

## Recipe of the Month

HOME-STYLE COOKING  
**Cucina Fiorucci**  
Family Owned & Run Business

### Spaghetti Puttanesca

#### Ingredients

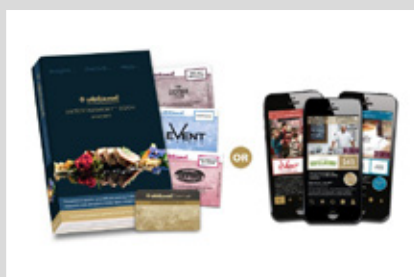
- 500g spaghetti
- 2 tbsp olive oil
- 4 garlic cloves, crushed
- 10 anchovy fillets in oil, drained, finely chopped
- 2 tbsp parsley, chopped
- 600g (about 4) tomatoes, chopped,
- ½ tsp dried chili flakes
- 50g (¼ cup) salted capers, rinsed, drained, chopped
- 50g (½ cup) pitted black olives, roughly chopped
- Extra virgin olive oil and grated Italian Parmesan to serve



#### Instructions

Cook spaghetti in a large saucepan of boiling, salted water until pasta is al dente (firm to the bite) keep a little (2 tablespoons) of the cooking water to add later to the sauce. Meanwhile, heat olive oil in a large frying pan over medium to high heat. Add garlic, anchovy and capers and cook for 1 minute but don't allow to brown then add tomato chili, and olives. Simmer for 4 minutes or until tomato has broken down, adding the 2 tablespoons of cooking water (if necessary). Season with salt and pepper, remove from heat and keep warm until pasta is cooked.

## Entertainment Book



Digital Membership App available on both Apple and Android devices.

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

Still just \$65 giving you over \$20,000 of value!

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

**Christmas is the gift of giving..**

A Jewish grandmother is giving directions to her grown grandson who is coming to visit with his wife.

"You come to the front door of the apartments. I'm in Apartment 301. There is a big panel at the front door. With your elbow, push button 301. I'll buzz you in. Come inside and elevator is on the right. Get in and with your elbow, push 3rd floor. When you get out, I'm on the left. With your elbow, hit my doorbell. OK?"

"Grandma, that sounds easy but why am I hitting all these buttons with my elbow?"

"What, you're coming empty handed?!"



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

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OCTOBER 2016

# BLOOD MATTERS

## Meet Our Staff (Annemarie Naylor)



Annemarie hails from the great nation of New Zealand. She joins the PBI Clinical Trials Team with over 16 years Clinical Trials Research experience. The PBI team has welcomed Annemarie's vast knowledge and experience in as Clinical Trials Data Manager/Study Coordinator. Before joining the PBI team in September 2016, Annemarie's experience has been in Radiation Oncology, Vaccine trials and Lung Research, in particular patients with Cystic Fibrosis. More specifically, she worked as a Project Officer for AREST CF, which is a Collaborative Research Group of national and international researchers dedicated to preventing lung disease in children with Cystic Fibrosis. Annemarie has worked at the Royal Adelaide Hospital, Sir Charles Gairdner Hospital, Princess Margaret Hospital and the Telethon Kids Institute.

Annemarie coordinates clinical trials to test new treatments for a range of blood disorders, including managing commercial trials and investigator-initiated trials. She has coordinated large local, national and international studies that were investigator-driven. She has a Graduate Certificate in Clinical Trials Management from Canberra University. Annemarie has special interest in the areas of research ethics, research governance and the consent processes in which participants are recruited.

In her spare time (not that she has a lot of it) she is studying Primary Education at Notre Dame University in Fremantle. She loves cooking and baking and is also a keen quilter and patchwork sewer and certainly loves to travel! We welcome Annemarie to our Team.

## Student Laboratory Experience

– *Medical Science Encounter* –



PBI team with year 11 students at Murdoch University on 29/September/2016.

The Perth Blood Institute coordinated a 'medical science encounter' to support high achieving Year 11 Students from various schools, wishing to gain experience in medical research. A ½ day workshop at the Western Australian Centre for Thrombosis and Haemostasis at Murdoch University was held on Thursday, 29th September 2016.



Dr Quintin Hughes with students in the lab.

