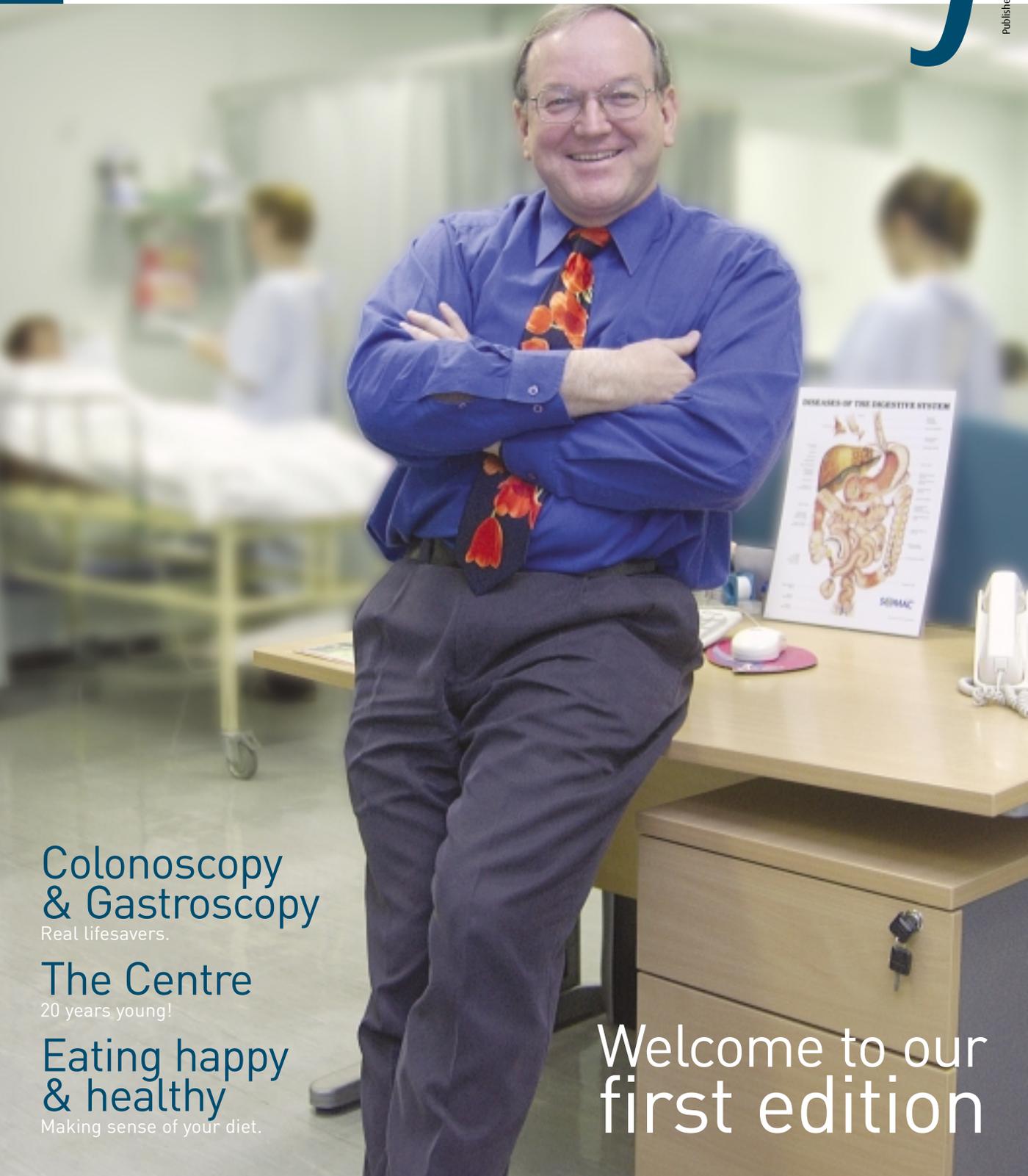


THE Inside Story

Published quarterly for the Centre for Digestive Diseases



Colonoscopy
& Gastroscopy

Real lifesavers.

The Centre

20 years young!

Eating happy
& healthy

Making sense of your diet.

Welcome to our
first edition

Welcome to our first edition

Our results
speak
for themselves

Although there is certainly a serious and scientific side to what we do, this newsletter is all about becoming healthier and happier. We won't confuse you with complex medical terms and we'll try not to scare you with gloomy stories. Our message is for better living, healthier living and getting on top of your problems. We are all positive thinkers here, with good reason, because we know the good results we achieve every day.

Even from my earliest days in Australia, my aim has always been to improve people's lives. My family emigrated from Warsaw in 1960, and my brother, sister and I grew up to graduate in Medicine from the University of NSW. As far back as the early 70's I realised the importance of continuing research to improve our knowledge so we could improve people's lives. Throughout my medical training, and especially at St Vincent's Hospital where my clinical years were spent, my mind was on developing new concepts to help improve therapies for current diseases. After three years of focused research at the Garvan Institute of Medical Research, it became clear to me that it would be ideal to practice clinical medicine with day to day patients

right alongside a full research facility. I believed working the two side by side would result in better and quicker results for our patients, rather than wait for someone else to complete the research in years to come.

