

# Dublin City Marathon : Age is not the issue, Health is

Ageing is a privilege and a societal achievement; it is also a challenge that will impact on all aspects of Irish society in the 21st century. In all countries measures to help older people remain healthy and active are a necessity. The goal of research in age related healthcare is to understand and promote the factors that keep people healthy into older age. A key element of this is to encourage people of all ages to take steps to ensure greater

health and well being in later years for themselves and for their communities.

This year, the Dublin City Marathon will take place on Monday, 31st October. We are inviting runners to raise funds on behalf of the Meath Foundation sponsored research in Age Related Health Care. T-shirts and sponsorship cards are available from the Meath Foundation Office, 01 4142432

# Foundation Nominees to Hospital Board

The Meath Foundation is happy to announce that the following board members have been nominated to the board of The Adelaide and Meath Hospital, Dublin Incorporating the National Children's Hospital from 1st August 2005.

Mr. Gerry Brady (Chairman), Dr John Barragry, Dr. Gerry Hurley, Ms. Elizabeth O'Dwyer, Prof. Colm O Morain and Mrs. Mairead Shields.

## Get Involved

The Meath Foundation was established as successor to the Board of the Meath Hospital. Our mission is to carry on the best traditions of that hospital by providing a focus for voluntary input into the hospital here in Tallaght. The Foundation plays a pivotal role in the governance of the hospital by electing six directors to the Board of The Adelaide and Meath Hospital, Dublin Incorporating the National Children's Hospital.

If this hospital is to continue to develop as a flagship for healthcare we need to expand and develop a strong research base. The Meath Foundation plays a major role in supporting this development by awarding Research Grants on an annual basis.

However, to ensure we can continue to provide such support we will need the continued involvement of all staff members throughout the hospital.

Involvement with The Meath Foundation allows members of staff to directly impact the development and success of the hospital here in Tallaght. If you wish to help carry on the voluntary tradition of the ladies and gentlemen of the eighteenth century who first breathed life into the Meath Hospital by supporting The Meath Foundation contact the Foundation Offices for further information. (Contact details on back page)

## New Members of the Meath Foundation

At the recent Meath Foundation Annual General Meeting the following new members were elected to the Board of the Meath Foundation. We would like to welcome them to the board and thank them in advance for their efforts on behalf of the staff and the patients of the hospital.



Ron Grainger graduated from Trinity in 1975 and joined the Meath Hospital in 1988 as consultant Urologist, a position he also holds at St James' Hospital. He specialises in urological oncology and urinary incontinence. He is also the Royal College of Surgeons' Ireland representative on the intercollegiate board in urology.

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Theresa Quinn trained in the Meath Hospital and is now CNM2 in the Age Related Day Hospital which she set up and opened in May 2001. She is

currently Vice President of the Meath Past Nurses and will

assume the Presidency in October next for three years. At the moment she is acting as Nursing Support Manager in AMNCH.



Helen Sweeney is the Radiographic Services Manager at AMNCH and manages one of the largest X-ray departments in

Ireland. She was project manager for the implementation of the Radiology Information System, Tallaght being the first filmless hospital in Ireland and the British Isles, and was one of the founder members of the Irish Healthcare Risk Management Association.

Mel Gallagher joined the Meath Hospital as Radiographer in 1992 and moved to Tallaght in 1998 where she specialises in Cat Scanning and Nuclear medicine. He is the SIPTU representative for radiographers at the hospital and has completed an MSc in Investment and Treasury at DCU.

# Feature Research Project

## "Diabetes and Cholesterol"

The department of diabetes has a long history of research into the cause of increase in coronary artery disease and stroke that occurs in poorly controlled patients with diabetes.

The regulation of factors which control how cholesterol is absorbed and how cholesterol is synthesised in the liver is like all other processes in the body under the control of genes which are switched on to secrete the proteins involved in the above processes.

