



Richelle Koller, Arrow CEO

CEO Report

As always, we have another newsletter jam-packed with terrific stories of the support Arrow has been providing to transplant patients and the transplant medical community.

We have met some inspirational nurses and medical researchers who are achieving amazing things in their careers and are passionate to learn more, do more and be more. You will hear from some of these healthcare professionals in this newsletter and how Arrow has encouraged their success.

Times have been tough for many in the healthcare sector and we have done our best to support. We have purchased a number of vital pieces of equipment for hospitals which will assist nurses in

caring for their patients. We have also streamlined our processes for our patient financial assistance program to make the referral process as quick and easy as possible for social workers, nurses and patients.

We have a number of upcoming events which we are very excited about, as these will all be face to face! It has been a while since we have been able to do this so it will be lovely to reconnect and see everyone in person.

As always thanks to our amazing donors and sponsors. None of this great work is possible without your very kind donations and we hope you are as proud as we are of the work that has been achieved.

Ritika Saxena

Ritika Saxena has been awarded this year's Hawkesbury Canoe Classic PhD scholarship for her stem cell research aiming to help patients with blood cancers or bone marrow failure. After losing her grandmother to multiple myeloma (a cancer of plasma cells) almost a decade ago, Ritika hopes this research will help other families affected by cancer.

Ritika's research focuses on understanding the formation of haematopoietic stem cells (HSCs) - rare cells that have self-renewal capacity and the ability to regenerate all the different cell types that comprise the blood forming system.

"Donor HSCs, ideally from matched siblings, are used in bone marrow transplants to treat patients with blood cancers or bone marrow failure," she said. However, for patients who do not have a perfectly matched donor, this treatment may not be available."

Ritika will study how these cells can be made in the lab from a patient's own cells to enable future scientists to generate HSCs for those who lack a perfectly matched donor. Ritika works in the Blood Disease and Blood

Development labs at Murdoch Children's Research Institute.

When not in the laboratory, Ritika is busy promoting and sharing the learnings of her medical research at various forums including the recently held Australian Society for Medical Research Student Symposium where she was awarded a prize for her presentation.

Ritika's drive and passion for her work has contributed to her being awarded this year's Arrow PhD Scholarship.

Ritika feels honoured to have received the award saying "A PhD is an incredible time in your life. One where you are given independence with your research. What we do in the lab underpins the treatments of tomorrow. So when someone asks me why I do long hours and weekend work, it's because I don't take the impact my research can have lightly.

And thanks to funding opportunities like these, it means I can really focus on my research and not worry about the financial implications of still being in grad school".



Ritika Saxena, Arrow PhD Scholar

Announcements

- Allan Frenkel Foundation Fundraising Dinner

Saturday 27 August 2022; 6.30pm
The Lakes Golf Club, East Lakes
Purchase tickets at:
allanfrenkelfoundation@gmail.com



- Blood 2022

11-14 September 2022
Sydney International Convention Centre

Calling all BMT and haematology healthcare professionals - visit us at the Arrow stall at this year's Blood Conference!



- Hawkesbury Canoe Classic

29th & 30th October 2022
Volunteer or enter to join this unique paddling fundraising event:
www.canoeclassic.net



- Janna Gibbs

Welcome Janna Gibbs to the Arrow team! Janna will be managing our patient support requests and taking care of our finance and administration. We look forward to introducing you more to Janna soon.



MAKE A DONATION TODAY!

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OR COMPLETE THE FORM OVERLEAF

PATIENT SUPPORT



Map the way

Arrow has donated a canular machine to St Vincent's Hospital to reduce the stress and anxiety for patients receiving an intravenous cannulation. This new ultrasound machine helps nurses in finding a patient's vein and getting the intravenous canular in on the first go.

Donor Greg Bugden, was very supportive of purchasing the machine in memory of his late wife Karen and mother in law seeing it as very worthy piece of equipment. Greg said "I couldn't

tell you how many times Karen had to be cannulated both before her transplant, during the many visits for the collection of stem cells, and then during her four week stay in hospital post transplant. I fully support the money being contributed to St Vincent's to assist in this area".

Thank you Greg and to St Vincent's Hospital, we are pleased to be able to make this donation and help reduce the stress and anxiety felt by patients during treatment.