Early in my career, being interviewed by a Professor at The Royal North Shore Hospital, I was asked: "What would you like to be when you start practicing gastroenterology?" I eagerly listed all the procedures I would like to be an expert in. The wise Professor listened, then made a remark which has become embedded in my memory.

"I agree with you wanting to be

...my aim has always been to improve people's lives...

competent at carrying out such procedures, but your real aim, Tom, should be that you be the best gastroenterologist in the world – and indeed this should be every doctor's aim – to be the best at what he does." After several years of further studies at the Mayo Clinic in New York, I was able to fulfill my dream and set up the Centre in Five Dock. The CDD is now one of the busiest centres in the world for



Dr Tom Borody

gastroenterology diagnosis and treatment, right alongside the research facility which is rapidly developing new therapies, ideas and products.

In the future we aim to extend the quality of diagnosis and care which we have developed over the past 20 years. We are putting even greater emphasis on the development of new treatments which we hope will help our patients today rather than in 20 years time. Finally I'd like to say how I am constantly delighted at the number of people who come up to us and say how glad they are they had their procedures with us. It makes my day to know that in the vast majority of cases their outcomes will be good because of what we were able to do at the Centre."

The Research Department is now recognised throughout the world, as a unit of high quality, attracting funding from many organisations to assist in the development of new therapies in gastroenterology. The team headed by Tom Borody and Rosa Surace has participated in many publications and extracts, working and writing up their results to spread the knowledge and experience gained at the centre, so that patients around the world may benefit. Dr Borody has published over 120 articles in respected medical journals and his name appears on two of the Top Ten most cited articles ever published in the Medical Journal of Australia.

NUMBER 6 (203 citations)

George LL, Borody TJ, Andrews P, Devine M, Moore-Jones D, Walton M, Brandl S. Cure of duodenal ulcer after eradication of *Helicobacter pylori*.

Med J Aust 1990; 153: 145-149.

NUMBER 10 (166 citations)

Borody TJ, Cole P, Noonan S, Morgan A, Lenne J, Hyland L, Brandl S, Borody EG, George LL. Recurrence of duodenal ulcer and *Campylobacter pylori* infection after eradication.

Med J Aust 1989; 151: 431-435.

The Centre and it's facilities

The Centre for Digestive Diseases (CDD) was opened in Five Dock in 1984, initially with a staff of 10 doing 2000 procedures a year.

Today it is a fully integrated medical facility accredited under the worldwide ISO9001 standards and licensed by the NSW Department of Health as a day procedure centre. There is now a total staff of 35, including four gastroenterologists and three sedationists/emergency specialists performing 5000 procedures a year. With Tom Borody still the owner and director it

maintains a family oriented atmosphere consistent with his philosophies.

The practice is equipped to deliver state-of-the-art procedures covering colonoscopy and gastroscopy, including laser treatment.

The Centre and its team of specialists have expertise across the spectrum of digestive diseases including COLITIS, CROHN'S DISEASE, INFLAMMATORY BOWEL DISEASE, IRRITABLE BOWEL SYNDROME, COELIAC DISEASE,

HAEMORROIDS, HELICOBACTER PYLORI-RELATED DISEASE.

Every day they perform the latest procedures for these diseases and are able in most cases to give patients an expectation of a healthier, happier life. These procedures do not require a general anaesthetic. Intravenous sedation is used which plays an important role in patient comfort and allows a speedy recovery including a light meal and a report of the findings before the patient is free to go home.



Centre for Digestive Disease in Five Dock

Colonoscopy and Gastroscopy

Here are a couple of funny-looking words that almost always bring smiles to the faces of patients who have had these procedures.



While the patient is under comfortable sedation, the specialist is able to have a good look inside the bottom or top of the digestive system with a tiny camera on a flexible tube. Gastroscopy goes down the throat, allowing the specialist to check the oesophagus and stomach for such things as ulcers and the presence of *H.pylori* bacteria. Colonoscopy goes in the other end, to examine the bowel for early warning signs such as polyps, and if necessary remove them. Both are regarded as simple everyday procedures, but they are vital in screening and early diagnosis of possibly life-threatening disorders. With this early intervention, the Centre is instrumental in relieving much human suffering and cost at a later date. The Centre has treated over 17,000 patients with *H.pylori* bacteria and nearly 80 patients with pre-cancerous conditions and not one patient has progressed to terminal cancer with several cured through early detection. Saving possibly hundreds of lives has put a smile on a lot of faces.

