

Recipe of the Month

HOME-STYLE COOKING

Cucina Fiorucci

Family Owned & Run Business

- Ready to go meals
- Food & Catering for ALL occasions
- 37 years industry experience
- Family run and owned business
- All products are made fresh and can be delivered.

To order please email Rose or Angela at cucinafiorucci@gmail.com or phone **0437 700247**



Perth Blood
INSTITUTE

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



PROFESSOR ROSS BAKER PRESENTS

IRON DEFICIENCY & ANAEMIA



Adrian Barich



Prof. Ross Baker

Iron deficiency can be so mild, it often goes unnoticed! As the iron in the body depletes, over time this can lead to anaemia. Signs and symptoms may include fatigue, weakness, palpitations, shortness of breath, dizziness and light-headedness.

Iron is one of the most important components of red blood cells, and without sufficient iron there are fewer red blood cells in the body. Iron deficiency anaemia means your blood carries less oxygen, so tissues in your body receives less oxygen. This common blood disorder is mainly seen in females for several specific reasons, teenagers, pregnant women and athletes. An inadequate diet with low iron intake, even eating disorders can contribute. Iron-deficiency anaemia can also occur in men and is sometimes due to reasons that many are unaware.

Join us for 'Another Bloody Breakfast' hosted by Channel 7's Adrian Barich, to learn more about the management of iron deficiency anaemia and other blood disorders.

Date Thursday, 6th April 2017

Time 7:30am - 9:00am

Place University Club of Western Australia
Hackett Entrance No.1, Hackett Drive, Crawley

Tickets \$45 each (Limited Seats)

rsup

For ticket sales and further info, please contact
Adriana Filippou: (08) 9200 4904 or adriana@pbi.org.au

www.pbi.org.au

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**.

Joke of the Month

Just when you think you are having a bad day?

A woman came home to find her husband in the kitchen shaking frantically, almost in a dancing frenzy, with some kind of wire running from his waist towards the electric kettle.

Intending to jolt him away from the deadly current, she whacked him with a handy plank of wood, breaking his arm in two places.

Up to that moment, he had been happily listening to his Walkman.



Perth Blood
INSTITUTE

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

3/95 Monash Avenue, Nedlands WA 6009
P +61 8 9200 4904 F +61 8 9200 4905
info@pbi.org.au www.pbi.org.au



FEBRUARY 2017

BLOOD MATTERS

Meet Our Staff (Shilpa Rakesh)



Dr Shilpa Rakesh is a Research Resident at the Perth Blood Institute wherein she is involved in the clinical trials as a Sub-Investigator and various investigator initiated studies.

She is also an Honorary Research Fellow at the Western Australian Centre for Thrombosis and Haemostasis, Murdoch University.

Dr Rakesh completed her medical degree from the prestigious Rajiv Gandhi University of Health Sciences in India where she worked for more than a year. Prior to settling in Perth in 2015.

Dr. Rakesh spent a few years in Odense, Denmark with her family and during this period she was part of a research team in developing targeted therapies at the Department of Nuclear Medicine, Odense University Hospital.

Dr. Rakesh has also co-authored 2 journal articles and 1 book chapter in 2015 and 2016.

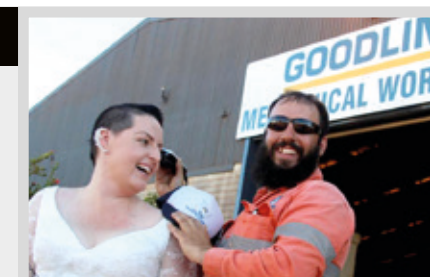
Shilpa is excited how medical research improves the quality of life of patients as new therapies allow new developments into blood disorders and new treatments each day. Shilpa enjoys engaging with the patients for clinical trials and to be part of a team which is aiming to pursue specialist training in Haematology.