You say..

We love hearing back from patients and the difference our support makes. Here are a couple of the notes we have received lately:

"Thank you so much for paying for my taxi fare home. I am so blown away by people's kindness and generosity in being able to help me with this. I really am so appreciative."

Allison - stem cell transplant patient

"I went to the Darlinghurst shop and chose a beautiful wig. Thank you so much for your help!"

Kati - wig recipient

"The wig has been an absolute life saver for me. I really don't know what I would have done without it. I wear it every day and it helps me forgot about my hair loss. I can't thank the Arrow Foundation enough."

Carolyn - wig recipient



Carolyn with her new wig

Tender loving chair donation

Patients at St Vincent's Hospital will enjoy greater comfort thanks to Arrow's donation of a brand new tender loving chair. This specialised chair for patients on the haematology and bone marrow transplant ward has electronically adjustable height, back and leg rests. The chair is a welcome addition to the ward - an upgrade to the current chairs which are manual and do not allow back and leg rests to be adjusted independently.

With greater comfort on the way patients will be able to spend more time out of bed. This is particularly important during recovery and helps patients to establish a daily routine. The chair will also help

nurses in being able to better move and assist patients.

This donation was made possible thanks to the generosity of Sylvia Hartog's family who each year issue an award in support of patients and nurses at St Vincent's Hospital.

Nursing staff member Cindy from the St Vincent's BMT ward says "We truly appreciate the generosity of this gift, Please send our thanks to Mr Hartog. There is one patient on the ward right now who will benefit from the use of this chair. The chair will also help staff with ease of manual handling. Thank you very much".



ARROW RECEIVES NO GOVERNMENT FUNDING



MEDICAL RESEARCH

GAMBIT

The GAMBIT medical research program being undertaken by the Blood Stem Cell and Cancer Research Unit at St Vincent's Hospital, Sydney, is the largest study of its kind.

A population-based study of blood mutations in Australian adults GAMBIT researches the "Genomics of Aging-acquired Mutations in Blood to Identify Therapeutics for Cancer, Cardiopulmonary, Metabolic and Blood Disorders in Australia".

This year Arrow has donated nearly \$1 million to the GAMBIT project on behalf of key donors. This has resulted in significant strides in the project being made in the past

12 months. The blood DNA of over 3,800 adults has been obtained and gene sequencing performed on over 1,000 of these samples.

Priority has been given to groups in which it is suspected that blood mutations play a key role in the disease outcome including individuals who have undergone bone marrow transplantation. Ninety one of the samples that have been analysed are of patients who have received a bone marrow transplant for malignant and non malignant disease, an area of keen interest for Arrow.

This large scale medical research project has the potential to impact so many Australians, particularly within our ageing population. By being able to better understand which blood mutations contribute to which diseases as we get older,

scientists have the potential to discover new tests to predict and detect diseases as well as better treatments.

Professor David Ma from St Vincents Centre for Applied Medical Research says "Arrow has been instrumental in allowing us to undertake this Australia first and world class research which we anticipate will lead to improvements in the care of patients with blood diseases. Our research team and collaborators would like to sincerely thank Arrow for their crucial support".

We in turn would like to thank the very generous donors who have contributed to this important medical research program and are the champions of its success.



New drug for acute myeloid leukaemia

A new drug treatment has been discovered by the team at St Vincent's Hospital to help cure acute myeloid leukaemia (AML). Acute myeloid leukaemia unfortunately has the highest mortality rate of any blood cancer and affects 1,000 Australians every year.

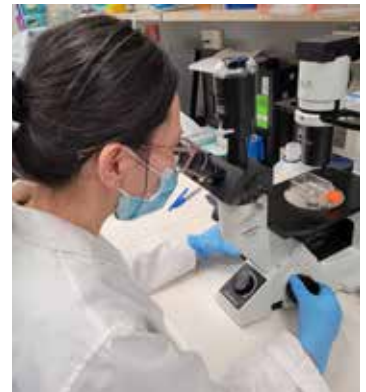
Early research has discovered that their invention, which focuses on a small gene known as the

"micro RNA-10a" inhibitor, can kill leukaemic cells when working cooperatively with another drug. They have also discovered that measuring this gene level in leukaemic cells may enable doctors to predict which patients will respond to this treatment.

