

AUTUMN 2007 PLEASE HELP TO FUND MORE RESEARCH BY SENDING US A DONATION. THANK YOU.

An Evening at the Fleming Collection – 12th June 2007

Our Patron, The Duchess of Gloucester, joined many regular supporters and kind friends for a private view of 'Firm Favourites' at the Fleming Collection in the heart of Mayfair on 12th June. This gallery, which is celebrating its first five years, is owned and managed by a charitable trust, which owns some quite remarkable paintings, all of them by Scottish artists. The cream of the collection was on view and we were most grateful to Mr Robin Fleming and his fellow Trustees for their generosity in making possible this very special evening.

The original nature of the paintings suggested that we should all be welcomed by the pipes and a talented young piper, Jamie Graham from Eton College, rewarded us with familiar melodies.

Our Patron, as always, charmed us all and met almost everyone present. Raffle prizes were most generously donated and this memorable event raised £12,337 for vital research.



Miss Katy Henderson presents a bouquet to Her Royal Highness.

Mr Jamie Graham, piper



Mrs Worth picks a winning raffle ticket! left to right: Mr Peter Worth, Chairman, Mrs Peter Worth and Mr Christopher Mann.



left to right: Mr Christopher Mann, HRH The Duchess of Gloucester GCVO, Mr Matthew Fleming, Mr Peter Worth.

Her Royal Highness discussing the exhibits with the curator, Miss Selina Skipwith.



ST PETER'S TRUST
FOR KIDNEY, BLADDER & PROSTATE RESEARCH

South House A-5, Royal Free Hospital, Pond Street, London NW3 2QG
Tel: 020 7443 9388 Email: spt@ucl.ac.uk website <http://www.ucl.ac.uk/uro-neph/spt>

Patron: HRH The Duchess of Gloucester GCVO • Chairman: Mr Peter Worth, FRCS • Hon Treasurer: The Hon Peter Benson LVO
Administrator & Co. Secretary: Sue Maridaki • Admin. Assistant: Katy Henderson • Reg Charity No. 261224

At a meeting of the Trustees in August, £175,000 of new funding was approved for research projects, including:

- £71,518 for a 3-year PhD studentship. Project title: **Kidney TRPC channels and ATP receptors as integrated flow sensors.**

Small amounts of the energy molecule ATP are released by cells so they can talk to neighbouring cells. ATP release in kidney tubule is caused by the flow of fluid over the internal wall. ATP release involves ion-channels called Transient Receptor Potential (TRP) channels which react to changes in cell shape. Thus, the kidney senses the flow of tubular fluid, responds by releasing ATP and, in turn, finely altering tubular function to control the loss of salt and water to the urine. **Dr Brian King** and the PhD student shall investigate the importance of this local sensory mechanism in salt and water salvage in the kidney.

- £7,675 for consumables for a 1 year project: **Screening patients for renal tubular acidosis causing SLC4A1 mutations, a possible link with malaria resistance.**

AE1 is a protein present in red blood cells and kidney cells. Certain mutations can cause dRTA, a kidney condition affecting acid excretion. **Dr Stephen Walsh** has shown that certain mutations of this protein can cause it to 'leak' ions. These mutations occur commonly in malaria areas, and patients with dRTA due to these mutations have low blood potassium levels. Dr Walsh thinks these mutations contribute to malaria resistance by making blood cells leaky to ions. He has located patients with dRTA and low potassium in Kashmir, a malaria area, and will screen these patients for mutations in the AE1 gene for future studies.

- £9,900 for equipment for a 2 year project: **A Quest for Human Urothelium Biopods in Patients with overactive Bladder and Significant Pyuria.**

The overactive bladder is an important bladder problem. Evidence of chronic, low grade, inflammation in the urine of such has been discovered and it has been shown that this inflammation is associated with worse symptoms. These discoveries and those made by other groups, suggest an experimental programme. Clinical research fellows Rajvinder Khasriya and Rahul Lunawat, under the supervision of Professor Malone-Lee at the Dept of Medicine, Whittington Archway Campus, UCL, will be seeking pilot data from cells shed in the urine of overactive bladder patients. They will test the hypothesis that overactive bladder is associated with chronic, low grade cystitis arising from bacterial infiltration of the uroepithelial cells with formation of intracellular, biofilm like colonies. The funding is for two essential pieces of equipment for these urine cytology studies.