To unravel these processes it is necessary to be able to measure the activity of these genes and to know whether the genes may be abnormal (gene polymorphisms). The most efficient way to measure gene regulation and gene structure is by the use of the not so new, but revolutionary PCR which only needs tiny amounts of tissue. We were therefore extremely fortunate that the Meath Foundation, together with the Department of Medicine (Professor O.Morain) agreed to purchase a state-of-the-art TaqMan machine to be placed in the Trinity Laboratories. This machine has allowed us to make new discoveries on the regulatory

proteins of cholesterol absorption and synthesis in the intestine.

Sean Lally, our PhD has presented papers to the European Association for the study of Diabetes, the European Atherosclerosis Society, Heart UK and national societies such as the Irish Endocrine society and the Irish Hyperlipidaemia Association.

Sean Lally's research involves examination of three proteins in the intestine: which regulate cholesterol absorption. We examined patients with diabetes and found that microsomal triglyceride transfer protein, was increased in diabetic patients explaining why diabetic patients have an increase in lipid particles in their blood particularly after meals. This is a new observation. We found that the ABCG5 and G8 were lower in diabetes suggesting that diabetic patients who have increased cholesterol in the intestinal

cells do not have the ability to pump it back into the luman for excretion. Our final exciting results were an increase in Niemann Pick C1-like 1 protein suggesting an inappropriately increased cholesterol absorption in diabetic patients. These results have considerable importance in the understanding of the disturbance of lipids found in diabetes and suggest ways of perhaps normalising cholesterol in the future.

*Profesor Tomkin*



# The Meath Foundation:

The Mission of the Meath Foundation is to carry on the best traditions of the Meath Hospital by providing a focus for voluntary input into the Adelaide & Meath Hospital, Dublin Incorporating the National Children's Hospital.

We do this by supporting the development of the Hospital in Tallaght particularly through the promotion of Healthcare Research and Education within the Hospital and the wider community.

Our core values of Voluntarism/Self Help, Inclusiveness, Innovation/Originality, Effectiveness and Objectivity inform and guide our work to develop a credible and sustained programme of broadly defined research activity at the hospital.



*The Hospital at Tallaght*

If you would like to submit articles, news or information about events to the Meath Foundation for inclusion in our newsletter, please contact us at the address below.

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## How You Can Help ?

### BECOME A MEMBER

At the Meath Foundation we value individual members for their participatory role and their diversity of opinion. On payment of a yearly subscription of €32.00 Members will receive our quarterly news letter. As a member you can help to shape the agenda and objectives of the Meath Foundation. To join please fill out the form below and return it to the Meath Foundation.

### ORGANISE AN EVENT

You may be able to donate your time and organisational ability to running an event for the Meath Foundation. See our website for Details [www.meathfoundation.com](http://www.meathfoundation.com) or contact us at the number below for further information

### GIVE NOW

You can donate online at our website [www.meathfoundation.com](http://www.meathfoundation.com) or by filling in the form below and returning it with your cheque to the Meath Foundation

### GIVE REGULARLY

"Planned Giving" is the most efficient and effective way to support The Meath Foundation. Setting aside a specific sum of money each month is easily organised through your bank by standing order. Fill out the form below and we'll send you a Standing Order form or see our website for further details. ([www.meathfoundation.com](http://www.meathfoundation.com))

### POST/FAX

Fill out the form below and post it to the address opposite, or fax it to 01 4145949

Name.....

Address.....

Phone.....

E-mail.....

I would like to become a member of The Meath Foundation and enclose a cheque for €32.00

I would like to make a donation of €\_\_\_\_\_ to The Meath Foundation.

(Cheques only please to the Address below)

I would like to set up a standing order, please send me a Standing Order Form





# The Meath Foundation

Healthcare Research and Education at the Hospital in Tallaght

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## Dublin City Marathon and Age Related Healthcare

### Diabetes Research

### New Board Members Join the Foundation