Our Vision
Excellence and innovation in health and medical research
– Better health services –
Healthier Illawarra community
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"IHMRI continues to encourage close collaboration between academic and clinical research efforts"
From the Chairman

It has been another exciting year at the Illawarra Health and Medical Research Institute (IHMRI), one which saw significant changes to the Board of Directors, steady growth in IHMRI’s Research Network and the announcement of further funding under the NSW Government’s Medical Research Support Program.

IHMRI Ltd was established under joint ownership of the University of Wollongong (UOW) and South Eastern Sydney Illawarra Area Health Service (SESIAHS).

SESIAHS ceased as a corporate entity on 31 December 2010, necessitating an IHMRI Ltd membership change. While the Illawarra Shoalhaven Local Health District (ISLHD) replaced SESIAHS, the changing roles of many senior personnel within NSW Health led to three SESIAHS directors, Terry Clout, Neville Onley and Elizabeth Koff, resigning from the Board of Directors.

These directors made an enormous contribution to the Board and I would like to thank them on behalf of the Board and the Institute for their contribution.

With a view to quickly re-establishing effective company and board membership arrangements, I wrote to Professor Denis King in February 2011, in his capacity as Chair of the ISLHD Board, and sought nominations for vacant director positions.

Professor King (Chair, ISLHD Board), Sue Browbank (Chief Executive, ISLHD) and Henry Kornacki (Director, Finance and Corporate Services, ISLHD) subsequently consented to act as directors on behalf of ISLHD and we were pleased to welcome them to the IHMRI Ltd Board.

Meanwhile, working through its diverse network of health and medical researchers, IHMRI continues to encourage close collaboration between academic and clinical research efforts.

The IHMRI Research Network was established in December 2009 and, by the end of June 2011, had grown to an overall membership of 628. This rapid growth demonstrates the strength of interest in building health and medical research connections and capacity in our region. Collaborations among network members have already resulted in noteworthy project funding success, outlined in this report.

Strong leadership will continue to play an important role in delivering best value to network members and the community at large and I would like to thank the IHMRI Executive, led by Professor Don Iverson, for their continued commitment to translating the overall direction set by the Board into systems and programs to achieve the vision of the Institute:

‘Excellence and innovation in health and medical research – Better health services – Healthier Illawarra community’.

Finally, I would like to acknowledge the commitment of the IHMRI Operations team for their continued support of the Executive in pursuing the strategic goals of IHMRI.
From the Executive Director

A major achievement in the first part of the reporting period was the establishment of IHMRI in its headquarters on the UOW campus. The new building includes laboratories, research offices, a lecture theatre and an entire floor dedicated to clinical research and trials. It is built to the latest standards and technology, housing some of the most sensitive equipment for medical research in the country.

The transfer of that equipment, some of which is extremely large, was an enormous logistical challenge and credit for the successful implementation of the project must go to the management and technical staff involved.

Approximately 100 scientists are based in the building and around 180 are using the facilities. All researchers who have signed onto the Research Network are able to access the facilities to support endorsed, collaborative research projects.

Another milestone is a small grants program administered by IHMRI to provide pilot funding for new collaborations between IHMRI network members, with funding provided from the UOW’s Medical Support Research Fund. The inaugural IHMRI small grants round was widely advertised throughout the network and resulted in $65,000 being awarded to 13 collaborative projects from 26 applications.

Once our researchers were established in the new IHMRI headquarters we felt it was important to review our research strategy, future directions and priorities.

With the creation of IHMRI a commitment was made that the Institute would apply research findings with the intent of improving the health status of Illawarra residents. This commitment is what differentiates IHMRI from other health and medical research institutes in Australia.

Our review sought to identify and progress new and developing opportunities within the community evolving from the collaborations facilitated and encouraged through the IHMRI venture. Part of that review process included a research review workshop attended by the IHMRI Scientific Advisory Committee.

On another note, we also reviewed the Charter for the IHMRI Executive Management Advisory Committee (EMAC). EMAC had been meeting on a monthly basis since December 2008 in order to consult and advise the IHMRI Executive on a range of matters relevant to the early development of the Institute, with emphasis on establishing the new headquarters.

Now that we are well established in the IHMRI headquarters, we decided to close the EMAC in March 2011 and turn the focus to strategic consultations with the local health district around various collaborative opportunities.

On behalf of the IHMRI Executive, I would like to thank all members for their valuable contribution to the EMAC, with their combined knowledge and experience ensuring the successful establishment of IHMRI in its headquarters.
One of the most satisfying achievements for 2010–11 has been the establishment of the Clinical Research and Trials Unit (CRTU) in IHMRI’s new headquarters and the commencement of the first commercial clinical trial in January.

The CRTU at IHMRI is a state-of-the-art facility, purpose-built to accommodate a range of clinical studies, particularly involving later stage pharma-sponsored drug trials in therapeutic areas such as hypertension, diabetes and respiratory diseases and investigator led research trials in nutrition, exercise and psychological interventions. Our facility is distinctive in that it draws directly from the local community, complemented by GP co-investigators, to engage trial participants. We’ve always believed the Illawarra is a great location to conduct clinical trials and we hope the impact – to the participants, the economy and to health treatments – will bring major benefits to the region.

In early 2011 we reached a significant milestone in our development as a host site for an international clinical trial – an investigation into a potential new shingles vaccine. This global study is being conducted in 18 countries and aims to recruit 31,000 people.

A second research study, led by Professor Linda Tapsell, is examining the success and benefits of different dietary approaches in weight management using the CRTU facilities. The year-long Healthy Eating and Lifestyle study provided participants with dietary advice, regular health assessments, counselling sessions and a dietary plan.

Other investigator led studies which used the CRTU facilities in the year included a study to examine different styles of exercise to boost activity in older people, and a pilot group for the Illawarra Longitudinal Study of Successful Ageing.

With a number of additional clinical studies in the pipeline for the CRTU, the clinical research team is working to build expertise in the region for future trials. As part of this, we have established a clinical trials GP group for doctors interested in being part of future studies of new treatments and drugs, and referring patients into appropriate trials.

By being involved in the CRTU network, local clinicians play an important role in the development of this Institute, in improving drugs and therapies to treat chronic and degenerative diseases, and ultimately in improving the health of people throughout our community.

It is pleasing to note that the community response in terms of participation and support for trials has been strong and is a credit to the efforts of the dedicated support staff in the CRTU.

We rely on community support and interest to help investigate the important health challenges facing our community. Advances in medical research cannot continue without this support.
"Linking academic and clinical researchers to rapidly translate research findings into improved clinical practice and health service delivery"
IHMRI’s vision is: ‘Excellence and innovation in health and medical research – Better health services – Healthier Illawarra community’.

It encapsulates the belief that, by linking academic, clinical and public health researchers around health and medical issues common in the Illawarra, findings can be rapidly translated into improved clinical practice and health service delivery, leading to health benefits for the local community.

IHMRI’s mission is: ‘To build a centre of excellence and innovation in health and medical research, targeting health improvements through early intervention and preventative health care’.