- **£9,000 to Bill Robertson to continue his work on the Stone Project.**

The Stone Project is designed to identify the factors that cause individuals to form stones in their urinary tracts. Recently we have been concentrating on the role of so-called "Metabolic Syndrome" in the increasing incidence of uric acid-containing stones in the population. Metabolic Syndrome is associated with obesity, hypertension and type 2 diabetes and its incidence has been increasing in recent decades. We have shown that there is a high percentage of patients with this syndrome amongst our patients with uric acid-containing stones and that this appears to be associated with a defect in the kidney's normal ability to buffer the excretion of acid by generating ammonia. The eventual aim of the project is to identify ways of correcting this defect and so reduce the incidence of this type of stone".

Non-invasive therapy for the treatment of prostate cancer

by *Hashim Uddin Ahmed*

The choice for men who have prostate cancer that has not spread outside the gland is between active surveillance and treating the whole gland with surgery or radiotherapy. Active surveillance involves monitoring the disease using blood tests and repeated biopsies every 2-3 years. Treatment is given only if the cancer shows signs of progressing. The benefit of whole-gland treatment in reducing the risk of dying from cancer is 5% or less within 10 years. However, treatment carries risk of incontinence, impotence and rectal problems. These occur because treating the whole gland leads to damage to structures immediately surrounding the prostate

This programme of research will see if prostate cancer management can be developed in a similar way to how breast cancer treatment changed two decades ago. Women usually had to undergo an operation to remove the whole breast whereas currently, most women undergo a lumpectomy of only the cancer. This proposal will evaluate a similar principal in prostate cancer. In other words, in men with prostate cancer can we destroy only the areas of cancer and achieve lower side-effects. At the same time, can we maintain good cancer control?

The focal therapy research programme under the leadership of Mark Emberton has been under way for over a year.

The focal ablation HIFU trial is aiming to recruit 33 men who have low-medium risk prostate cancer that may be suitable for focal therapy – destroying just the cancer areas. HIFU uses soundwaves to destroy discrete areas of prostate cancer. It will try to find out whether focal therapy really can lower side-effects without compromising the early cancer control.

It is supported by one research fellow (a urologist in training) and a research nurse. These two researchers recruit patients, assess them for treatment and see them in clinic after treatment. They also ensure that the trial is run in an ethical manner and patients are not put at risk. There is a large amount of paperwork that needs to be completed and the research nurse would be central to ensuring that trial documentation is up-to-date. The research nurse will also coordinate all the follow-up of patients in the trial and answers questions from patients who would like to be considered for the trial. It is also important that patients in the trial have a point of first contact at any time of the day so that problems can be dealt with and investigated promptly or the patient reassured and advised accordingly. Our experience to date in other trials has shown that this support is very much appreciated by men in clinical trials.

We are most grateful to the Foyle Foundation for their support in funding a research nurse for one year. This will be paramount to this important work, which will see benefits for patients within 5-10 years.

Hashim Uddin Ahmed

The Flora London Marathon

In April of this year we had three valiant runners competing in the Flora London Marathon. Jill Norman and Andrew Hall ran through our Golden Bond scheme and Mrs Judith Martin ran independently.

Jill Norman is a reader in Nephrology and a member of the team working at the Royal Free in the Centre for Nephrology. She ran to help raise awareness of kidney disease after having worked for over 20 years in kidney research. Jill was 'volunteered' to run by one of her colleagues but said that she was incredibly glad to have competed as she learned so much about herself. She described the race as an 'incredibly long 26.2 miles' and said that at some point in the Isle of Dogs she contemplated lying down and letting the St John Ambulance pick her up! What kept her going was the incredible support the runners receive from the spectators, which included high fives, bananas and jelly babies. It was also the humbling effect of seeing those less fortunate than herself running beside her. She has one tip for anyone contemplating the run next year – don't cycle home after running the race as she did. Jill raised the magnificent sum of £3172.42.

Andrew Hall is a clinical research fellow also working in the Centre for Nephrology. He was not enamoured of the early morning training sessions required to get him fit for the run, all of which are during those cold winter months! However, he said that the day itself was fantastic with an amazing atmosphere. Like so many of our other runners he felt inspired by the crowds who line the route and cheer the runners on. His final comment: 'hard work but I would recommend it to anyone'. Andrew's efforts raised over £1190.



Andrew Hall relaxes in the park after his gruelling run.

Judith Martin ran for us in 2005 as a way of supporting the Trust and those who had done so much in the field of research, research that she felt had led to treatments that had improved the quality of her mother's life. She managed to get an independent place and decided to run for the Trust again in 2007. We are waiting to hear how she did.

