

Summer 2010/2011

## Scots has an absolute ball raising \$15,000 for tiny babies

At a recent Charity Ball at The Scots College, organised by Year 11 boys, more than 216 attendees proved that you're never too young to make a difference. In this case, it's raising vital funds to support our premature and critically ill babies in the Royal's Newborn Intensive Care Unit.

A very dedicated Student Charity Committee worked hard to make the ball a great success. Alex Boardman, a member of the Committee, said "I was so proud to be part of this event and so glad that Scots boys can make such a big difference in a very enjoyable way".

The night featured a presentation by the Committee and a short film that reinforced the valuable work of the Hospital and how the boys can make a real difference. And make a difference it did! Henry Lees, one Scots attendee, said, "The video at the start of the evening was very emotional and made me feel involved in a good cause".

The Scots College has developed a very close relationship with the Royal, having chosen us as its special charity. Fortunately for our many sick and premature babies, the boys are particularly interested in our special Newborn Intensive Care Unit. The school is working very hard to raise the students' awareness and understanding of the issues confronting young babies, women and their partners.



The Scots College Year 11 Student Charity Committee with Mr Ian Dodd, Assistant Principal Pastoral Care



Mr Phill O'Regan, Head of Senior School, The Scots College

Phil O'Regan, Head of Senior Years, says, "Following the inspiring words and moving message from Ms Penelope Hess, Royal Hospital for Women (RHW) Foundation Chief Executive, Year 12 2011 is committed to supporting the Hospital through awareness and fund raising activities.

The Scots College is very proud of our special relationship with RHW and looks forward to the contribution our Year 12 leaders will make throughout 2011. Our students have a target of \$15,000 from the Ball and associated fundraising activities over (continued over page)

## Our Vision

'Helping to provide care  
in partnership with women'

The Royal Hospital for Women Foundation  
Locked Bag 2000, Randwick NSW 2031  
ABN 79 276 416 465  
ph 02 9382 6720  
fax 02 9382 6762  
[www.rhwfoundation.com](http://www.rhwfoundation.com)

## A note from the President

Dear Supporters

It has been another busy year for the Foundation as we focus on extending our support basis through New South Wales and raise awareness of the Hospital and the Foundation to a broader demographic.

This year the Foundation supported a number of projects that are vital to not only saving lives, but improving the lives of so many women and babies that depend on the 'Royal'. For instance, with the help of our donors, we have committed over \$250,000 to purchase 20 state of the art neo-natal monitors for the Newborn Intensive Care Unit.

Over the next two years, the Foundation will be assisting with funding a Hospital research project which sees Professors of Maternal Fetal Medicine and Midwifery collaborating on trials focused on abnormalities in pregnancy and improving best practice clinical guidelines.

We can only do this with the generous support of our donors and sponsors who contribute directly to the Foundation or through our events. We aim to keep our events interesting and fun!

Our 2010 series of Secret Women's lunches and Secret Men's dinners have been a great success this year and show how highly the Hospital is regarded in the community. I encourage you to read the article about these events in this Newsletter where we give recognition to our special guests and sponsors who help make these lunches and dinners so successful.

Our Mother's Day Royal Picnic continues to grow in size and this year we had a record number through the gate. The Harper's BAZAAR Champagne and Shopping Event continues to break records in funds raised.

To continue to broaden our connection across the community, we have established a 'Young Events Committee' to help organise a unique cocktail event at Pink Salt, Double Bay in December. Proceeds from this event will help purchase a much-needed ultrasound for the NSW Women's Breast Centre at the 'Royal'. Keep up-to-date with the latest news on this unique event by visiting our website.

We are so thrilled to have an exceptional partnership with The Scots College and we have dedicated the main article in this Newsletter to the students and staff who are committed to raising funds for our Newborn Care Centre. You will be encouraged when you read about their fundraising efforts.

Our Board and CEO have committed much time

and energy this year to strategising how the Foundation can continue to do things better. Since my first 'Newsletter Message' last year, we have welcomed a number of new directors to the Foundation's board; Greg Quail, owner and Principal of Quail TV, Kate Edwards, Marketing Executive, and Associate Professor Jason Abbott, Director of Training at the 'Royal' and the Hospital's Senior Staff representative.