Six strategic goals or outcomes have been identified to guide IHMRI’s program over the next ten years:

- Excellence and innovation in targeted health and medical research - Linking bright minds around common problems
- Collaborative research capacity building in our region - Bridging academic, clinical and public health research contexts
- Enhanced resourcing for health and medical research - Connecting researchers into quality facilities and services
- Improvements in clinical practice and the health of our community - Translating discovery into better care and health improvements
- An informed and engaged community - Engaging the Institute with the Illawarra community
- Organisational growth and development - Leading from the present to a better and sustainable future

The Illawarra Health and Medical Research Institute was formally constituted on 24 April 2008 as a company limited by guarantee under the Corporations Act 2001 (Commonwealth). It is a collaborative venture of the two members of the company, the University of Wollongong and the Illawarra Shoalhaven Local Health District (formerly the South Eastern Sydney Illawarra Area Health Service).
KEY ACHIEVEMENTS 2010–11

Funding
An allocation of $679,931 for research infrastructure support during the 2010–11 financial year was made to IHMRI under the NSW Government’s Medical Research Support Program.

Competitive grants
Growth continues in the overall amount of new grants under the umbrella of the Institute. In particular, five sizeable National Health and Medical Research Council (NHMRC) grants were awarded to medical researchers affiliated with the Institute in 2010.

IHMRI grants
IHMRI provided over $176,000 in research grants aimed at collaborative pilot projects involving academic researchers and clinical professionals. These grants were funded by the Medical Research Support Fund established by UOW and through donor contributions to health and medical research at UOW.

New headquarters
IHMRI’s new building, including two levels of PC2 laboratories, a lecture theatre and Clinical Research and Trials Unit, was officially opened on 20 July 2010 by the NSW Deputy Premier and Health Minister, Carmel Tebbutt.

First sponsored clinical trial
The first commercial trial – a new investigational vaccine for shingles – commenced in January 2011. With strong interest from individuals and community groups, the CRTU successfully met its recruitment targets and timelines for this trial.

Research strategy review day
The IHMRI Scientific Advisory Committee participated in a research review workshop in February 2011, and worked with the IHMRI Executive in drafting a review paper to guide discussion with the research leaders about future collaborations and research strategy.

Research Network
Overall membership of IHMRI’s Research Network increased by over 30 per cent to 628 members and associate members in the year to 30 June 2011.

VIP visits
• Her Royal Highness Princess Soamsawali of Thailand toured IHMRI on 30 September 2010.
• Jillian Skinner MP, then Shadow Minister for Health, visited IHMRI on 16 February 2011 to announce the opposition party’s proposed policy for medical research funding.
• Professor Sir Robin Murray, Institute of Psychiatry, Kings College, London, presented an IHMRI seminar titled Schizophrenia: From the street to the striatum to an audience of over 180 people on 17 May 2011.

Community engagement
IHMRI hosted two community events aimed at raising awareness and engaging the community in medical research.
• Inaugural Illawarra Mental Health Awareness Expo (12 October)
• Seniors Week – Live Life Healthy Expo (25 March)

Dementia campaign success
On 30 March 2011, the Healthy Heart Healthy Mind project kick-started its dementia risk reduction campaign with an official launch at IHMRI. Administered within the ISLHD, the pilot project aims to increase awareness that hypertension increases the risk of dementia; particularly among adults aged 45 and over.
Donations and fundraising
Private individuals and organisations continue to provide vital funds for IHMRI to continue its health and medical research, with their generosity contributing to a 127 per cent increase in donations over the previous reporting period, as illustrated in the table below.

FUNDING
IHMRI acknowledges the support of the Office for Medical Research (OMR) in the NSW Ministry of Health (formerly part of the NSW Department of State and Regional Development) for the provision of funding for research infrastructure to support health and medical researchers networked with the Institute.

IHMRI was allocated $679,931 for research infrastructure support during the 2010–11 financial year by the OMR, under the NSW Government’s Medical Research Support Program (MSRP). The research infrastructure funds awarded under the MSRP are critical for supporting the network IHMRI has developed to foster, coordinate and build research collaborations in the region.

The IHMRI partners, UOW and ISLHD, also provide vast in-kind support and conduct initiatives within their own systems to further health and medical research and IHMRI’s goals.

UOW, in particular, is supporting a comprehensive IHMRI program in the initial stages within its own budgets and structures to fast-track the goals of IHMRI and its partners. To this end UOW established a Medical Research Support Fund in 2009, which supports IHMRI and other health and medical initiatives.

IHMRI continues to benefit from the ITC Group of Companies’ generous $10 million donation to the fund, with separate donations made in 2008 and 2010 for the advancement of health and medical research. Likewise, ISLHD undertakes initiatives within its own systems to develop research capability within the health service.
GOVERNANCE

Board of Directors

Mr George Edgar (Chairman)
BSc (Tech, Met)
- Director, IMB Banking and Financial Service
- Director, Shin Investments Pty Ltd
- Former Deputy Chancellor and Council member, University of Wollongong

Professor Gerard Sutton AO
BE MEngSc UNSW, PhD CUA
- Vice-Chancellor and Principal, University of Wollongong

Professor Judy Raper
BE Chem (Hons)
PhD ChemEng UNSW
- Deputy Vice-Chancellor (Research), University of Wollongong

Mr Damien Israel
BBus MAcc CSU, CPA
- Deputy Vice-Principal (Finance and IT), University of Wollongong

Clinical Professor Denis King
MB BS, FRACS
- Chair, Illawarra Shoalhaven Local Health District Board

Ms Susan Browbank
RN, CM, Dipl.N.E., B.Sc, MPH
- Chief Executive, Illawarra Shoalhaven Local Health District

Mr Henry Kornacki
B Bus (Accountancy), CPA
- Director, Finance, Illawarra Shoalhaven Local Health District

Directors who resigned in the financial year

Mr Terry Clout
Mr Neville Onley
Ms Elizabeth Koff

Company Secretary

The Company Secretary for IHMRI during the financial year was:
Ms Sue Baker-Finch

Scientific Advisory Committee

Chair, Dame Bridget Ogilvie
Professor Christos Pantelis, University of Melbourne
Professor Louise Ryan, CSIRO
Professor Judy Raper, University of Wollongong

Research Strategy Review
Following the successful establishment of research groups in the new IHMRI headquarters, planning refocused on a review of the Institute’s research strategy, future directions and priorities.

The review sought to identify and progress the new and developing opportunities evolving from collaborations facilitated and encouraged through the IHMRI venture.

To that end, the IHMRI Scientific Advisory Committee participated in a research review workshop in February 2011.

A number of researchers presented short overviews of current and future research directions. The workshop focused on where new opportunities lie, particularly in relation to new multi-disciplinary collaborations, translational research links with ISLHD and population health activities to benefit the local community.
The committee was impressed by the range of research presented and the collaborative approach being taken across groups and centres – a strong indicator of the effectiveness of the IHMRI model – and took the view that the core resource IHMRI must draw upon is its ability to link with the community.

Following presentations, the committee deliberated with the IHMRI Executive, with their feedback forming a review paper to guide discussion with research leaders about future collaborations and research strategy.

Advisory Groups
Research Directors Group
This group comprised the Scientific Director and Medical Director of the six IHMRI research themes and three cross-cutting themes. As a group, the Research Directors guide the research program of the Institute. The group held five meetings in the financial year.

IHMRI Executive Group
The IHMRI Executive Group comprised the Executive Director, Deputy Executive Director and Chief Operating Officer. The Executive is responsible for translating the overall direction set by the Board of Directors into the day-to-day strategic management of the Institute and to develop structures, systems and programs to support its growth and development. The Executive met weekly.

The IHMRI model
IHMRI is a partnership and umbrella organisation, servicing and supporting a network of clinical, academic, industry and community researchers.

