



Dr Carlos Salomon
PhD, DMedSc, MSc

Senior Lions Medical Research
Foundation Fellow

I have greatly enjoyed the past year as a Lions Medical Research Foundation (LMRF) Fellow and I feel fortunate to be part of the Lions family. I have become an integral member of the Lions community and have participated in several activities around Queensland including Brisbane, Ingham, Cairns and Bowen. Progress has been made on my research into ovarian cancer, however, little improvement has been achieved in survival rates over the last 15 years. Therefore, ovarian cancer continues to be a challenging public health issue. We therefore need to look at new approaches to develop more effective early detection strategies and real-time treatment response monitoring.

Recently, we have obtained exciting data suggesting that ovarian cancer cells select a specific set of molecules in exosomes that may play a role in the initiation and progression of ovarian cancer. Exosomes are like specific "envelopes" sent by tumour cells, which are delivered to other cells resulting in a modification in the behaviour of these cells to enhance tumour growth and metastasis. In the last 12 months, I have published over 20 papers within the exosomes field, and I have been invited to national and international conferences to talk about my research. The development of innovative projects like this, will help to identify women at early stages of ovarian cancer to implement the correct treatment on time and save lives!



**Dr Nadeeka
Dissanayaka**
BSc (Hons 1), PhD

Senior Lions Medical Research
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It has been a rewarding experience during my journey as a Lions Medical Research Foundation Fellow. Our work into anxiety and depression in Parkinson's disease and dementia is well regarded in the international research community. I am a lead investigator of an international steering committee to advance knowledge and improve clinical management of anxiety and depression in Parkinson's disease. Our work has been presented in more than 100 conferences and has made real impact to individuals living with incurable brain disease.

Research outcomes of the LMRF fellowship include:

1. Development of a new Parkinson's disease specific inventory to identify triggers of anxiety assisting clinical evaluations and treatments,
2. Development of 5 new psychological interventions (1 international) to treat anxiety and depression in Parkinson's patients and their carers,
3. Establishing neuroimaging markers for cognitive and emotional dysfunctions in Parkinson's disease for accurate identification, track progression, and drug development, and
4. development of 2 new interventions to reduce loneliness, depression, anxiety and over prescription of psychotropic drugs in people living in residential aged care and those living with dementia.

None of this important work would have been possible without the generous support of the LMRF. Thank you Lions for helping me to make a difference to older persons suffering from devastating brain disease and their carers within our community.

TODAY'S RESEARCH IS TOMORROW'S CURE



LIONS
MEDICAL
RESEARCH
FOUNDATION



Researchers past and present –
Dr Tracey Bjorkman, Dr Carlos Salomon
and Dr Nadeeka Dissanayaka



Dr John Healy
MB BS (HONS) FRACP

**Medical research needs you.
What if we lived in a world in
which there were:**

- No insulin
- No CTs or MRIs
- No arterial stents
- No knee or hip replacements
- No blood pressure pills
- No antibiotics
- No Gardasil
- No treatment for leukemia

Well, in 1915 in Brisbane, that was our world, and life expectancy was only 50 years; what a change in only a relatively short time. Medical research is good for you! Support the Lions Medical Research Foundation.

*Dr John Healy - The first
researcher funded from 1966
to 1978 by what is now known
as the Queensland and
Northern New South Wales Lions
Medical Research Foundation.*

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