Another successful year for the Foundation is coming to an end and as we plan our fundraising calendar for 2011, we are mindful that the holidays are soon upon us. On behalf of the Foundation directors and staff, may you have a very safe and happy holiday season with family and friends. We look forward to sharing with you our exciting plans for the future in our March 2011 Newsletter.

Sheila McGregor  
RHW Foundation President



## Cover story continued

the coming weeks, and they're well on their way to achieving this following their efforts from the evening".

The proceeds from the night, along with a guessing competition and other activities in Term 4, will contribute significantly towards the purchase of much needed life support equipment for the Newborn Intensive Care Unit.

What's great is that Year 12, 2011 is committed to continuing this amazing support. Scots student Alex Michael resoundingly agrees saying, "It's great for Scots to support such a worthwhile cause and we very much look forward to raising more funds and awareness for the Hospital over the coming years."

It's so nice to hear these heart-warming comments from boys at such a young age, including Rory McMullen who says, "We're so proud to be involved in this cause, knowing the money is going to a good place". Well Rory, on behalf of those families whose beautiful, tiny and very sick babies depend on the Newborn Intensive Care Unit, we'd like to say how very proud we are of all of you and extend our sincere thanks.

# Early detection and focused treatment for ovarian cancer is a positive reality

Ovarian cancer is the fifth most common cause of death from all cancers occurring in women and the leading cause of death from gynaecological cancers.

These very sobering statistics are, unfortunately, very real to around 1500 Australian women diagnosed with the disease each year. Of those women, more than 850 will die and over three quarters will be diagnosed with very advanced cancer.

But thanks to the hard work and dedication of a very talented clinical scientist at the Royal Hospital for Women, persistent research towards early detection and more focused treatment is a far more positive reality.

Dr. Viola Heinzelmann-Schwarz is also Head of the Gynaecological Cancer Research Group at the new Lowy Cancer Research Centre, University of New South Wales (UNSW). Viola specialises in gynaecological cancer, tumour marker detection, drug resistance and treatment development. "There's an urgent need for reliable, non-invasive and affordable screening tests for high risk Serous Ovarian, Tubal and Peritoneal Cancer patients", says Dr Heinzelmann-Schwarz.

The past four years have been very busy for Viola and the future looks no different. This is exciting for Viola and encouraging for the many female cancer patients whose long-term health and survival is the driving force behind her work.

Trained in Gynaecology and Obstetrics, Viola headed the Translational Research Group at the University of Zurich, Switzerland in 2006 and was appointed Senior Lecturer the following year. In 2008, Viola became Senior Lecturer at the UNSW when she joined Professor Neville Hacker (Royal Hospital for Women) for subspecialty training in gynaecological oncology.

In 2009 Viola was appointed to her current position within the Adult Cancer Program at the Lowy Cancer Research Centre. This state of the art research facility was officially opened on 25 May 2010 and is the largest in the Southern Hemisphere, housing 400 researchers. It's unlike any other in the world, focusing on adult and children's cancer, and aiming to translate research findings into clinical applications to improve all aspects of patient care.

The Lowy Cancer Centre is a perfect fit for Viola and her team who have three key research goals:

- Developing a new way to detect gynaecological cancers based on the presence of anti-glycan antibodies in the blood, allowing the disease to be diagnosed with greater sensitivity and specificity
- Finding out if the disease makeup of long-term ovarian cancer survivors is different to those with aggressive cancers



Dr Viola Heinzelmann-Schwarz

- Determining whether ovarian, tubal and peritoneal cancers are the same or whether they need different early detection markers and treatments.

So far, around 400 people have volunteered for the program. And, adds Viola, "using these antibodies, we'll be able to predict patient outcomes, and develop treatments based on individual cancers. We'll also have better insight into the different biology of various forms of Ovarian, Tubal and Peritoneal cancers which present with the same characteristics".