Executive Director,
Professor Don Iverson
Pro-Vice Chancellor (Health),
University of Wollongong

Deputy Executive Director,
Professor Wilf Yeo
Foundation Professor, Medicine and Clinical Pharmacology,
Graduate School of Medicine,
University of Wollongong;
Director, Medicine and
Emergency, ISLHD

Chief Operating Officer,
Sue Baker-Finch
“Our research program draws on and develops the research capability and strengths of local institutions.”
A key feature of IHMRI’s research program is its research leadership structure. Research leaders for each of the research themes include a Scientific Director (an academic researcher) and a Medical Director (a clinician). This leadership model promotes strong links between the academic and clinical research contexts and facilitates collaborative research agendas that ensure research findings can be rapidly translated into improved clinical practice and better health outcomes for the community.

Cancer Continuum
Scientific Director: Associate Professor Marie Ranson
Medical Director: Professor Philip Clingan

The aims of the Cancer Continuum research theme are: to improve our understanding of the biological processes underlying cancer; develop improved methods of detection and treatment for cancer; and apply what is known in the areas of cancer screening and cancer protection.

Research Network members of the Cancer Continuum theme held meetings in the year focused on basic research and drug design. External collaborations were also a focus, with Novartis visiting the IHMRI facilities in November 2010 to promote a collaborative partnership.

THEME HIGHLIGHT
Dr Kara Perrow received a three-year UOW Vice-Chancellor’s Fellowship in April 2011 to continue work on a targeted nanoparticle approach to destroying cancer cells, which aims to reduce and eliminate the side effects associated with chemotherapy treatment.
Healthy Ageing
Scientific Director: Professor Mark Wilson
Medical Director: Clinical Professor, Jan Potter

Within the Healthy Ageing theme, clinical and academic researchers from a number of different disciplines are collaborating to discover mechanisms underpinning age-related diseases and conditions and to improve the treatment and management of these. Areas of particular interest include extracellular chaperones and disease, cognitive performance and undernutrition.

Two meetings focusing on maintaining functional health during ageing and nutrition, ageing and disease were held in the year.

Three planning sessions and an eight-person pilot study were held for the Illawarra Longitudinal Study of Successful Ageing late in the year.

THEME HIGHLIGHT
The delivery of the REACH Out in Dementia project, a new toolkit for aged care facility staff for the management of end of life discussions with patients and their families, which will assist in reducing the need for hospital emergency care.

Infectious Diseases
Scientific Director: Associate Professor Paul Keller (appointed October 2010)
Medical Director: Professor Julian Gold

Research within the Infectious Diseases theme focuses on the development and testing of new vaccines and drugs for the prevention and treatment of a range of infectious diseases and the development of interventions to reduce the rate of hospital acquired infections. Research activity particularly focused on drug design and understanding and prevention of Group A Strep infections and complications.

THEME HIGHLIGHT
Significant ARC Discovery Grant and NHMRC Grant successes in 2010–11 for researchers within the Infectious Diseases theme, as well as new academic and clinical collaborations successful under the IHMRI Grants program.

Metabolic Conditions
Scientific Director: Professor Xu-Feng Huang
Medical Director: Professor Robert Moses

This theme encompasses research on a number of important metabolic disorders including obesity, diabetes and cardiovascular disease, as well as lifestyle factors closely associated with these. Functional foods and exercise science research are also studied within this theme.

Obesity related conditions, nutrition and metabolic conditions were the focus of two meetings within the theme during the year.
Neuroscience and Mental Health
Scientific Director: Professor Brin Grenyer
Medical Director: Professor Nagesh Pai
The broad aim of the Neuroscience and Mental Health theme is to promote excellence in neuroscience and mental health research to discover causes and develop new and effective treatments.
A number of general and topic-specific meetings were held for this theme throughout the year.

Primary Care and Rural Health
Scientific Director: Dr Andrew Bonney (appointed October 2010)
Medical Director: Dr Andrew Dalley
The focus of this theme is to develop a regional primary care research network that includes a range of medical, nursing and allied health professionals. This network is expected to facilitate research on topics including the presentation and management of chronic conditions and mental health problems and the efficiency and effectiveness of different models of delivering health services.

THEME HIGHLIGHT
Dr Marcel-Alexandre Juillerat, Senior Scientific Advisor from the Nestle Research Centre in Lausanne Switzerland visited IHMRI on 11 March 2011 to identify possible institutes in Australia for potential strategic partnering. Five research leaders met with Dr Juillerat to present IHMRI’s research capabilities (from basic science to clinical studies) in food, nutrition and metabolism – areas of specific interest to Nestle.

THEME HIGHLIGHT
IHMRI hosted around 40 schizophrenia researchers on 17 June 2011 for the Schizophrenia Research Institute’s Developmental Neurobiology Panel annual meeting. The meeting was attended by Schizophrenia Research Institute CEO, Professor Vaughan Carr, the SRI Macquarie Group Foundation Chair of Schizophrenia Research, Professor Cyndi Shannon Weickert, and participating scientists from UOW, Neuroscience Research Australia, the Garvan Institute of Medical Research, the University of Sydney, the University of NSW, Australian Nuclear Science and Technology Organisation and the University of Newcastle.

THEME HIGHLIGHT
Funding by the Commonwealth Government’s Primary Health Care Research, Evaluation and Development Strategy was awarded to the Graduate School of Medicine to establish the Illawarra and Southern Practice Research Network (ISPRN). ISPRN’s aim is to support early and mid career primary care researchers in developing high quality research skills, with a specific focus on regional and rural primary healthcare.

General Primary Care and Rural Health theme meetings took place in the year, as well as meetings exploring collaborative partnerships with Refugee Health (NSW Health) and Allied Health (Illawarra Shoalhaven Local Health District).
“IHMRI grants aid researchers to form new collaborations, and to collect data to develop a project that may attract ongoing, external funding”
IHMRI was established to encourage, build and facilitate projects that are cross disciplinary, collaborative and translational - that is, projects which translate findings to inform our understanding of health, or which lead to improved treatments in medicine.

Our grant programs, made possible through the UOW Medical Research Support Fund, are supporting projects which meet these aims.

IHMRI administers a number of internal grant rounds each year. The grant program is open to IHMRI Research Network members who are active in one or more research themes and who are working with at least three other network members on the proposed research in areas aligned with IHMRI’s strategic goals, objectives and priorities.

It is anticipated that these IHMRI grants will aid researchers to form new collaborations and collect data to develop projects that will be successful in attracting ongoing funding from external sources.

In the 2010–11 year, IHMRI offered grants in three separate programs totalling over $176,000 towards new research efforts.

IHMRI Small Grants
Funded through the UOW Medical Research Support Fund. Announced November 2010.

The inaugural IHMRI small grants round was widely advertised throughout the network and resulted in $65,000 being awarded to 13 collaborative projects from 26 applications.