Our researchers and scientists engaged students with a focus on major blood disorders relevant to the Western Australian community. A few of the specific conditions currently under investigation at the Perth Blood Institute are Venous Thromboembolism, Protein S Deficiency and Haemophilia.

We provide opportunities for students in Year 11 & 12 who are considering enrolling at any Western Australian university in courses including Bachelor of Science, Bachelor of Medical Science, Biomedical Science and Clinical Laboratory Research. Our next workshop for 2017 will be held during the July & September school holidays.

## MPS students prepare for the GABG - Guinness World Records attempt

Maddington Primary School students are helping to promote our 'Great Aussie Blood Group' Guinness World Records attempt on Australia Day 2017, to form the world's biggest human blood drop!

To register and be part of history;

Go to [greaaussiebloodgroup.org.au](http://greaaussiebloodgroup.org.au)



**GUINNESS WORLD RECORDS**  
OFFICIAL ATTEMPT

**GREAT AUSSIE BLOOD GROUP**  
every body counts

Register Today!

at [greaaussiebloodgroup.org.au](http://greaaussiebloodgroup.org.au)

Guinness World Record Attempt @ 6pm

**AUSTRALIA DAY**  
26th January 2017  
South Perth Foreshore  
(West of the Flag Pole)



## FORM THE BIGGEST HUMAN BLOOD DROP

On Australia Day we come together to celebrate what's great about Australia and being Australian. So on January 26th 2017 thousands of people throughout Perth will head down to South Perth Foreshore in South Perth and join the celebrations in 'The Great Aussie Blood Group' 'every body counts' Guinness World Record' attempt to form the world's biggest human blood drop! The Great Aussie Blood Group Guinness World Record attempt is not only an opportunity to celebrate the 'uniting of people' but also to increase awareness that blood disorders can happen to anybody, at any age, at any time, with no real warning!

REGISTER @ [greaaussiebloodgroup.org.au](http://greaaussiebloodgroup.org.au) or FOR MORE INFO CALL 9368 7589

**LET'S BREAK THE RECORD AND BE PART OF HISTORY!**

Registration \$10 per person or \$30 family of 4 { 2 adults, 2 kids } { Includes hat & certificate }



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



For info about road closures and activities on Australia Day, go to City of South Perth [www.southperth.wa.gov.au](http://www.southperth.wa.gov.au)  
Proudly supported by City of South Perth



## Another Bloody Breakfast – *Thrombosis* – (13/Oct/16)



Hosted by Channel 7's  
Peter Vlahos



Prof. Ross Baker

Another Bloody Breakfast - Thrombosis held Thursday 20th October at University Club of WA. Hosted by Channel 7's Peter Vlahos, TV sports presenter and radio journalist for 6PR, Peter has a love for media and is actively involved in the Community. Guests listened to the testimonials of two patients, from very different walks of life about their journey living with a blood disorder.

**World Thrombosis Day** was **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 potentially a deadly blood clot that causes heart attack, stroke and venous thromboembolism, or VTE - the top three cardiovascular killers. Deep vein thrombosis and pulmonary embolism are serious, life-threatening conditions that require immediate medical attention!

Perth Blood Institute's mission to further the understanding, diagnosis, treatment, and prevention of blood disorders by promoting research, clinical care and education in haematology.

## How You Can Help



Do you want to meet new people or make new friends? Do you want to raise awareness and support important community issues? Well, you can! The Perth Blood Institute is looking for fundraisers who want to get involved and increase community awareness of our purpose and raise funds for people diagnosed with blood disorders and blood conditions.

### Some potential Fundraising Ideas:

- **Quiz Night**
- **Morning Tea at your workplace or home**
- **Car wash**
- **Golf tournament**
- **Raffles**
- **High Tea**
- **Movie Night**
- **Fun Run**

If you work in a café, shop or business and want to make a difference but **don't have much time**, why not consider our donation buckets? Placing a donation bucket in your reception area or on your counter requires little effort and can be very rewarding!

If you want to know more about fundraising, please contact **Adriana Filippou** on **(08) 9200 4904** or email **adriana@pbi.org.au**

## Patient Morning Tea

Christmas is almost upon us and we would like to invite you to our end of year Morning Tea.. Complimentary of course.

DATE: **Tuesday 29th November 2016**  
TIME: **10.30am – 12.00 midday**  
PLACE: **Hollywood Medical Centre – Doctors Lounge**  
RSVP: **22nd November 2016 - Adriana**

Hope you can attend, would be great to see you! Please RSVP by due date.