To further this research Arrow has funded the employment of a research scientist for the next six months. Their job will be to move

the research to the next critical phase by testing the drugs 'in vivo' in the laboratory. This will be the last step in bringing this treatment for AML to clinical trial.

Kristy Wang, SVH research assistant, taking microscopy images of leukaemic cells grown in the laboratory and used for therapeutic testing



NURSE EDUCATION

Professor Geoffrey Driscoll Nursing Scholarship

Congratulations to Danielle Lian, the latest recipient of the Arrow Graduate Certificate of Cancer Nursing scholarship.

Described as a future leader in cancer care, Danielle works at the day oncology and infusion centre at Cabrini Malvern Victoria.

Danielle's nurse manager says Danielle is a highly motivated, supportive and caring team member who actively seeks out

opportunities and willingly assists other and shares knowledge. These fantastic attributes contributed to Danielle being awarded this important scholarship.

Danielle's passion is to care for those diagnosed with cancer and aims to one day be a nurse educator in the haematology field. Danielle says "I have always been passionate about haematology nursing and I believe that these patients deserve the best level of

care. Through the Professor Driscoll Scholarship, I have an opportunity to broaden my knowledge and gain more skills in this area. I am extremely grateful to be awarded this privilege and can't wait to utilize what I've learnt to positively impact the lives of these patients."

Congratulations Danielle, we look forward to supporting you in your studies.



Danielle Lian, Arrow scholarship recipient





Phoebe Forrester

Moving on Up

Caitlin Mulcahy has been very busy juggling a hectic worklife, studying and getting married! As a recipient of Arrow's Professor Geoffrey Driscoll nursing scholarship Caitlin has recently completed her Graduate Certificate of Cancer Nursing. A thirst for knowledge and a passion for nursing means Caitlin's plans do not stop there.

Caitlin says "I have now begun apheresis training - I'm currently only performing red cell exchange for sickle cell anaemia patients and therapeutic plasma exchanges, but going forward I will also be learning how to perform stem cell collections and CAR-T cell collections! I'm hoping to obtain my Training and Assessment Certificate IV this year, so

I can begin training and leading junior staff members." From there Caitlin has aspirations to complete her Masters of Haematology.

Phoebe Forrester, another of our nursing scholarship recipients, has also put her studies to great use letting us know that she has utilised her higher learning to gain a promotion and is now the Clinical Nurse Educator of outpatient cancer services at St Vincent's Hospital. What an achievement!

Congratulations Caitlin and Phoebe, we love hearing your progress and are proud to be supporting you and other haematology nurses in furthering your education.



Caitlin Mulcahy

ARROW APPRECIATES

In memory of Pamela Neate

Arrow Board member and volunteer, Pamela Neate, sadly passed away in July 2021. Pam was a true supporter of Arrow becoming involved with the organisation after her son Greg was diagnosed with leukaemia and received a bone marrow transplant.

Pam's family have very kindly made a donation of \$10,000 to the Arrow Bone Marrow Transplant Foundation in their mother's honour.

Thank you to Yvette, David and Margot for your very kind donation. We are sure

it has made your Mum very proud and we will be honoured to use this donation in supporting patients and medical research continuing on Pam's generous and selfless legacy.



Liverpool Catholic Club

Thank you to long term supporters Liverpool Catholic Club who have donated an amazing \$70,000 to the Arrow Bone Marrow Transplant Foundation. Liverpool Catholic Club have been supporting Arrow for more than six years. This recent donation brings their total contribution to Arrow's bone marrow and stem cell research programs to over \$250,000 resulting in significant in-roads being made into medical research thanks to the Club's support. With COVID-19 heavily impacting many in the hospitality industry we appreciate the importance of such a generous donation and admire Liverpool Catholic Club's strength and unwavering support at this time.



JAMES N. KIRBY FOUNDATION

James Kirby Foundation

Thanks to the James Kirby Foundation for their grant of \$10,000 to our patient support program. This grant will be used to help bone marrow and stem cell patients throughout NSW with emergency funding whilst they are receiving their transplant.

Covering such essential expenses as utility charges and telephone and internet fees this support will provide great peace of mind to patients knowing these household bills have been taken care of for their family.

Support the work of ARROW

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