Bride Goes Bald – Jane Kennedy

We wish to thank Jane Kennedy who kindly raised over \$17,000 to support and raise awareness and wanting to make a difference to the lives of patients living with blood disorders. A week after Jane said 'I do' to husband Chris, she decided to go bald and shave her head all for the cause!

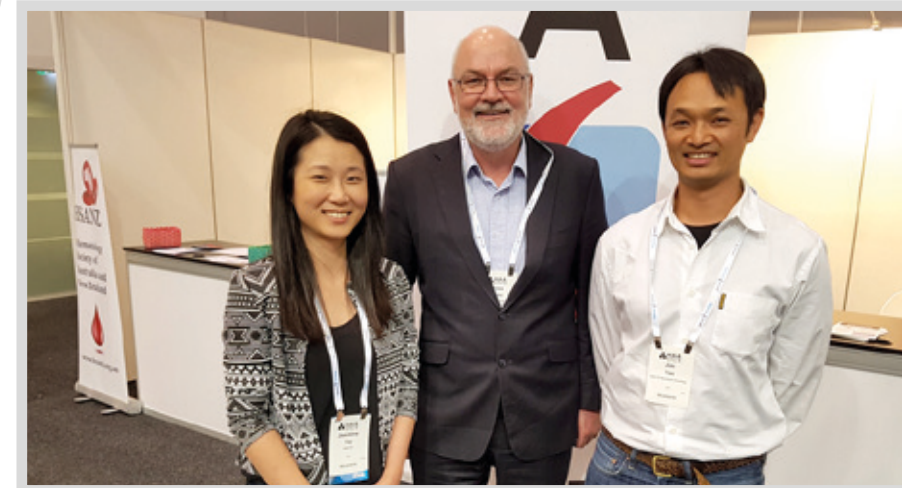
We proudly thank Jane for her efforts in making a positive contribution to the Community and assisting our medical research into blood disorders, including their causes, prevention and better treatment options for patients.

Well done Jane & Chris!



Jane & Chris

HAA Conference 2016 – THANZ Scientific Medal – Winners!



HAA 2016 WINNERS. Picture Left to Right - Dr Jasmine Tay, Prof Ross Baker and Jim Tiao.

Prof. Baker with the Perth Blood Institute Scientists and Clinical Trials team attended the HAA 2016 Conference at the Melbourne Convention & Exhibition Centre from 11th - 17th November.

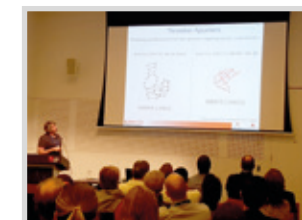
HAA is a joint scientific meeting of clinical haematologists, scientists, specialist laboratory scientists and researchers working in the fields of thrombosis and haemophilia. The Conference was well represented by the Perth Blood Institute research team.

Congratulations to this year's winners of the THANZ Scientific Medal, our very own, Dr Jasmine Tay who presented an abstract on microRNAs and oestrogen-associated thrombotic risk in pregnancy with runner up Dr Jim Tiao presenting abstract on the APMAT1 study and is one of the top scoring abstracts.

Dr Quintin Hughes chairing the ASTH workshop and presenting cutting edge results on Thrombin-targeting Aptamers. What are Aptamers you ask? They are single-stranded DNA or RNA molecules that can bind to pre-selected targets with high affinity and specificity. Aptamers are used as sensors and therapeutic tools to regulate cellular processes, as well as guide drugs to their specific cellular targets.



Dr Jasmine Tay



Dr Quintin Hughes

'Wall-to-Wall' Race for Research

— 11th/12th March 2017



Left - Dr Matthew Wright, Right - Dr Quintin Hughes

Our very own Dr Quintin Hughes will battle the tides and swim in the 'Wall-to-Wall' Race for Research' from **Fremantle to Hillarys** on the weekend of 11th or 12th March.

