding. Would you like to join the action this year? Whether it's volunteering on the day, donating, or matched pledging, we would love to hear from you!

Phone 1800 501 269 to speak to our friendly team.