## Fundraisers



PBI team behind the BBQ.

## Sausage Sizzle at Bunnings Midland on Sunday 30th October

Thanks to the generous Midland Community who supported our fundraising efforts on Sunday 30th October at Bunnings Midland. The Perth Blood Institute team incl. Dr Jim and Dr Jasmine were behind the BBQ mastering the technique (nice change from the microscope). Together we can make a positive difference to the lives of people living with blood disorders within our Community.

Also, special thanks to **Roma & Angelo Spiccia** for their generous donation.

## 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: **Bank**

## 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. If you already have a Will, all you need to do is add a codicil – a short legal amendment to your existing Will. A simple way to leave a bequest is to include a residuary gift. This means a percentage or the remainder of your estate can be left to 'The Perth Blood Institute Limited' after you have taken care of your family and any other loved ones.

Making a Will is a very personal decision and should you decide you would like to leave a bequest or wish to discuss further with us, please contact **Adriana Filippou** via **adriana@pbi.org.au** or **9200 4904**.

## Another Bloody Breakfast – *Women & Bleeding Disorders* – (5/Aug/16)



Hosted by Channel 7's  
Chantelle Toohey



NZ's Dr Claire McLintock

Another Bloody Breakfast - Women & Bleeding Disorders Forum held Friday, 5th August 2016 at University Club of WA. Hosted by Channel 7's Chantelle Toohey with guest speaker, NZ's Dr Claire McLintock - Lead Clinician of Obstetric Medicine and obstetric physician and haematologist at the National Women's Health, Auckland City Hospital.

Dr McLintock - a specialist in ALL blood disorders incl. thrombosis, haematoses, preeclampsia, recurrent pregnancy loss and medical disorders in pregnancy, engaged in an interactive questions and answers session, where guests were able to ask about real life issues.

## Great Aussie Blood Group World Record Attempt

The Perth Blood Institute together with Rotary Club of Mill Point will come together with the Community in a celebration on Australia Day 2017.

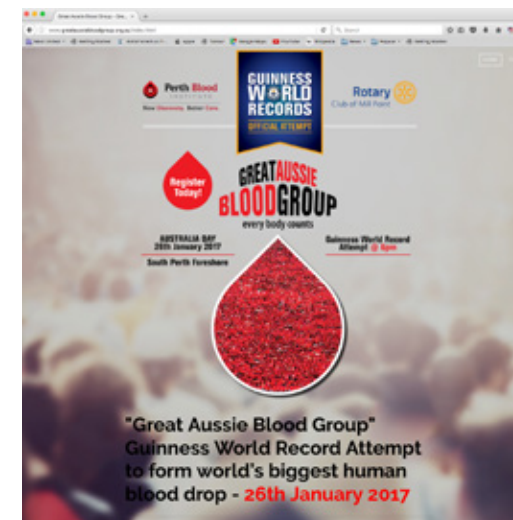
On **January 26th 2017** thousands of people throughout Perth will head down to the South Perth Foreshore and join the celebrations in **'The Great Aussie Blood Group'** 'Guinness world record' attempt to form the world's biggest human blood drop!

'The Great Aussie Blood Group' 'Guinness world record' attempt is not only an opportunity to celebrate the 'uniting of people' but also to increase awareness that blood disorders can happen to anybody, at any age, at any time, with no real warning!

**Rotary**  
Club of Mill Point



Be part of history and register at **greaaussiebloodgroup.org.au** or for more info check out our Facebook and website **www.pbi.org.au**



Register Today : **greaaussiebloodgroup.org.au**

## Calendar of Events

### NOVEMBER

#### Patient Morning Tea – Tuesday 29th November

Date : **Tuesday 29th November 2016**  
Place : Hollywood Medical Centre – Doctors Lounge

### DECEMBER

#### Christmas Business Hours

We will be closing for Christmas from **26th December** to **2nd January** Inclusive. Reopening **Tuesday 3rd January**.

### JANUARY 2017

#### Great Aussie Blood Group Guinness World Record Attempt to form the world's biggest human blood drop!

Date : **Thursday 26th January 2017, Australia Day**  
Place : South Perth Foreshore (West of Flag Pole)

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