For this multi-award winning clinical scientist however, the best reward is that of patient survival. It's comments like this one from Amy, a patient at the Royal that makes Viola and her team's hard work incredibly worthwhile:

"Being diagnosed at 24 with Ovarian Cancer was very scary. Not knowing the outcome, if I would survive and how this would affect my little baby was the hardest part. With the love and support of family, friends, doctors and nurses I survived to fight another day. Now I appreciate each and every day that I have."

We look forward to bringing you news of Viola and her team, and keeping you updated with their progress in future newsletters.



Amy and her daughter

# 20 new monitors help our brave little battlers

The Newborn Care Centre at the Royal Hospital for Women is the largest newborn care unit in NSW and cares for seriously ill babies admitted for a wide range of surgical and complex diseases. About 50% of the NSW babies needing neonatal surgery are cared for in this special unit.

One of the successes can be highlighted by Sam who was born two years ago with a rare and severe form of congenital leukaemia. Although born without malformations, he was deeply cyanosed (a discolouration of the skin). Sam also had critical respiratory failure needing extreme ventilator support with high frequency oscillation and inhaled nitric oxide. His blood, packed with leukaemic cells, was so thick that blood flow through the lungs was seriously compromised.

Sam had to have an 'exchange blood transfusion' to thin his blood to keep him alive. Sam was immediately treated with leukaemia chemotherapy. He spent three weeks on the ventilator and four weeks in the Newborn Care Centre. It was so pleasing to see him coming back recently to visit the neonatal staff, looking absolutely healthy.

*The Royal Hospital for Women Foundation has made a financial commitment of \$261,029 to purchase 20 state-of-the-art neonatal monitors over the next 12 months with the help of the money raised through the half-marathon and the Henry, Jasper & Evan Smith Trust Fund.*

We would like to thank all the runners and supporters who participated in the



half-marathon, giving us the where-with-all to help such an important need.

Currently, the Newborn Intensive Care Unit is working with monitors over 13 years old, and there are 10 old monitors in the high dependency unit that are more than 18 years old and require urgent replacement.

With the expertise of nurses, clinicians, neonatologists and other medical staff caring for these special, tiny babies, we are thrilled to give our support with the purchase of much-needed medical equipment.

# 'Secrets' raise money for the Royal

The 'most beautiful harbour in the world' was the view that our guests enjoyed as their taste buds delighted in the flavours of the most amazing food prepared by a highly respected chef and his talented team. Once again, Quay Restaurant was the venue for our very popular **Secret Women's Business Lunches** and our **Secret Men's Business Dinners**.

Throughout 2010, our women were fascinated by the secrets of our guests of honour who were interviewed by Deborah Thomas. Claudia Karvan, Wendy Harmer, Dr Belinda Bletcher (Perinatal Psychologist at the Royal) and Ita Buttrose AO, OBE, captivated the imagination of all our guests.

The gentlemen who attended the March Secret Men's Business Dinner were kept amused with Andrew Denton's experiences in interviewing high profile guests on his 'Enough Rope' TV Series, and Phil Kearns motivated and entertained our October dinner guests.

These events are not only entertaining, they play an important role in supporting the only women's hospital in NSW. They help the Foundation raise substantial funds for vital medical equipment and research projects that benefit so many babies, girls and women who depend on the special services of the 'Royal'.

Our sponsors play a key role in ensuring these events are successful. The Foundation's Board of Directors gives recognition to our event partner, Quay Restaurant, for its support over the past six years. We would like to acknowledge and sincerely thank our sponsors who have played a major role in these unique events:

- All Star Workforce
- Chiva-Som Health Resort, Thailand
- Coty
- Emirates
- John Cutler Bespoke Tailor
- Lindt Chocolate
- Patina Wines
- Roaming Gourmet
- Travel the World
- Victoria's Basement
- Wolgan Valley Resort & Spa
- BMW Sylvania Waters
- Clear Skin Care
- Cruise Travel Centre
- Hands On System
- J Faren Price Jewellers
- National Australia Bank
- Peterson House Sparking Wines
- Tony Ferguson
- Van Huesen
- Wolf Blass
- Women's Weekly.