Our commiserations go to Dr Scott Wildman (whose sponsors very generously didn't request their money back!), Philip Hoare and Sohan Hare who were all unable to run due to injury. There is always next year you know!

Our grateful thanks to our runners for their dedication and support.

Festive Fundraising

Once again it's time to put away the holiday snaps and start that 'To Do' list for Christmas. We have a new Christmas card on offer as well as some firm favourites.

You will find a leaflet enclosed which gives details of this year's range. Alternatively, you can order them online via our web site at www.ucl.ac.uk/uro-neph/spt.

If you wish to order cards for your business or have a personal message printed you can get your cards from Creation Greetings and that order form is also enclosed. You can go also go to their web site via our

TRIATHALON

Liz Hall was diagnosed suddenly with kidney cancer and had her kidney removed in November 2006. Fortunately for her she has not needed any other treatment but decided as part of her health programme to get fit. Liz's son happens to be married to Dr Bill Robertson's daughter, which made her aware of St Peter's Trust and the research that it supports. This led her to turn her fitness regime into a charitable one.



Seeing a notice for a triathlon event in her gym, she knew that she could swim the 400 metres required and cycle 14 miles, all she needed to do was manage to run the final 5k. After 6 weeks of training on a wet morning at 8.15am she had her practice run, the most difficult part of which she found putting her socks on after the event with no seat to sit on! On the day Liz finished the course in just over 2 hours, 11 minutes faster than her practice time and ran the 5K in under 40 minutes, a tremendous achievement after her ill health.

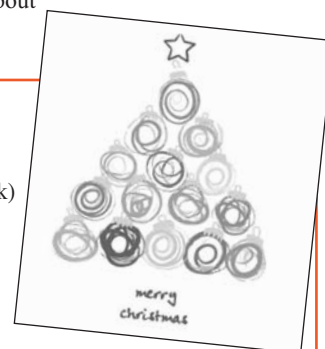
Liz chose St Peter's because it is a small charity focusing on kidney research and related diseases. She wishes to thank her family, friends and colleagues from all over the world (including Australia and the United States) who contributed so generously to the fund that currently stands at over £1500. We would like to thank her for the huge effort she made on our behalf and to thank all her sponsors for their support.

STOP PRESS

Liz Hall's daughter Ali Hall ran the Liverpool 10k at the beginning of October and following her Mum's fine example decided to raise sponsorship for St Peter's Trust using a justgiving website. We are most grateful to both Mum and daughter for their generous support.

Sponsored Trek along the Great Wall of China – October 2007

Stuart J Holmes MVO has gallantly volunteered to raise much needed funds for St Peter's Trust by trekking along part of the Great Wall of China. Stuart was the Master of the Gold & Silver Wyre Drawers livery in 2006-2007 and the Trust was his chosen charity for the year. Our Patron, HRH The Duchess of Gloucester GCVO, an Honorary Liveryman was presented with a donation at a Charity Soiree at Westminster Abbey last year. We are very grateful that Stuart has continued to support our work and we wish him the very best of luck with this challenge. We look forward very much to hearing about his adventures.



website (www.creationchristmascards.co.uk) to view the latest range of Christmas cards and place your order there. We receive a donation for each sale made.

As well as the cards, we have our ever popular Christmas and chocolate puddings. You can place an order by filling in the enclosed form and putting this in the post to us with your payment. What could be easier?

How To Make Your Gifts Worth 50% More

You may already be familiar with Gift Aid which allows us to claim an extra 28p for every pound that you donate. But you may not be aware that if you are a **higher taxpayer** you can reclaim the difference between the basic rate of tax (which we claim back on your behalf via the Gift Aid scheme), and the higher rate of tax, on all your charitable donations.

For example, if you donate £100 to St Peter's Trust, we can reclaim £28 on your behalf and you can reclaim a further £23 via your annual Self Assessment tax return. If you were to donate this additional rebate to the Trust, you could turn your original gift of £100 into £151 – making it worth over 50% more.

If you wished to donate this repayment to the Trust, all you do is record your charitable donations for the relevant tax year on your Self Assessment form and quote St Peter's Trust charity unique code MAQ58GG.

HM Customs will remit the rebate directly to the Trust along with your name and address so that we can thank you personally.

If you would like to help us in this way and have any queries at all do not hesitate to contact Sue Maridaki in the office on 020 7443 9388.

GO GREEN FOR ST PETER'S TRUST!