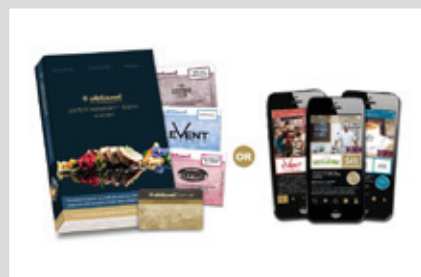
Along with the other WACTH team members, the docs undertake research into finding better ways to diagnose, treat and ultimately develop cures for a range of haematological disorders.

Dr Hughes, Senior Medical Scientist for Perth Blood Institute's research arm, Western Australian Centre for Thrombosis and Haemostasis, based at Murdoch University along with his mate Dr Matthew Wright (Clinical Haematologist and Head of Haematology at Fiona Stanley Hospital) came up with the concept of the 'Wall-to-Wall Race for Research' to raise much needed funding for blood-related research in Western Australia.

However, funding is needed for this research, so show your support and click on the link to donate. <https://www.mycause.com.au/page/145040/walltowall-race-for-research>

Check out the Wall-to-Wall Facebook page. <http://www.facebook.com/WalltoWallRaceforResearch/>

Entertainment Book



Digital Membership App available on both Apple and Android devices.



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 to choose whether the original book or digital membership is best for you!

Fundraise For Us



Keen to run your own event to support The Perth Blood Institute? Do you want to raise awareness and support important community issues? There are so many ways to fundraise and make a difference!

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.

Why not create a fundraising page and nominate Perth Blood Institute as your nominated Charity & ask friends, family & work mates to donate via the link.

<https://www.mycause.com.au/charity/14325/PerthBloodInstitute>

If you want to HELP, please contact **Adriana Filippou** on (08) 9200 4904 or email adriana@pbi.org.au and find out how.

Fundraisers



Rotary & PBI team behind the BBQ.

Sausage Sizzle at Bunnings Melville on Saturday 7th January 2017

Together with Rotary Club of Mill Point we'd like to thank the Melville Community who supported our fundraising efforts on Saturday, 7th January at Bunnings Melville.

Together we can make a positive difference to the lives of people living with blood disorders within our Community.

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**

Great Aussie Blood Group World Record Attempt 2017

Thanks to all who supported the 'Great Aussie Blood Group' everybody counts Guinness World Record Attempt to form the world's biggest human blood drop - Australia Day at the South Perth Foreshore.

Whilst we didn't quite get there, the enthusiasm of all those involved unites our Community and with Rotary Club of Mill Point allows ordinary people to do extraordinary things!

The Great Aussie Blood Group 'Guinness world record' attempt was 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! Thank you and let's do it in 2018!



2017 GABG World Record Attempt Participants

Nedlands Ladies Golf Club



Nedlands Ladies Golf Club Committee

THANK YOU LADIES !!!

Our thanks go to the Nedlands Ladies Golf Committee for their generous donation of \$2,000.00!

The Ladies Committee held various fundraisers to support & assist us to achieve to provide information, inspiration & opportunity to so many people living with blood disorders within the West Australian Community.

Volunteer For Us



Do you want to meet new people, make new friends? Then volunteer for us. Volunteers play an active role in fundraising on our behalf, running their own events as well as promoting The Perth Blood Institute events within our community. Volunteers, help shake collection buckets, assist at sausage sizzles, corporate breakfast events even in the office providing general duties.

The Perth Blood Institute volunteers may be ordinary people...but doing an extraordinary thing! If you would like to volunteer your time, contact **Adriana Filippou** on (08) 9200 4904 or email adriana@pbi.org.au or go to <http://www.pbi.org.au/volunteer-your-time.html>

Calendar of Events

MARCH

Wall-to-Wall 'Race for Research' Swim Fremantle to Hillarys

Date : **Saturday 11th or Sunday 12th March 2017**

APRIL

Another Bloody Breakfast hosted by Channel 7's Adrian Barich

Date : **Thursday 6th April 2017**

APRIL

World Haemophilia Day

Date: **Monday 17th April**

MAY

Sausage Sizzle at Bunnings Melville

Date: **Saturday 20th May**

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