Our unique Research Commitment

Tom Borody's ideal has always been to have an extensive research facility alongside the patients he treats day to day. This he believes is the best way to produce new treatment options in the shortest possible time. The Department of Research and Innovation at the Centre is an independently run department, contracted by private industry conducting clinical trials for new pharmaceuticals and devices, or using existing pharmaceuticals in different ways. The funding from the contract research helps Dr Borody and his team conduct clinical studies with his day to day patients to provide new and effective treatments. Through this department the Centre can offer new therapies to their patients that would otherwise be unavailable to the community. All projects run by the Research Department are reviewed by an independent Human Research Ethics Committee constituted according to NH&MRC guidelines.

your team

The medical team is lead by Dr Tom Borody and includes a number full time and part time medical practitioners. Among them are:

- **Professor Robert Llewellyn Clancy**, Professor of Pathology in the Faculty of Medicine and Health Sciences at the University of Newcastle and is a Clinical Academic at the Hunter Immunology Unit of John Hunter Hospital.
- **Dr Andrew Finckh**, Staff Specialist at St Vincent's Hospital, holding degrees in Bachelor of Arts from Macquarie University and Medicine from the University of Sydney. He holds the position of Emergency Registrar at Liverpool Hospital.
- **Dr Michael Moont**, a graduate in Medicine from the University of Sydney also holds an Honours Degree in Science. He is a Fellow of the Royal Australian College of Surgeons.
- **Dr Clinton Ng**, qualified in Medicine from the University of Melbourne in 1990. He is a Fellow of the Australian College of Physicians.
- **Dr Sanjay Ramrakha**, graduated in Medicine from the University of NSW in 1986 and is Fellow of the Royal Australian College of General Practitioners.
- **Dr John Saxon**, graduated from the University of NSW in 1985 and has been the senior seditionist at CDD since 1995, with some 10,000 patients to date.
- **Dr Antony Wettstein**, graduated with Honours from the University of NSW. He is a Fellow of the Royal Australian Society of Physicians.



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Eating healthier & happier

The human body is an amazing machine and the digestive system one of its most fascinating parts.



centre for digestive diseases

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When it is running well we can feel on top of the world; when there is a problem it can make life miserable for the patient and all the people around. Dr Tom Borody and his CDD team see their job as providing preventative maintenance for your digestive system.

A bit like looking after your car. They like to keep things running smoothly by anticipating, discovering and treating minor problems before they become serious.

A good diet is obviously very important for a happy life. People with no symptoms or problems at all still need to keep a good balance of fruit and vegetables, fibre and fluids, energy and protein, to make sure they go on feeling well all their life. Even those with a condition such as Coeliac Disease (being unable to absorb the goodness of food because of gluten allergy) can get their life back to normal with a controlled intake that removes cereal grains like wheat and wheat-based products from their diet. They can enjoy almost everything they ate before and go on being happy and healthy. Anna Niec a prominent Sydney dietician, knows all about gluten-free substitutes in the diet. Polenta, made from corn/maize, buckwheat, millet, rice and soy are all gluten-free. Flour made from these are readily available, as are pasta shapes and noodles. Doing without gluten-containing foods may mean some loss of essential minerals, but Anna knows these can be easily topped up with

other healthy and natural foods. Calcium for example can be found in regular and low fat dairy products, soy milk and fish with bones intact e.g. tinned salmon or sardines. Iron can be boosted from red meat, poultry, oily fish and green leafy vegetables.

...treating minor problems before they become serious...

Folate can be found in dark green leafy vegetables, oranges, nuts and legumes. You can compensate for a lack of fibre by regularly eating fruit and vegetables, nuts, seeds and legumes like lentils, soy beans and dried peas.

Anna offers a couple of simple recipes here, from the many she knows, to demonstrate how a gluten-free diet can still be healthy and delicious.

Anna Niec ^{BSc MNutr&Diet}, is an accredited practicing dietitian, experienced in the dietary management of Coeliac disease. She runs a busy private practice in Castle Hill, and consults to the Australian Defence Forces. She is actively involved in workshops on the Gluten Free Diet and consults to food industry. She is an author of two books *Good Health on the Go!* and *Boost your Child's Immune System: The Natural Way*. To register for a Gluten Free Workshop please e-mail Anna at anna@nutrition4health.com.au To make an appointment to see Anna in Private Practice please call (02) 9680 9955 during business hours.

LENTIL BURGERS

2/3 cup of cooked brown lentils
1/4 cup mashed potato
1/2 medium sweet potato
2 tbsp sesame seeds
1 tbsp ground sunflower seeds
2 tbsp grated carrot
1/4 small onion grated
1/4 cup ricotta cheese
splash of wheat free soy sauce to taste
fresh tomato sauce

Method

Combine all ingredients and mix well. Shape into patties and place on greased oven tray. Bake at 200°C for approximately 20 minutes.
Serve with fresh tomato sauce.

ALMOND BISCUITS

1/2 cup monounsaturated margarine
1/2 cup packed brown sugar
or Splenda R
1 tsp almond extract
1 egg
1/2 cup white rice flour
2 cups crisp gluten free rice cereal
2 tbsp chopped almonds

Method

Preheat oven to 175°C.
Cream butter or margarine and sugar together until light and fluffy.
Add almond extract and egg.
Beat well. Stir in flour, crispy rice cereal and almonds. Shape into balls one inch in diameter and place on ungreased baking sheets. Press with a floured fork to flatten slightly.
Bake for 12 to 15 minutes until lightly browned.