

## Bequests

The Perth Blood Institute is a charitable, not for profit research institute and our goal is to provide the highest standard of care to people diagnosed with blood disorders and blood cancers and the ability to involve them in 'state of the art' clinical trials and translational research.

We respectfully request consideration when contemplating your Will.

After you have looked after your loved ones, leaving a gift in your Will is a worthwhile and memorable way for you to make a lasting contribution which could make a real difference in the lives of those with blood disorders and blood cancers.

## Recipe of the Month



### Spaghetti Carbonara – for two

#### Ingredients

- 2 eggs
- 200ml cream
- 2 rashers of bacon – chopped thin.
- Pinch salt /pepper
- Parmesan cheese
- 30ml White wine
- 200 grams of spaghetti
- 1 fry pan
- 1 pot for boiling pasta

#### Method

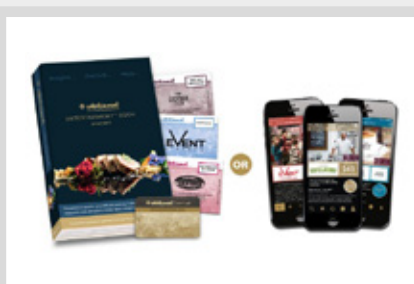
Place pasta into boiling water, add a pinch of salt and stir. In a frying pan (while the pasta is boiling) add 1 teaspoon of olive oil and stir in the bacon. Wait for this to start frying off, then add in cream.

Let this reduce a little. Strain and add your pasta.

Mix all together, then final step is to add parmesan cheese and whole eggs. Stir the egg and cheese through until combined.

Plate up your delicious pasta, add extra cheese if you wish and a little parsley for color.

## Entertainment Book



*Digital Membership App available on both Apple and Android devices.*

**The 2016/17 Entertainment Book, valid from 1st May, is out now!**



Only \$65 per book (plus postage). Order yours now to get discounts up to 50% off and 2-for-1 offers on the best restaurants, hotels, travel, kids attractions, shopping and more!

From every purchase, \$13 will go towards The Perth Blood Institute's medical research into blood disorders, including their causes, prevention and treatment options for patients. Also for the benefit of improving the health of the Community, we are always seeking to increase community awareness of our purpose with people diagnosed with blood disorders and blood conditions.

Books will be sent out within seven days of receiving your order and can also be collected from our Nedlands office. Also available in a digital version. The digital membership app works with Apple or Android devices. Search for businesses, show your phone to redeem and keep track of your savings. Check the link [www.entbook.com.au/9m28510](http://www.entbook.com.au/9m28510) to choose whether the original book or digital membership is best for you!

## Joke of the Month

A gorgeous redhead goes to the doctor and says her body hurts wherever she touches it. 'Impossible' says the doctor. 'Show me'.

The redhead took her finger and pushed her left shoulder and screamed, then she pushed her elbow and screamed even more. She pushed her knee and screamed, likewise she pushed her ankle and screamed even more. Everywhere she touched, made her scream!

The doctor said 'You're not really a redhead, are you?'

'Well no', she said, 'I'm actually a blonde'.

'I thought so', said the doctor.

'You're finger's broken!'



New **Discovery.** Better **Care.**

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JULY 2016

# BLOOD MATTERS

## Meet our Staff (Megan Margaria)



Megan is one of our Senior Clinical Co-ordinator Nurses. Megan began working as a Registered

Nurse at Royal Perth Hospital in January 2004 working in Oncology, Psychiatry, Bone Marrow Transplant and Coronary Care. She successfully gained a permanent position in the Coronary Care unit at RPH before returning to her first love - haematology nursing. After taking an extended period off to travel the globe, Megan took what was supposed to be a leave relief position as a Clinical Trial Coordinator/ Nurse for the haematology department and never left. She was responsible for phase 1-3 studies involving leukaemia, myeloma, lymphoma, multiple myeloma bone marrow transplant and the rare diseases registry. Megan also worked in research governance with the Clinical Trials Business Unit and through this experience, became particularly interested in helping doctors establish and run their own clinical trials and became the nursing representative for the haematology State Medical Advisory Committee. Megan enjoys presenting to patient and professional groups about research and clinical trials and has been fortunate enough to present for the Leukaemia foundation at multiple events and to have presented at International conferences. Prior to joining the PBI team in January 2016, Megan was working at Fiona Stanley Hospital with a focus on stem cell transplant.