St Peter's Trust has signed up with ReCycle to raise funds by recycling mobile phones. If you have any old phones that you no longer use please send them to us. We can then pass them on for recycling. For each phone, we receive a donation from ReCycle which sells the phones or their components. We also recycle printer inkjet and laser cartridges – please call the office for further details (or email us!) 020 7443 9388 spt@ucl.ac.uk.

This not only raises funds for the Trust but it helps to cut down landfill and you can get rid of your clutter. So speak to your friends and family, and help us to raise funds while we save the planet!

Justgiving.com

Most of our marathon runners now use the justgiving website to raise sponsorship and we have a growing number of other donors who also choose to use it for their fundraising events or general donations. It is incredibly easy to create and personalise your own website and all you need to do is email your link to all your friends and family. So next time you have a fundraising event planned, or just want to make a one-off donation, check out the justgiving website -www.justgiving.com - and help us to fund more research. With your help we really can make a difference.

IN MEMORIAM

JOHN MAGOR

It was with great sadness that we learnt of the death of John Magor. John had been a dialysis patient for nearly 38 years and was a founder member of St Peter's Kidney Patients Association, which later merged with the Royal Free KPA. John devoted much of his time as treasurer of the St Peter's KPA, but was also a great supporter of St Peter's Trust and will be much missed by those who worked with him over the years. Our thoughts are with his wife, Brenda.

TREVOR WILLIAMS. O.B.E.

Mr Williams had been a Trustee of St Peter's Research Trust (as it was then) and retired in May 1990. His daughter writes: After a very long illness Trevor Williams died in July of congestive heart failure and chronic renal failure at the age of 91. To the end he was brave, philosophical and lived each day that he was given. His doctors said at the end that he had outlived his body and it was sheer willpower and clever manipulation of many drugs that kept him going during the last 3 years.

He was a senior Metropolitan police officer rising to the rank of Deputy Assistant Commissioner and receiving an OBE in the final years of his service.

He worked for a number of charities but his work for the Trust was the one he loved the most and took great pride in arranging a number of concerts where Alfred Brendell was a particular favourite solo artist.

He only had one kidney after major surgery performed by John Blandy in the sixties and he was always grateful that his remaining kidney was healthy. Ironic that chronic renal failure was part of the cause of his death. Our condolences to his family at this sad time.

Diary Dates

for further information, please ring Sue or Katy on 020 7443 9388

Annual General Meeting 1.30 pm, 20th November 2007 to be held at University College London, Gower Street, in the Council Room, South Wing of the main UCL building.

Christmas cards and puddings will be on sale at the Royal Free Kidney Patients Association Autumn Fair – Tuesday, 23rd October 2007 from 9am – 3.30 pm, in the Atrium of the Royal Free Hospital. (They are also available from the office from now until Christmas)

It is hoped that a Spring fundraising event will be arranged.



To support the work of St Peter's Trust for Kidney, Bladder & Prostate Research, please complete the form below and return to St Peter's Trust, South House A-5, Royal Free Hospital, Pond Street, London NW3 2QG, or donate online at www.ucl.ac.uk/uro-neph/spt.

Title _____ Full name _____

Address _____

Postcode _____

I enclose a cheque made payable to St Peter's Trust for £ _____ Or

Please debit my CAF Card for £ _____

Card Number

Card expiry date

I would like to make a monthly/quarterly/annual donation of:

£5 £10 £25 £ other _____

Instruction to your bank or building society to pay by standing order:

To the Manager: _____ (Bank/Building society)

Address _____

Postcode _____

Name(s) of account holder(s): _____

Sort Code: A/c number:

Please pay Barclays Bank Plc, Strand Business Centre, 99 Hatton Garden, London EC1N 8DN
Sort Code: 20 82 94 for the credit of St Peter's Trust A/c no 80810363

Signature _____

Date _____

IMPORTANT - GIFT AID.

If you are a UK taxpayer you can make your gift worth almost a third more at absolutely no extra cost to you, by simply ticking the Gift Aid declaration box below. This allows us to reclaim tax from the Government on your behalf.

Yes, I am a UK taxpayer and wish St Peter's Trust to reclaim tax on this donation and all future donations I make to the charity. (HM Revenue and Customs has asked us to remind you that you must pay an amount of income tax and/or capital gains tax at least equal to the tax we reclaim in the tax year). Please could you inform us if you change your address, no longer pay enough tax, or if you wish to cancel your Gift Aid Declaration at any time.

**Please return this whole form to St Peter's Trust
South House A-5, Royal Free Hospital, Pond Street,
London NW3 2QG**

I am not on your mailing list for St Peter's Newsletter but would like to receive it in the future

I would like information about leaving a bequest in my will.