



G-TRAC News

Director Update



Professor Renuka Visvanathan

We are well into 2017 and it has been a year of rapid change. We will miss Richard Hicks but his 'pro bono' contributions to the evolution of our centre will not be forgotten. As part of our strategy to continuously innovate, we are looking forward to Professor Matteo Cesari (from Toulouse, France) and Dr Olga Theou (from Dalhousie, Canada) delivering a seminar each for consumers and aged care clinicians in their native languages, Italian and Greek. We have also formed an exciting partnership with Prince Alfred College and will host school students at G-TRAC, the Basil Hetzel Institute in Woodville and the Queen Elizabeth Hospital, allowing them exposure to medicine and research relevant to older people.

Dr Wee Shiong Lim from the Tan Tock Seng Hospital in Singapore will be visiting us in November. Dr Benny Wilson, a geriatrician from the Christian Medical College Vellore in India, has recently joined us as a specialist registrar in geriatric medicine. We once again look forward to support from consumers, students and our stakeholders in helping us improve our programs. We welcome suggestions for innovation.

Professor Woo Storms on in the Dark

On the 28th of September 2016 G-TRAC held a seminar—Empowering Communities for Frailty Prevention and Re-Ablement. The seminar was to include presentations from visiting Professor Jean Woo from the Chinese University of Hong Kong, and Occupational Therapist Mr Mark Thompson. Things didn't go quite to plan when 10 minutes before the seminar was due to commence the entire state lost power during a large storm.

After some quick thinking a laptop was produced so Professor Woo could still proceed with her presentation. The end result was a more informal presentation with the opportunity for the audience to ask questions. With the light fading it was decided to bring back Mark Thompson another day to continue with his presentation. Everyone then had the difficult task of navigating their way home with no traffic lights operating. We would like to thank all of the participants for being so understanding of the unusual circumstances that we were faced with.



Professor Jean Woo

Why it is worth visiting your community pharmacist

Your community pharmacist is a valuable resource for advice and assistance. Trained pharmacists are available at convenient hours to assess and treat minor ailments such as colds, hay fever, aches and pains. Dressings and pain relief required after a medical procedure or stay in hospital can be obtained from your local pharmacy. Community pharmacists can assist in making sure that you are taking the right medicines at the right dose, the right time and the right frequency.

If you have any concerns about your medicines, pharmacists can offer advice in-store or over the phone if you are not able to come in to your local pharmacy. If you feel that you struggle with remembering to take your medicines and would like some assistance with this, your local pharmacist can pack your medicines in a dose administration aid to make sure that you take the right medicines at the right time. All the above reasons make it worth visiting your community pharmacist regularly for assistance with staying well!

In Memoriam– Richard Hicks (1937-2017)

Richard was an extremely valuable community member of G-TRAC since G-TRAC commenced in 2013. He provided committed leadership to the formation of the G-TRAC Consumer Advisory Group. Richard's input into the planning, delivery and evaluation of the teaching, training and research programs at G-TRAC were integral to the early successes of the centre. Richard generously shared his time, life and health care experiences with the medical students and academics based at G-TRAC. He later contributed to G-TRAC's success in securing a major grant and as a result of this, he was the inaugural consumer representative on the National Health and Medical Research Centre of Research Excellence in Frailty and Healthy Ageing Advisory Group, launched late 2016. He provided valuable advice on consumer perspectives and opinions which helped direct the research to areas of greatest need. Richard was a highly respected and valuable member of our community and will be greatly missed.



Richard with fellow consumers and Resthaven staff



G-TRAC administrator Nina Wiltshire presenting Richard with a certificate of appreciation

Ageing in a Developing Country

On the 15th of December consumers were invited to come to G-TRAC for a seminar on ageing in a developing country followed by some lunch and socialising.

Dr Sally Suriani a family practitioner from Borneo, Malaysia and Dr Beatriz Martins a geriatrician from Brazil spoke with the consumers about what the health services are like for Malaysia and Brazils ageing population.

After the presentations everyone enjoyed a lunch together. Feedback from the consumers was really positive, they said that they really enjoyed getting a better understanding of what it is like to age in another country.



Dr Beatriz Martins



Dr Sally Suriani

G-TRAC Welcomes Students to 2017

On Monday the 16th of January we welcomed the medical students back to G-TRAC. The students are excited to immerse themselves in the world of geriatrics. One of the favourite days of the rotation is when the students interview G-TRAC consumers about their overall health and lifestyle and then share a lunch at the end of the session.

If you are aged 65 years and over and are interested in participating in one of the future interviews please contact Nina Wiltshire– 08 8313 2144 or gtrac@adelaide.edu.au



5th year medical students on their G-TRAC orientation day

“Built Environment and Frailty: Understanding the influence of neighbourhoods on older people’s health” - Dr Beatriz Martins

Australia has reached the status of an “Old Country” when 15% of its population is aged over 65 years old. This proportion of the population is interested now not only into reaching a higher longevity but also ageing healthily, independently and in their own communities.

The study “**Built Environment and Frailty: Understanding the influence of neighbourhoods on older people’s health**” is aimed at investigating how the physical environment of our neighbourhoods can influence being active and ultimately frailty levels of older South Australians. Frailty is medically defined as a state of vulnerability to insults that can result in dramatic change in a person’s independence, and even lead to premature death. Becoming frail is not a condition expected for normal ageing and can be reversed if found early.

We are looking for participants over 65 years old, that can speak English and go out of their house at least once a month, with or without assistance. They will be asked to answer a comprehensive health survey, and later come to a clinical assessment for their body composition, gait, and strength. They will also wear a physical activity monitor to determine how much activity they do. By correlating all the health information with their neighbourhood characteristics, we will be able to map where the areas that can really promote a healthy ageing in Adelaide are.

If you are interested in participating in the study please contact:

Beatriz Arakawa Martins– Beatriz.martins@adelaide.edu.au phone– 08 8222 7676 / 0414 778 305



Welcome to Dr Tsung Woo

Dr Tsung Woo is a specialist geriatrician and has joined the G-TRAC team as a senior lecturer in 2017. He undertook his advanced training in geriatric medicine at The Queen Elizabeth Hospital, including rotations in the older person's mental health service and palliative care. His area of interest is in older people with frailty and sarcopenia, with a particular focus on effective strategies to improve their dignity as well as quality of life.



Dr Tsung Woo

Welcome to Dr Kareeann Khow

Dr Kareeann Khow is a consultant geriatrician and newly joined the team at G-TRAC as a senior lecturer. She is currently undertaking her Doctor of Philosophy (PhD) study on "Fractures and Outcomes in Older People" under the supervision of Professor Renuka Visvanathan and Associate Professor Solomon Yu. The focus of her research is to identify effective ways of improving the outcomes of fragility fractures in older people.



Dr Kareeann Khow

Welcome to Dr Haresh Arunasalam

Dr Haresh Arunasalam is a Geriatric Advanced Training registrar who is based at The Queen Elizabeth Hospital and Adelaide G-TRAC Centre. He graduated from The University of Adelaide and has completed his Basic Physician Training whilst working within the geriatric unit at QEH over the last 3 years. He is currently undertaking a project looking at the association of sarcopenia and lung function in older people as part of his training.



Dr Haresh Arunasalam

Welcome to Dr Kandiah Umaphysivam (Sivam)

Dr Kandiah Umaphysivam (Sivam) is a biomedical researcher who has contributed extensively in the fields of reproductive medicine, breast cancer, rheumatology, autoimmune diseases, inborn errors in metabolism and forensic biology. He has recently joined the team at G-TRAC as a senior lecturer.



Dr Kandiah Umaphysivam

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