



The Royal
Melbourne Hospital

Finlay Macrae Research Fund

First in Care, Research and Learning



Who is Professor Finlay Macrae?

Professor Finlay Macrae AO, MBBS, MD, FRACP, FRCP, AGAF is a Principal Fellow with title Professor, Department of Medicine, University of Melbourne, The Royal Melbourne Hospital Head, Colorectal Medicine and Genetics, The Royal Melbourne Hospital.

Professor Macrae has had a career in translational and clinical research focusing on diseases of the large bowel especially with regard to screening and familial risk of colorectal cancer. As the lead clinician in the Familial Cancer Clinic at The Royal Melbourne Hospital, the state's busiest in familial bowel cancer, he is engaged in a range of research projects.

“It is only through research, testing and awareness that we can reduce the number of people affected by bowel cancer.”

Prof Finlay Macrae

Professor Macrae is a member of the Clinical Advisory Group of the National Bowel Cancer Screening Program, which itself was built on the results of his MD research in the 1980's. He chairs the chapter on primary prevention of bowel cancer, including with aspirin, for the Cancer Council of Australia, which will determine Australian guidelines on prevention of bowel cancer. He is a member of the Medicare Review Task Force for gastroenterology which is working to align reimbursements to meet contemporary practice in the field.

He is currently Secretary to the International Society of Gastrointestinal Hereditary Tumours (InSIGHT), based in Leiden and London, a member of the Steering Committee of the US National Institute of Health's Colon Cancer Family Register, and International Vice Chairman of the CAPP organisation for randomised controlled trials of prevention in HNPCC gene carriers.

Our Current Research Projects

Australia has one of the highest rates of bowel cancer in the world and it is now our second biggest cancer killer. So what stops bowel cancer? Professor Macrae needs to raise \$1 million to find out!

Resveratrol – World First Trial to Determine Whether Red Wine Prevents Bowel Cancer

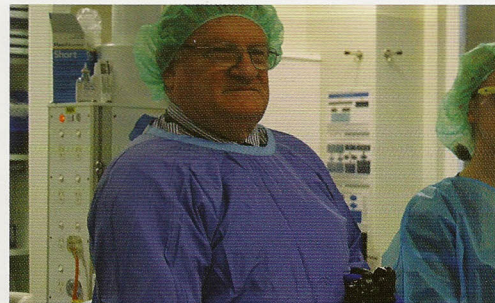
Does France's high levels of red wine consumption account for the country's lower incidence of bowel cancer? Professor Macrae is investigating why Resveratrol is thought to limit the spread of cancer cells and trigger the process of cancer cell death. Resveratrol is a natural compound found in cabernet sauvignon, pinot noir and merlot grapes.

Does Starch Prevent Bowel Cancer?

How can we stop bowel cancer developing? It may be through a food based approach incorporating a special starch. A new starch, developed by the CSIRO to prevent bowel polyps, is being tested in the AusFAP trial. The project is currently recruiting 120 patients with a rare condition that causes extra tissues (polyps) to form in the large intestine and the rectum are currently involved. This may provide very useful information on ways to prevent bowel cancer developing – through a food based approach incorporating this special starch.

World First Trial to Establish What Dose of Aspirin Prevents Bowel Cancer

Professor Macrae was the Australian lead for the first Cancer Prevention Program (CAPP) study which established the best evidence to prove that aspirin prevents cancer, especially bowel cancer. The results of this trial will be a world first and provide the best evidence so far as to what dose is needed for cancer prevention. The trial is currently funded to allow for 160 participants from across Australia. But more funding would allow us to recruit more participants to the study.



Colorectal Medicine and Genetics

The RMH Colorectal Medicine and Genetics Department collects DNA variants from across the world for all the mismatch repair genes responsible for Lynch Syndrome. Lynch Syndrome is the commonest familial bowel cancer, especially in young people. The Familial Cancer Service curates and "cleans" data and, through an international committee of experts managed by our service, classifies the DNA variants into those that are definitely damaging through to those which are simply normal variations. This service is now being replicated to include five other genes responsible for other familial cancers.



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\$

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**Thank you for your kind donation
to the Finlay Macrae Research Fund**



Facts About Colorectal Cancer

- Australia has one of the highest rates of colorectal cancer in the world.
- Colorectal cancer is the third most common type of newly diagnosed cancer.
- 1 in 13 Australia will be diagnosed with bowel cancer in their lifetimes; 14,958 Australians are told they have bowel cancer each year, including 1,115 people under the age of 50.
- Bowel cancer claims the lives of 4,162 Australians every year, including 217 people under the age of 50.
- Colorectal cancer is the second most preventable cancer, after lung cancer.
- A markedly higher proportion of colorectal cancers in men (55%) can be attributed to exposure to modifiable factors than in women (45%).
- In around 25% of all bowel cancer cases there is a family history or hereditary contribution.
- 90% of all bowel cancer cases can be treated successfully if found early but fewer than 40% are detected early.
- 20,000 cases of colorectal cancer are predicted for 2020.