IHMRI Small Grant Projects:

- Development of novel anticancer strategies for treating pancreatic cancer: targeting a tumour’s sweet spot
  Dr Danielle Skropeta, Dr Haibo Yu, Associate Professor Marie Ranson, Professor Phil Clingan

- Activation of the PI3K1/Akt/mTOR growth signalling pathway and regulation of the anti-apoptotic protein TCTP in colon cancer
  Dr Ulrich Bommer, Dr Jiezhong Chen, Dr Alistair Lochhead, Dr Morteza Aghmesheh

GRANT PROGRAMS

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  Dr Ulrich Bommer, Dr Jiezhong Chen, Dr Alistair Lochhead, Dr Morteza Aghmesheh
• The role of chromosomal instability induced by insulin/PI3K/Akt pathway in obesity-related colon cancer
  Dr Jiezhong Chen, Professor Stephen Lillioja, Associate Professor Marie Ranson, Professor Paul Else

• An improved breast tumour immunotherapy by delivery of anti-IL10 antibodies using multifunctional nanomaterials
  Dr Kosta Konstantinov, Dr Xiaosong Liu, Professor Xiaolin Wang

• Determining the association between nutritional status and physical and cognitive functioning and health care use in older patients
  Associate Professor Karen Charlton, Clinical Professor Jan Potter, Marianna Milosovilejic, Associate Professor Barbara Meyer

• Metabolic and damage biomarkers to identify the influence of diet on mechanisms of ageing and degenerative disease
  Dr Andrew Jenner, Professor Brett Garner, Dr Todd Mitchell, Professor Xu-Feng Huang

• Rapid topical delivery of anti-infective drugs for prevention and treatment of disease
  Dr Jason McArthur, Dr Roy Himes, Dr Simon Moulton, Dr Nick Adams

• Understanding the role of genetic variation in Interleukin-1 beta (IL-1b) gene with obesity and Type II diabetes
  Yinhua Yu, Dr Ulvi Budak, Dr Zhixiang Wu, Dr Francesca Fernandez

• Understanding the underlying mechanisms behind the reduced body weight gain after consumption of shiitake mushrooms – a rat study
  Associate Professor Barbara Meyer, Dr Jiezhong Chen, Professor Xu-Feng Huang, Associate Professor Arthur Jenkins

• Preliminary investigations of factors affecting weight gain in adult schizophrenic patients attending a Clozapine clinic in the Illawarra
  Dr Judy Mullan, Dr Elisabeth Frank, Dr Francesca Fernandez, Dr Deanne Condon-Paolini, Dr Kelly Newell, Professor Nagesh Pai

• Oxytocin levels during gestation – implications in labour complications and schizophrenia
  Dr Theresa Larkin, Associate Professor Chris Georgiou, Dr Elisabeth Frank, Professor Nagesh Pai

• Improving the olanzapine induced metabolic side-effects by treatment with muscarinic M3 receptor agonist cevimeline – a pilot study
  Dr Chao Deng, Professor Nagesh Pai, Professor Xu-Feng Huang, Katrina Weston-Green

• Partial mitochondrial genome deletions and their role in asthma
  Associate Professor Mark Dowton, Dr Andrew Jones, Dr Ron Sleyter, Professor Stephen Lillioja
IHMRI Dementia Grants


The Dementia Grant program offered two grants of up to $10,000 to support research projects in any aspect of dementia with the potential to advance the prevention or treatment of dementia and/or improve the quality of life and experiences of people with dementia.

• **The impact of fruit flavonoids on memory and cognition in older adults with mild to moderate dementia**
  
  **Associate Professor Karen Charlton, Clinical Professor Jan Potter, Associate Professor Steven Roodenrys, Dr Karen Walton**

  Promising evidence is emerging that the group of plant-derived compounds known as flavonoids have the potential to reverse age-related declines in memory and learning. Anthocyanins, a subgroup of flavonoids, are plant pigments responsible for the orange, red and blue colours of fruit and are highly concentrated in cherries. This project is a pilot study to assess whether further cognitive decline can be delayed or prevented in people with mild to moderate dementia through the consumption of bioactive anthocyanins found in fruit juice.

• **Establishing the pathological mechanisms of TDP-43 in frontotemporal dementia and motor neurone disease**
  
  **Professor Mark Wilson, Dr Justin Yerbury, Dr Heath Ecroyd, Dr Andrew Aquilina**

  The causes of frontotemporal degeneration, the most common form of dementia after Alzheimer’s disease, and motor neurone disease, are largely unknown. However, they are thought to involve disruption to those processes that operate in cells to regulate the levels and normal folding states of proteins, which are thought to become compromised during the ageing process. As a consequence of the lack of mechanistic understanding of the causes of these diseases, there are currently no effective treatments.

  TDP-43 is a protein that only four years ago was shown to be the major component of protein deposits found in the nerve cells of many patients suffering from these conditions. Preliminary results show that TDP aggregates are toxic to nerve cells. The effects of chaperones on TDP-43 aggregation and toxicity are yet to be tested. This project will determine the effects of chaperones on the aggregation and toxicity of TDP-43 and thereby provide important new understanding of the molecular processes underpinning these neurodegenerative diseases, a critical step for the development of new therapies.

IHMRI Project Grants

Funded through the UOW Medical Research Support Fund. Announced May 2011.

The Project Grant program supports pilot projects with potential for future competitive grant funding and emphasises a translational and population health focus.

This grant round was widely advertised throughout the IHMRI Research Network and resulted in $91,120 being awarded to four collaborative projects.
In vitro and in vivo characterisation of a versatile topical platform for the treatment of disease
Dr Jason McArthur, Dr Roy Himes, Dr Simon Moulton, Dr Nick Adams
Skin infections represent a large burden on global health systems and topical treatment is hampered by the poor skin permeability of most anti-infective drugs. This project will explore the ability of a novel topical delivery vehicle to deliver different classes of antibiotics and test the ability to treat a bacterial skin infection with penicillin. An effective topical delivery system for anti-infective drugs will facilitate the development of new and safer treatment strategies for infectious diseases.

Is cardiolipin’s secret that it peroxidises at very low oxygen levels? Implications for myocardial infarction
Professor Paul Else, Dr Todd Mitchell, Professor Peter McLennan, Dr Andrew Jenner
Cardiolipin is a unique phospholipid found only in mitochondria. The peroxidation of cardiolipin triggers apoptosis (programmed cell death) and under certain conditions this occurs 30x more readily than other phospholipids. This project will test the hypothesis that cardiolipin is able to undergo oxidation at very low oxygen levels by comparing oxidation of cardiolipin and other phospholipids at different oxygen levels in both purified form and in mitochondria. The low oxygen levels which occur in heart ischemia and cardiovascular disease may make the potential peroxidation of cardiolipin a very damaging property.

Supporting workplace environments to promote healthy lifestyle among employees of the Illawarra mining industry
Associate Professor Vicki Flood, Dr Susan Furber, Associate Professor Brian Davies, Dr Vinokumar Gopaldasani
This project aims to develop, implement and evaluate a lifestyle intervention trial among employees of the Illawarra mining industry. Workers in the mining industry are at increased risk of dehydration and obesity, so this pilot will focus on increasing water consumption and reducing sugary drink consumption by targeting individual behaviour, workplace environment changes and policy review. It is expected that health benefits, including better hydration and improved weight status, will strengthen external grant applications to extend research to diet and physical activity in the future.

The Wollongong birth cohort study
Professor Brin Grenyer, Associate Professor Chris Georgiou, Associate Professor Vicki Flood, Associate Professor Peter Caputi
This project aims to recruit family units spanning three generations via prenatal clinics in order to build a critical piece of infrastructure for IHMRI – a longitudinal cohort study of the Illawarra community in which to test novel theories and uncover new findings on mental, physical and social health and wellbeing. In this pilot phase, the focus will be on the recruitment of 50 families and development of protocols for data collection.
UOW Near Miss Grants

NHMRC Project grants
A one off, $300,000 donation was secured by UOW and IHMRI from Bellberry Ltd, to complement the UOW’s program of supporting ‘near miss’ NHMRC projects.

Bellberry Ltd is a not-for-profit organisation set up to support and advance medical, scientific and public health research by providing independent research ethics committees to assist in the processing of research trials. Each year it supports Australian research by making donations to universities.

In 2011, the Bellberry contribution funded a total of 12 grants for UOW projects that narrowly missed funding through NHMRC project grant programs.