## Another Bloody Breakfast



L-R Grace Gilmore, Dr Jasmine Tay, Prof Baker, David Wirrapanda, Dr Quintin Hughes, Dr Jim Tiao & Adrian Barich

Another Bloody Breakfast' held Thursday 10th March at University Club of WA. Hosted by master MC Adrian Barich, TV and radio sports presenter as well as a former AFL and rugby league player. Barra was accompanied by special guest and mate, David Wirrapanda, former West Coast Eagles Premiership legend, not only in AFL but also for his community work in helping improve the lives of young Indigenous Australians.



L-R - Prof Baker and David Wirrapanda

Professor Baker opened the event and together with Dr. Quintin Hughes, guests listened how The Perth Blood Institute's Clinical Trials Unit is a very active research unit, running numerous clinical trials and performing state-of-the-art research into bleeding and clotting disorders and blood cancers which provides Western Australians with the opportunity to access new treatments.



Event Guests

## Jan Roberts Medical Fellowship

We are proud to announce the generosity of the Roberts Family with the Jan Roberts Biomedical Research Scholarship to commence in early 2017. Jan sadly passed away in April 2016 and her family wishes to honour her memory with supporting our purpose of conducting medical research into blood disorders, including their causes, prevention and better treatment options for patients.

## Major Donors

The Perth Blood Institute is proud to announce the following major donors who have generously supported our mission to make a positive difference to the lives of people with blood disorders.

- Bob Pearson & Statewide Oil
- Wheatley Family Foundation
- Thomas Lang Family



### Professor Ross Baker presents

## THROMBOSIS

**World Thrombosis Day is October 13th - Did you know.. 1 in 4 people die from causes related to thrombosis. It's a leading cause of global death and disability. Thrombosis is the formation of potentially deadly blood clots in the artery or vein. Once formed, a clot can slow or block normal blood flow and even break loose and travel to an organ which could result in heart attack, stroke and venous thromboembolism - the top three cardiovascular killers.**

Professor Ross Baker presents 'Another Bloody Breakfast' hosted by Channel 7's Peter Vlahos. Come and listen to The Perth Blood Institute's mission to further the understanding, diagnosis, treatment, and prevention of disorders affecting the blood, by promoting research, clinical care and education in haematology.



Peter Vlahos



Prof. Ross Baker

Date • Thursday 20<sup>th</sup> October 2016  
Time • 7:30am - 9:00am  
Place • University Club of Western Australia  
(Hackett Entrance No.1, Hackett Drive, Crawley)  
Tickets • \$45 each (Limited Seats)

**rsup** Adriana Filippou : [adriana@pbi.org.au](mailto:adriana@pbi.org.au) or (08) 9200 4904  
[www.pbi.org.au](http://www.pbi.org.au)



## Cabaret Charity Dinner



Left - Aquinas Jazz band, Top Right - MC/Reece Whitby, Bottom Right - Nikki D'Agostino

The Perth Blood Institute Cabaret Charity Dinner was held at The University Club of Western Australia, on Friday, 22nd July 2016. Thank you to all who attended and contributed to make our first Charity dinner a huge success! Guests were entertained by the Aquinas Jazz band who have a proud musical tradition, having produced musicians who are forging successful careers all over the world.

DJ Marc with his diverse music choice, Little Miss Squeezebox - Nikki D'Agostino who serenaded with guests and the Sefton Dance Troupe who had all eyes on them taking the

party well into the night! Thanks to Koro Jewellery and West Coast Eagles for making some of our guests very happy! Also Star Gallery for some great memorabilia!

The evening was hosted by Reece Whitby, WA Labor's Candidate for Baldivis. A true professional but also a father of four, with a personal story of his own. Reece is passionate about improving our community and making sure we have the best health system possible. Reece supports our purpose - conducting medical research into blood disorders, including their causes, prevention and better treatment options for patients.

## Rotary of Mill Point



The Perth Blood Institute together with Rotary of Mill Point will come together with the Community in a celebration on Australia Day 2017! Rotary of Mill Point unites West Australians from different backgrounds all over WA, allowing ordinary people to do extraordinary things! On Australia Day we come together to celebrate what's great about Australia and being Australian. It's the day to reflect on what we have achieved and what we can be proud of in our great country. So on January 26th 2017 thousands of people throughout Perth will head down to Sir James Mitchell Park in South Perth and join the celebrations with 'The Great Aussie Handshake' 'Guinness world record' attempt to form the shape of a blood drop! Promoting and championing our Mission, Perth Blood Institute Ambassador, Shelley Taylor-Smith together with other Perthonalities will be there to help raise awareness of our Purpose. Check out our facebook and website for more details.