Secret Women's Business Lunch guests Deborah Thomas, Wendy Harmer and RHW Foundation President, Sheila McGregor

[www.rhwfoundation.com.au](http://www.rhwfoundation.com.au)

Have you visited our website yet? It has become an important way for the Foundation to keep you updated with what's happening at the Royal, and how your donations help so many of our patients.

We've recently updated the site with a new 'wish list' of essential medical equipment that will help the doctors improve the lives and health of the thousands of women and babies in NSW who are treated at the Royal.

Did you know you can make a donation online? It's quick, easy and efficient.

Perhaps you haven't had a chance to visit our website and respond to our Royal Review via email. If you haven't please visit our site and give us your feedback – we'd love to improve our understanding of our donors and what's important to you.

With so many good reasons to visit, why not do it today? [www.rhwfoundation.com.au](http://www.rhwfoundation.com.au)

## Your donation to the Royal Hospital for Women Foundation will ensure we continue to care for the women and babies of NSW

You may fax your donation to (02) 9382 6762 or tear and send this response coupon to RHW Foundation, Locked Bag 2000, Randwick NSW 2031.

Donations are tax deductible.

Please find enclosed my donation of (please circle)

\$250 \$100 \$50 \$500 or \$\_\_\_\_\_

Please tick this box for your donation to support Ovarian Cancer Research

Enclosed is my cheque made payable to RHW Foundation, or

Please circle: Visa Mastercard Amex

Card Number \_\_\_\_\_

Name on Card \_\_\_\_\_

Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_

Dr/Mr/Mrs/Ms/Miss \_\_\_\_\_

First Name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

A self addressed envelope is enclosed for your convenience.

Please make cheques payable to RHW Foundation  
Tel (02) 9382 6720 Fax (02) 9382 6762 ABN 79 276 416 465  
Donations over \$2 are tax deductible. Thank you for your support.

## The Right Royal Baby Stars - Order Form

Commemorate your child's birth at the Royal Hospital for Women with a star on the Baby Wall

Minimum contribution of \$50 each star (one star per child)

First Name Middle Name Surname

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date of Birth Girl/Boy Gold or Silver Star

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please complete the above details and payment section and post to RHW Foundation

## Department Profile - Pharmacy



You would think that visiting around 120 inpatients every morning, advising their doctors on dosage and interactions, and quickly dispensing medications could become somewhat tiring after a few years. Not so for two very long serving members of the Royal's small but very productive Pharmacy Department.

Gary Gridneff, the Royal's Chief Pharmacist, and Inara Gaudins, also a Pharmacist, have worked together for over 34 years and are a very strong and capable team. As Gary says, "When you know what you're doing and you love what you're doing, it comes easily to you". But having only two pharmacists to look after roughly 120 patients every day can be tough going. Thankfully in June this year, they became a team of three, with the addition of pharmacist Selina Boughton.

This very efficiently run department works like a well-oiled machine. Although only open between 8.30am and 5pm, Monday to Friday, Gary, Inara and Selina are on call, on a rotational basis, 24/7 every day of the year. Why? - Because they provide a very important service to the Royal's inpatients. They not only check a patient's chart and dispense the medications, they also work closely with doctors and nurses, advising when needed on the selection, dosage, interactions and side effects of particular medications.

And if the doctors and nurses can't find what they need in an emergency drug cupboard in the middle of the night, on a weekend or public holiday, one member of this team is called to assist. And happily assist they do. "The fact that we're doing a job that makes women's and babies good health a reality and alleviates their problems or sufferings makes it all worthwhile", says Gary.

And who are their patients? They tend to be split fairly evenly between the tiniest premature babies in the Newborn Care Centre, to the oldest women in the oncology or gynaecology wards. It's not all about mixing up straight medications though - the very fragile babies in the Newborn Care Centre often require non-standard, miniscule doses that must be specially made up. And because medications have become so complex, they often advise doctors and nurses on drug interactions and side effects. That's why an in-house pharmacy is so beneficial as "the on the spot communication with patients and their doctors allows more personal contact and clinical intervention when required", Gary comments.

Rest assured you'll always find one of the team tucked behind the small window of the Pharmacy Department on Level 2 working hard to do their part in making sure the Royal's inpatients are kept as healthy, strong and pain free as possible.