IHMRI acknowledges the generous, strategic support of Bellberry Ltd.

- Nucleic acid synthesis and cell division in model pathogenic bacteria
  Professor Nicholas Dixon, Associate Professor Aaron Oakley
- Understanding the structural basis for the conversion of chaperone proteins into agents of disease
  Dr Andrew Aquilina
- Promoting physical activity among adolescents through quality delivery of school sport: a randomised controlled efficacy trial
  Dr Tony Okely, Dr Rachel Jones, Dr Dylan Cliff, Dr Marijka Batterham
- Closing the gap between drinking guidelines and older people’s alcohol knowledge, attitudes and behaviours
  Professor Sandra Jones, Professor Don Iverson, Dr Peter Caputi
- Preconditioning cardioprotection through membrane incorporation of omega-3 fatty acids: establishing mechanisms and threshold intakes for physiological effects
  Professor Peter McLennan, Dr Teresa Treweek, Dr Theresa Larkin
- Innovative radiation induced chemo-beta therapies: a novel route to more efficient cancer cell killing
  Dr Moeava Tehei, Dr Stephanie Corde, Professor Anatoly Rozenfeld, Dr Michael Lerch, Dr Susanna Guatelli
- The effectiveness of a multi-component obesity prevention program targeting pre-school children: a group randomised trial
  Dr Rachel Jones, Dr Tony Okely, Dr Dylan Cliff, Dr Peter Caputi, Professor Lori Lockyer
- Nerve matrix hydrogel and polymer based neural conduit systems
  Dr Anita Quigley
- Obesity-associated colon cancer: molecular influences of development and prevention
  Professor Xu-Feng Huang, Dr Jiezhong Chen, Professor Marie Ranson, Professor Don Iverson, Professor Stephen Lillioja
- Investigating disease pathologies utilising a powerful mass-based molecular imaging tool
  Dr Andrew Aquilina
- Revealing molecular mechanisms underlying the therapeutic efficacy and side-effects of antipsychotic drugs
  Dr Chao Deng
- Lipidomics of vision: age-related disorders of the eye
  Dr Todd Mitchell
A number of key performance indicators have been identified in order to monitor health and medical research undertaken in the Illawarra region.

Two measures in particular are used to assess the quantity and quality of research success:

- Research income from all sources (overall quantity)
- Competitive grant performance – NHMRC and other sources (a measure of quality/depth)

IHMRI tracks all research income earned within the Illawarra Health and Medical Research Hub, established under a memorandum of understanding by UOW and ISLHD (formerly SESIAHS) in 2006.

IHMRI and the Australian Health Services Research Institute (formerly the Centre for Health Service Development) form the two cornerstones of the Hub.

The following charts show income received from all sources to the end of 2010 (with comparative data back to 2003) for research conducted within the Illawarra Health and Medical Research Hub.

*The data is extracted from UOW grant and finance databases and does not include research income which may have been received directly by ISLHD. Efforts are underway to record and include research income for the ISLHD in the data in future years.*
### Grant Success