### Shelley Taylor Smith - Our Ambassador

We thank Shelley who has helped raise awareness for The Perth Blood Institute, as well as her support in assisting us to achieve and provide information, inspiration and opportunity to so many people with blood disorders and blood conditions.

#### A few words from Shelley..

"Humbled. Blessed. Gratitude. These were the overwhelming feelings when invited to become the Perth Blood Institute Ambassador. Feelings that our patients are similarly overwhelmed by, due to the amazing work of our Perth scientists and dedicated researchers, passionately lead by Professor Ross Baker. On behalf of all Western Australians, congratulations to the Perth Blood Institute on a world first breakthrough recently regarding the link between women who take the pill and blood clots! It is a great honour to Champion the Perth Blood Institute mission and purpose in the West Australian community. There has never been a better time to support medical research. Join me. Get involved. Volunteer. Together we can make a difference. Remember: Life is a team sport!



## Fundraisers



PBI team behind the BBQ.

### Sausage Sizzle at Bunnings Innaloo

Thank you to all sizzlers for assisting our fundraiser on Sunday, 1st May at Bunnings Innaloo. All efforts combined and together with the public's support, we raised over \$2,300.00.

We continue to increase awareness about blood disorders within the West Australian community and strive to provide our patients and their families with the opportunity to access new treatments.



belswan.com.au

### Belswan Lifestyle Estates

Prof. Baker and the The Perth Blood Institute team attended a 'Blood & Beyond' fundraiser in Pinjarra on Thursday, 17th March. Gayle Bukey and her fundraising team together with the Lions Club of Pinjarra and Belswan Lifestyle Estates, proudly raised \$965.85.

Guests listened to how, for the benefit of improving the health of the Community, The Perth Blood Institute is always seeking to increase community awareness of our purpose with people diagnosed with blood disorders and blood conditions.

## Wine Fundraiser



PBI teamed with WACC for producing their own label of WA premium wines.

### Wine Fundraiser

Do you see, swirl, sniff and savour? Or maybe you look at colour, aroma, texture, taste and finish. Then consider yourself a connoisseur. The Perth Blood Institute have teamed with WA Cleanskins to produce their own label of premium West Australian Wines. Your support will contribute towards furthering research into the diagnosis, causes and treatment of blood disorders. For more details and to order, visit the following link and enter the below credentials: <https://www.wacleanskincellars.com.au/Fundraising/Home> and login with the username and password below  
Username: **blood**  
Password: **research**

## Student Laboratory Experience - Medical Science Encounter -



Student Gel

Dr Quintins Hughes with students at the lab

The Perth Blood Institute offered Year 12 science students a 'Medical Science Encounter' a ½ day workshop at the Western Australian Centre for Thrombosis and Haemostasis at Murdoch University on Thursday, 14th July 2016. Prof. Baker together with our scientists, engaged students in basic science at

understanding and focusing on the mechanism of blood disorders and the development of novel treatment strategies.

Our next workshop with Year 11 students will be conducted during school holidays on **Thursday, 29<sup>th</sup> September 2016**.

## Calendar of Events

### AUGUST

#### Another Bloody Breakfast

Women & Bleeding Disorders Forum with special guest speaker, Dr Claire McLintock  
Date : **Friday 5<sup>th</sup> August 2016**  
Place : University Club of Western Australia

### SEPTEMBER

#### Student Laboratory Experience

Date : **Thursday 29<sup>th</sup> September 2016**  
Place : Murdoch University

### OCTOBER

#### World Thrombosis Day

Date : **Thursday 13<sup>th</sup> October 2016**

#### Another Bloody Breakfast

Date : **Thursday 20<sup>th</sup> October 2016**  
Place : University Club of Western Australia

#### Sausage Sizzle at Bunnings Midland

Date : **Sunday 30<sup>th</sup> October 2016**  
Place : 181 Great Eastern, Hwy, Midland

For more info about PBI events, please contact us P : + 61 8 9200 4904 F : + 61 8 9200 4905 E : [adriana@pbi.org.au](mailto:adriana@pbi.org.au)