#### Grant Announcements During Reporting Period

<table>
<thead>
<tr>
<th>Title</th>
<th>Agency &amp; Schemes</th>
<th>IHMRI Network Researchers</th>
<th>Grant Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short sleep as a cause of obesity: a longitudinal examination of Australian children</td>
<td>Australian Research Council</td>
<td>Christopher Magee, Peter Caputi, Don Iverson</td>
<td>$120,000</td>
</tr>
<tr>
<td>A longitudinal study into the development of personal vulnerabilities and wellbeing in adolescents</td>
<td>Australian Research Council</td>
<td>Joseph Ciarrochi</td>
<td>$613,192</td>
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<tr>
<td>A longitudinal study into the development of personal vulnerabilities and wellbeing in adolescents</td>
<td>Australian Research Council</td>
<td>Joseph Ciarrochi</td>
<td>$130,225</td>
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<tr>
<td>A longitudinal study into the development of personal vulnerabilities and wellbeing in adolescents</td>
<td>Australian Research Council</td>
<td>Joseph Ciarrochi, Patrick Heaven, Stuart Johnstone, Peter Leeson</td>
<td>$263,099</td>
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<tr>
<td>The role of monocular regions in stereoscopic depth perception</td>
<td>University of New South Wales</td>
<td>Stephen Anthony Palmisano</td>
<td>$3,000</td>
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<tr>
<td>A socio-cultural analysis of eating disorders among pre-teen boys and girls</td>
<td>Deakin University</td>
<td>Janice Elizabeth Wright</td>
<td>$45,425</td>
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<tr>
<td>Understanding toe muscle weakness to restore foot function in older individuals with toe deformities</td>
<td>NHMRC</td>
<td>Karen Mickle, Julie Steele</td>
<td>$270,032</td>
</tr>
<tr>
<td>Understanding toe muscle weakness to restore foot function in older individuals with toe deformities</td>
<td>NHMRC</td>
<td>Karen Mickle, Julie Steele</td>
<td>$28,960</td>
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<tr>
<td>Defining the role of plasminogen activation in group A streptococcal invasive disease</td>
<td>NHMRC</td>
<td>Martina Sanderson-Smith</td>
<td>$384,160</td>
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<tr>
<td>Precellys 24 tissue homogenizer and digital microplate shaker</td>
<td>NHMRC</td>
<td>Chao Deng, Xu-Feng Huang, Kelly Newell, Yinghua Yu, Mei Han, Francesca Fernandez</td>
<td>$9,300</td>
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<td>Facility for real-time study of molecular interactions</td>
<td>NHMRC</td>
<td>Nicholas Dixon, Aaron Oakley</td>
<td>$12,303</td>
</tr>
<tr>
<td>Equipment for investigating host responses during bacterial infection with streptococcus</td>
<td>NHMRC</td>
<td>Jason McArthur, Martina Sanderson-Smith</td>
<td>$5,000</td>
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<tr>
<td>Molecular mechanisms leading to schizophrenia - the role of estrogen and estrogen Receptor Alpha</td>
<td>NHMRC</td>
<td>Jenny Wong</td>
<td>$135,016</td>
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<tr>
<td>Molecular mechanisms leading to schizophrenia - the role of estrogen and estrogen Receptor Alpha</td>
<td>NHMRC</td>
<td>Jenny Wong</td>
<td>$10,000</td>
</tr>
<tr>
<td>title</td>
<td>agency &amp; schemes</td>
<td>IHMRI network researchers</td>
<td>grant value</td>
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<tr>
<td>----------------------------------------------------------------------</td>
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<td>--------------------------------------------</td>
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<tr>
<td><strong>NHMRC grants</strong></td>
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<td>Vulnerability markers in the association between cannabis and</td>
<td>NHMRC</td>
<td>Nadia Solowij, Francesca Fernandez</td>
<td>$499,006</td>
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<tr>
<td>schizophrenia</td>
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<td>Investigating the propagation of protein aggregation in</td>
<td>NHMRC</td>
<td>Justin Yerbury</td>
<td>$390,812</td>
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<td>amyotrophic lateral sclerosis</td>
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<td>Cellular effects of glucocerebrosidase mutations in Lewy body</td>
<td>University of New South Wales</td>
<td>Brett Garner</td>
<td>$244,182</td>
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<tr>
<td>diseases</td>
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<td>Understanding the mechanisms of functionally selective drugs:</td>
<td>NHMRC</td>
<td>Chao Deng</td>
<td>$359,182</td>
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<td>implications for new generation antipsychotic drugs</td>
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<tr>
<td>The role of clusterin in preventing atherosclerosis</td>
<td>NHMRC</td>
<td>Amy Wyatt</td>
<td>$270,032</td>
</tr>
<tr>
<td>The role of clusterin in preventing atherosclerosis</td>
<td>NHMRC</td>
<td>Amy Wyatt</td>
<td>$52,312</td>
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<td>Targeting lagging strand DNA replication in model and</td>
<td>NHMRC</td>
<td>Nicholas Dixon, Aaron Oakley</td>
<td>$570,048</td>
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<td>pathogenic bacteria</td>
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<tr>
<td>Defining the function of apolipoprotein-D in Alzheimer’s disease</td>
<td>NHMRC</td>
<td>Brett Garner</td>
<td>$440,312</td>
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<tr>
<td><strong>Other grants</strong></td>
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<td>Fellowship in radiotherapy (Medical Radiation Physics) at the</td>
<td>Cancer Institute NSW</td>
<td>Anatoly Rozenfeld</td>
<td>$1,711,132</td>
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<tr>
<td>Centre for Medical Radiation Physics</td>
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<td>Relationships between physical activity, sedentary behaviour,</td>
<td>National Heart Foundation of Australia</td>
<td>Dylan Cliff</td>
<td>$142,500</td>
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<tr>
<td>and cardiovascular disease and how it affects the health of</td>
<td></td>
<td></td>
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<tr>
<td>overweight and obese children</td>
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<tr>
<td>New antipsychotic drugs for treating schizophrenia</td>
<td>Schizophrenia Research Institute</td>
<td>Xu-Feng Huang, Francesca Fernandez,</td>
<td>$22,500</td>
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<tr>
<td>Aged Care Continence Monitor</td>
<td>Department of Innovation Industries</td>
<td>Ping Yu, David Hailey, Karin Garrety</td>
<td>$50,000</td>
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<tr>
<td>Aged Care Continence Monitor</td>
<td>Simavita Pty Ltd</td>
<td>Ping Yu, David Hailey, Karin Garrety</td>
<td>$50,000</td>
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<tr>
<td>Stigma and dementia in Australia: a pilot study of community attitudes</td>
<td>Alzheimers Australia</td>
<td>Sandra Jones, Christopher Magee</td>
<td>$3,250</td>
</tr>
<tr>
<td>Title</td>
<td>Agency &amp; Schemes</td>
<td>IHMRI Network Researchers</td>
<td>Grant Value</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>------------------------------------------------------</td>
<td>--------------------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Time use, family functioning and health among secondary school teachers</td>
<td>Catholic Education Office</td>
<td>Peter Caputi, Gerard Stoyles, Christopher Magee</td>
<td>$1,644</td>
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<tr>
<td>Human NRG1 genetic polymorphisms and schizophrenia prevention and treatment</td>
<td>Schizophrenia Research Institute</td>
<td>Xu-Feng Huang</td>
<td>$10,000</td>
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<tr>
<td>Alcohol sponsorship of the National Rugby League: What is its impact on young males?</td>
<td>Health Administration Corporation</td>
<td>Sandra Jones, Heidi Gilchrist</td>
<td>$19,829</td>
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<tr>
<td>Cultural engagement in substance abuse treatment for indigenous Australians</td>
<td>Health Administration Corporation</td>
<td>Trevor Crowe</td>
<td>$13,128</td>
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<tr>
<td>In situ investigation of NRG1 TM heterozygous mouse</td>
<td>Schizophrenia Research Institute</td>
<td>Xu-Feng Huang</td>
<td>$10,000</td>
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<tr>
<td>The use of triterpene saponins from traditional medicinal herbs for improving leptin sensitivity</td>
<td>Diabetes Australia Research Trust</td>
<td>Xu-Feng Huang</td>
<td>$59,985</td>
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<tr>
<td>Improving co-morbidity treatment within residential substance abuse: A randomised trial</td>
<td>Australian Rotary Health</td>
<td>Peter Kelly</td>
<td>$52,029</td>
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<tr>
<td>Development of client needs measurement 'tool' for the Cram Foundation</td>
<td>NSW Department of Industry and Investment</td>
<td>Sandra Jones</td>
<td>$15,000</td>
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<tr>
<td>Improving shoe fit and function for use by underground coal mine workers</td>
<td>Illawarra Coal Holdings Pty Ltd</td>
<td>Bridget Munro</td>
<td>$7,000</td>
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<tr>
<td>Organ and tissue donation - engaging orthodox communities</td>
<td>Australian Organ and Tissue Donation</td>
<td>Sandra Jones, Lyn Phillipson</td>
<td>$53,950</td>
</tr>
<tr>
<td>TechVoucher Program - 'Development of a decision preference survey instrument'</td>
<td>Workplace Images</td>
<td>Peter Caputi</td>
<td>$5,280</td>
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<tr>
<td>TechVoucher Program - 'Development of a decision preference survey instrument'</td>
<td>NSW Department of Industry and Investment</td>
<td>Peter Caputi</td>
<td>$15,000</td>
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<tr>
<td>Research Capacity Building Initiative - 2011 Business Plan</td>
<td>Department of Health and Ageing</td>
<td>Andrew Bonney</td>
<td>$250,000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td><strong>$7,347,825</strong></td>
</tr>
</tbody>
</table>
Ms Tebbutt predicted the Institute would have a far-reaching impact on communities nationally and internationally, and said research conducted by IHMRI researchers is “contributing to the advancement of our understanding of disease, options to reduce the risk of developing diseases, methods of detecting disease in its earliest stages and, importantly, new treatment options”.

IHMRI Executive Director and UOW Pro Vice-Chancellor, Health Professor Don Iverson, said the Institute is bringing the University’s best health and medical researchers together with the region’s best clinicians in partnerships designed to improve the region’s health services more rapidly.

Professor Iverson said research programs would be community-based, with a focus on early intervention, preventative health care and clinical trials.

IHMRI HEADQUARTERS

The official opening of the IHMRI headquarters took place on 20 July 2010. Guests at the opening included NSW Deputy Premier and Health Minister, Carmel Tebbutt, South Eastern Sydney Illawarra Area Health Service Chief Executive, Terry Clout, National Health and Medical Research Council CEO, Professor Warwick Anderson, Member for Keira, David Campbell, and Chancellor of the University of Wollongong, Jillian Broadbent AO.

The NSW Government generously contributed $15 million to the construction of the building, which includes laboratories, research offices, a lecture theatre and an entire floor dedicated to clinical research trials. It is built to the latest standards and technology, housing some of the most sensitive equipment for medical research in the country.

Professor Sutton said the development of the Institute was a classic example of the three tiers of government working together to achieve a great outcome for the community.

Professor Anderson said UOW had a strong record in medical research and that the new facility would inspire researchers. One of the building’s most compelling aspects is the way its open design and service mix supports IHMRI’s vision of collaboration: linking academic, clinical and public health researchers for improved clinical practice and health service delivery outcomes. Approximately 100 scientists are based in the building and approximately 180 are using the facilities.

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The establishment of medical research laboratories is a complex and sensitive process. In IHMRI’s case, many research groups were relocated from elsewhere and the process required minimum disruption. The relocation took place over three days in July 2010, with the goal of having all laboratories functioning within one week achieved in full.

The most complex aspect of the three-day move was the bedding-in of expensive and sensitive scientific equipment and chemicals. A feature of the IHMRI laboratories is the emphasis on collaborative space and shared major equipment.

The moving-in stage has been followed by a consolidation phase throughout 2010–11. This included a number of certification processes from the Office of the Gene Technology Regulator, the Australian Quarantine and Inspection Service and the Office of NSW Environment and Heritage.

The Clinical Research and Trials Unit (CRTU) is an essential platform for driving community involvement and interaction with medical research in the Illawarra. The focus of staff of the CRTU was twofold throughout the year: firstly, on fitting out the 1500m² Level 1 space dedicated for clinical trials and secondly, on planning a new business for IHMRI – attracting sponsored clinical trials to the new facilities.

The early part of 2010–11 was spent preparing IHMRI as a capable and credible trial site for potential trial sponsors, with the aim of having the first commercial agreement in place by January 2011 and four trials in place by December 2011. The first commercial trial – a new investigational vaccine for shingles – commenced in January 2011. With strong interest from local individuals and community groups, the CRTU successfully met its recruitment targets and timelines for this trial, which is running well and has highly engaged participants.

At 30 June 2011, three additional trials were at different stages in the approval process to commence later in 2011. The CRTU staff had also expanded to include a Clinical Trial Coordinator, Clinical Trial Nurse and Clinical Trial Doctor.

**IHMRI CRTU Clinical Trials 2010–11:**
- GlaxoSmithKline - Herpes Zoster [recruitment closed].
- Merck 118-00 - Familial Hypercholesterolemia and Dyslipidemia study [‘Lead’ ethics approval (RPA Hospital HREC)]
- Novotech – Cold Sore Study [IHMRI accepted as a study site at 30 June]
“A key strategic goal is for IHMRI to create an informed and engaged community”

Pictured right, UOW Vice-Chancellor Professor Gerard Sutton speaks at an IHMRI networking event.
A key strategic goal of IHMRI is an informed and engaged community. This year we have laid the foundation to continue building towards this goal among our key audiences.

Driving this work are five objectives: to raise awareness of IHMRI; promote our research and researchers; encourage community participation; increase funding; and facilitate sharing and collaboration between researchers and clinicians in the Illawarra.

Highlights of the year included:
• The inaugural Mental Health Awareness Expo, which included over 20 mental health services providing information about support options to over 200 visitors
• A media visit to the Clinical Research and Trials Unit
• Strong attendances at IHMRI networking evenings and seminars
• A refreshed website with enhanced content, leading to ongoing growth in visitation
• Community advertising campaigns utilising print media, public events and online communications to recruit participants for IHMRI’s first clinical trials, and
• The Illawarra Mercury’s ongoing interest in publishing contributions regarding health and medical research conducted under the IHMRI umbrella
At the end of June 2011, the IHMRI Research Network had an overall membership of 628, including 445 research members and collaborators, 154 individual associates and 29 organisation associate members.

The network was established in early December 2009 to nurture a collegiate community of professionals with an active interest in health and medical research, leading to new research collaborations and research projects. The following charts show the breakdown of the research members by primary place of employment and by profession.

**Newsletters**

Four newsletters highlighting the research and achievements of IHMRI were distributed electronically to all members of the Research Network in 2010–11. A limited number of printed copies are produced for visitors and distributed to key contacts.
Networking Evenings 2010–11
IHMRI hosts quarterly networking evenings for the Research Network to facilitate and encourage research collaborations and information sharing between members. These events aim to attract a cross-section of members and feature a speaker with a short presentation that aligns with IHMRI’s goals of linking academic and clinical research and pursuing translational and population health research opportunities.

IHMRI Seminars 2010–11
A major highlight of the IHMRI Seminars held during the year was the guest address by Sir Robin Murray, from the Institute of Psychiatry, Kings College, London. The IHMRI Seminar was Professor Murray’s only free lecture during his visit to Australia and attracted a big audience from across the Illawarra and southern Sydney health areas.

Professor Murray’s seminar was one of four seminars held as part of the IHMRI Seminar Series during the year. All were strongly attended.

<table>
<thead>
<tr>
<th>DATE</th>
<th>SPEAKER</th>
<th>LOCATION</th>
<th>TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 September 2010</td>
<td>Professor Gerard Sutton, Vice-Chancellor, University of Wollongong</td>
<td>City Beach Function Centre</td>
<td>IHMRI and the health status of the Illawarra</td>
</tr>
<tr>
<td>1 December 2010</td>
<td>Associate Professor Chris Georgiou, Specialist Obstetrician and Gynaecologist</td>
<td>Level 1, IHMRI</td>
<td>The BaT [Balloon Tamponade] Trial</td>
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<tr>
<td>2 March 2011</td>
<td>Dr Lindsay Oades, Sydney Business School</td>
<td>City Beach Function Centre</td>
<td>Can unhappy workers deliver quality health services?</td>
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<td>1 June 2011</td>
<td>Clinical Professor Denis King</td>
<td>City Beach Function Centre</td>
<td>Collaborative clinical research in the Illawarra Shoalhaven Local Health District</td>
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<tr>
<td>13 July 2010</td>
<td>Professor Gordon Wallace, Executive Research Director, ARC Centre of Excellence for Electromaterials Science, UOW and Professor Mark Cook, Director of Neurology, St Vincent’s Hospital and University of Melbourne</td>
<td></td>
<td>Translational research – a case study in bionics</td>
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<tr>
<td>12 October 2010</td>
<td>Professor Christos Pantelis, NHMRC Senior Principal Research Fellow, Foundation Professor of Neuropsychiatry and Scientific Director of the Melbourne Neuropsychiatry Centre, University of Melbourne and Melbourne Health</td>
<td></td>
<td>Using MRI to assess brain changes in adolescence and early psychosis</td>
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<tr>
<td>15 February 2011</td>
<td>Dame Bridget Ogilvie, Chair of the IHMRI Scientific Advisory Committee</td>
<td></td>
<td>Experiences in medical research</td>
</tr>
<tr>
<td>17 May 2011</td>
<td>Sir Robin Murray, Professor of Psychiatry, Department of Psychosis Studies, Institute of Psychiatry, Kings College, London</td>
<td></td>
<td>Schizophrenia: From the street to the striatum</td>
</tr>
</tbody>
</table>
COMMUNITY ENGAGEMENT

Illawarra Mental Health Awareness Expo

IHMRi was the major sponsor of this event which aimed to provide information and connect the community with local mental health services. The Expo was an idea generated from the first Mental Health Roundtable in March 2010.

One in five Australians will suffer from a mental illness in any one year – and having the right information about support and treatment at the right time for loved ones is critical. While there are many mental health organisations for patients and carers available in the Illawarra, finding the most appropriate support service quickly can be difficult.

For this reason, almost 200 members of the community attended the inaugural Illawarra Mental Health Awareness Expo, held on 12 October 2010, to discover more about local mental health support and treatment services.

A major success of the day was the overwhelmingly positive response from support services to participate. Organisations involved included: Mission Australia, Alcoholics Anonymous, Lifeline, Uniting Care Ageing, ARAFMI, Northfields Clinic, the IDGP and a number of units of SESIAHS (now ISLHD) involved in mental health services.

In a follow-up survey, a majority of organisations rated the event as 'extremely helpful' in three areas:

- Educating the public about the range of local mental health services
- Educating the public about what each service has to offer, and
- Networking with other mental health professionals

Seniors Week – Live Life Healthy Expo

A showcase of healthy ageing research hosted by IHMRi and IRT attracted good interest from the community as part of Seniors Week on 25 March.

The Live Life Healthy Expo, held at IHMRi, provided an opportunity for the community to learn more about how research projects at the University of Wollongong and Illawarra Shoalhaven Local Health District are informing our understanding of ageing well.

University of Wollongong research centres involved in the event, coordinated by IHMRi, included the Centre for Health Initiatives and Smart Foods Centre. IHMRi hosted a stand to inform visitors about clinical trials, while the Healthy Hearts, Healthy Minds project had a stand where visitors could have their blood pressure taken and receive information about the link between high blood pressure and dementia. IRT also took part by providing information about its community-based seniors lifestyle and care provision.

Illawarra Innovation Festival

IHMRi took part in the University of Wollongong’s showcase as part of the Illawarra Innovation Festival on 24 May 2011, at the UOW’s Innovation campus. The festival was another opportunity to speak with community members about the health and medical research taking place under the IHMRi umbrella and to raise awareness of clinical trials at the Institute.
Academic seminars
IHMRI also supported a number of academic seminars and events throughout the year.

Statistical inference for gene expression and proteomics
13 July 2010
Professor Kim Anh Do, University of Texas

Integrating clinical trials and biomarkers for translational prostate cancer research
15 July 2010
Professor Kim Anh Do, University of Texas

Application of aptamer technology in cancer nanomedicine
27 July 2010
Prof Wei Duan, Deakin University

Evidence based vegetarian nutrition
4 August 2010
Professor Duo Li, Zhejiang University

Life on the edge: the generic nature of protein misfolding disorders
2 September 2010
Professor Christopher Dobson, Cambridge University

Brain to the mind and shape: schizophrenia and obesity
(URC Research Showcase series)
8 September 2010
Professor Xu-Feng Huang

The role of muscarinic receptors in schizophrenia
1 October 2010
Professor Brian Dean, Mental Health Research Institute, Melbourne

Sorghum grain: a sustainable food crop for sustainable health?
13 October 2010
Dr Stuart K Johnson, Curtin University

Integrating nutrition as a component of HIV care:
experience of the TACHIN project
27 October 2010
Ms Jureeporn Jantarapakde, Thai Red Cross AIDS Research Centre

Gene-environment interactions: mediating experience-dependent plasticity in the healthy and diseased brain
(CMB co-sponsored presentation)
29 October 2010
Associate Professor Tony Hannan, Howard Florey Institute

Amygdala activity in mice over-expressing the serotonin transporter during fear conditioning
13 December 2010
Christopher Barkus, University of Oxford

Understanding the obesity epidemic
(UOW co-sponsored presentation)
20 April 2011
Professor Margaret Morris, UNSW

Brain development in children and adolescents: the role of nature, nurture and time?
4 May 2011
Professor Rosheel Lenroot

Clinical cancer registry
30 March, 2011
Anne Sheldon, Clinical Cancer Registry

IHMRI Illawarra Health and Medical Research Institute 33
Editorial media plays an integral part in raising awareness of IHMRI’s work and local media are supportive in covering the health and medical research undertaken by the Institute as evidenced by the regular media coverage throughout the year.

In April, IHMRI was pleased to host a journalist from online publication Drug Science in Focus, at the Clinical Research and Trials Unit. The journalist interviewed key staff, viewed the facilities and heard about the first pharmaceutical trial to be hosted in the new facilities.

The Illawarra Mercury has continued to support health and medical research views and opinions by regularly publishing 600-word columns in its opinion page.

### ILLAWARRA MERCURY OPINION ARTICLES

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<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Author</th>
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<tr>
<td>31 July 2010</td>
<td>Uni sets bar high</td>
<td>Brett Garner</td>
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<td>25 August 2010</td>
<td>Stop social network pitfalls</td>
<td>Katina Michael</td>
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<td>29 September 2010</td>
<td>NBN could be answer to ills</td>
<td>Andrew Dalley</td>
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<td>27 October 2010</td>
<td>Surrounded by helping hands</td>
<td>Brin Grenyer</td>
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<td>1 December 2010</td>
<td>A simple cure is complex</td>
<td>Marie Ranson</td>
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<td>12 January 2011</td>
<td>UOW proves inspired choice</td>
<td>Elisabeth Frank</td>
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<td>9 March 2011</td>
<td>Shingles vaccine on the way</td>
<td>Wilf Yeo</td>
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### MEDIA ARTICLES

<table>
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<tr>
<th>Date</th>
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<tr>
<td>19 July 2010</td>
<td>Medical research hub opens</td>
<td>Illawarra Mercury</td>
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<tr>
<td>21 July 2010</td>
<td>Innovative medical research hub opens</td>
<td>Illawarra Mercury</td>
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<td>31 August 2010</td>
<td>High cost of a health mind</td>
<td>Illawarra Mercury IQ</td>
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<td>9 September 2010</td>
<td>Uni offers new hope on obesity</td>
<td>Illawarra Mercury</td>
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<td>17 September 2010</td>
<td>HEAL trial</td>
<td>i98FM</td>
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<tr>
<td>17 September 2010</td>
<td>HEAL trial</td>
<td>WIN News</td>
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<td>20 September 2010</td>
<td>Research centre’s first trial tackles a weighty problem</td>
<td>Illawarra Mercury</td>
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<tr>
<td>20 September 2010</td>
<td>HEAL trial</td>
<td>ABC Illawarra</td>
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<td>11 October 2010</td>
<td>Expo on mental health a first for the region</td>
<td>Illawarra Mercury</td>
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<td>11 October 2010</td>
<td>REACH Out in Dementia</td>
<td>WIN TV</td>
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<td>2 December 2010</td>
<td>Grant helps scientists crusade</td>
<td>Illawarra Mercury</td>
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<td>14 March 2011</td>
<td>Trial of shingles vaccine a first for IHMRI</td>
<td>Campus Daily</td>
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<td>23 March 2011</td>
<td>Live Life Healthy Seniors Expo</td>
<td>Illawarra Mercury (Zest)</td>
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<td>13 April 2011</td>
<td>New trials unit gears up</td>
<td>Drug Science in Focus</td>
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<td>21 April 2011</td>
<td>Parents eating habits cause obesity in kids</td>
<td>Illawarra Mercury</td>
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<td>5 May 2011</td>
<td>PBS drugs delay ‘act of cruelty’</td>
<td>Illawarra Mercury</td>
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WEBSITE

The IHMRI website underwent a refresh both in terms of its look and feel, and content, in 2010–11. With its mandate of meeting multiple audiences, the content and imagery aims to be as informative and intuitive to navigate as possible, within the UOW template. The UOW generously hosts the site at no cost to IHMRI.

Information recently added to the website includes grant outcome information, a growing list of links to academic research pages and feature length research articles written in plain English.

Visits to the website grew strongly over the year, due to a focus on driving visits through email, newsletters and online forms.
ACGR - Australian Competitive Grants Register
ANSTO - Australian Nuclear Science and Technology Organisation
ARC - Australian Research Council
CRTU - Clinical Research and Trials Unit
EMAC - Executive Management Advisory Committee
HREC - Human Research Ethics Committees
IDGP - Illawarra Division of General Practice
IHMRI - Illawarra Health and Medical Research Institute
IRT - IRT Limited
ISLHD - Illawarra Shoalhaven Local Health District
ISPRN - Illawarra and Southern Practice Research Network
NHMRC - National Health and Medical Research Council
OMR - Office for Medical Research
PC2 - Physical Containment 2
SESIAHS - South East Sydney Illawarra Health Service
UOW - University of Wollongong
Our Mission
IHMRI's mission is to build a centre of excellence and innovation in health and medical research, targeting health improvements through early intervention and preventative health care.