

St Mark's Hospital Foundation

August Newsletter



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We Hope You Were Inspired by *Re:Mark's* 2026!



Thank you to everyone who has already given in response to the annual supporter newsletter of St Mark's Hospital Foundation. Your support helps us to fund more ground-breaking research pushing the boundaries of what is possible for patients and enables St Mark's to remain at the forefront of treatment in colorectal and intestinal disease.

Every day, remarkable individuals and families come through St Mark's doors, inspiring hope through adversity. Thanks to the life-changing and life-saving treatment they receive, many of them go on to become our

most dedicated supporters.

In *Re:Mark's* 2026, we hope you found the accounts from a selection of our remarkable community fundraisers and updates on the latest research taking place at St Mark's Hospital both informative and inspiring.



Charlie (left) ran the 2026 London Marathon to raise money for St Mark's Hospital Foundation after receiving treatment for early-onset bowel cancer and a diagnosis of Lynch syndrome under the care of St Mark's Consultant Gastroenterologist, Professor Kevin Monahan. [Read more of Charlie's story in Re:Mark's 2026.](#)

By supporting our latest annual newsletter appeal, you can help us do more for even more patients. Your generosity is integral to our ability to support research, education and innovation at St Mark's Hospital which allows us to give even more patients the hope of a future where bowel disease is preventable, treatable, and ultimately curable.

Please consider donating to our 2026 appeal today, and let's end bowel disease together.

[Donate to the Appeal Today](#)

Understanding Sex and Intimacy After Colorectal Surgery

St Mark's Hospital Foundation is proud to fund research at St Mark's Hospital that aims to address the unmet clinical needs of patients living with complex, and rare, bowel diseases.

In order to truly make a difference, we help give patients a voice in research by prioritising projects that fill gaps in existing care and directly involve patients in decision making about their health needs.



St Mark's research fellow, Ms Shivani Joshi, is pushing boundaries on both of these fronts through her research on 'Measuring sex and intimacy after benign pelvic and perineal colorectal surgery.'

Ms Joshi is a St Mark's higher surgical trainee focusing on

treatment frameworks and outcome measurements for perianal Crohn's disease, a common form of Crohn's affecting the anus.

Complications related to perianal Crohn's disease, such as painful fistulas, abscesses, and rectal strictures, frequently require patients to undergo surgery which can impact intimacy and cause lasting sexual dysfunction. Despite its significant impact on patients' lives, this issue has historically not received the attention it deserves.

In response, Ms Joshi has developed the Sexual Function Patient-Reported Outcome Measure (Sex-PROM) questionnaire to provide a standardised method of collecting information on sex-related surgical outcomes directly from patients. This research, now in phase three, has so far involved conducting patient interviews and pilot testing the questionnaire in clinical settings.



"Sex and intimacy after surgery remain important issues for many people, yet they are often overlooked. Developed with patients, Sex-PROM is a new questionnaire designed to understand how non-cancer colorectal surgery can affect sex, intimacy, and relationships. It represents an exciting step towards recognising sexual wellbeing as an essential part of recovery after surgery. We hope that it will help start conversations about sex and intimacy, identify concerns, and ensure people receive the support they need."

- Ms Shivani Joshi

Ms Joshi was recently awarded the prestigious Colorectal Disease Poster Prize for this project at the Association of Coloproctology of Great Britain and Ireland's annual meeting.

The goal of her research is to embed the Sex-PROM questionnaire into NHS clinical pathways around colorectal surgery in order to assess the success of surgery from the patient's point of view.

Her research represents a major step forward in addressing previously understudied, yet life-altering, impacts of colorectal surgery in order to significantly improve quality of life for patients with bowel disease.

[Read About More Research Projects We Support](#)

The Colon Crusaders Are Running a 10k

The Colon Crusaders are a group of St Mark's Surgical Practitioners who have decided to run the Finsbury Park 10k in November to raise funds for St Mark's Hospital Foundation.



St Mark's Surgical Practitioners, Sherin, Suzenne, Rose, and Prajina, are ready to run to raise money for St Mark's Hospital Foundation.

Stationed across St Mark's wards, Outpatient clinics, and operating theatres, the team is already dedicated to improving the lives of patients affected by bowel disease.

By taking on this challenge, they are demonstrating the powerful commitment of St Mark's clinicians to patient care and to advancing the gastroenterological and colorectal surgery practice at the UK's national bowel hospital.

"Every mile we run represents the patients and families we support through some of the most challenging times in their lives. Whether you've been a patient, know someone who has benefitted from St Mark's expertise, or simply want to support an incredible cause, every donation makes a difference. Please help The Colon Crusaders keep moving for a cause that truly matters. Together, we can change lives—one step at a time."

We are deeply grateful for the Colon Crusaders' support, which will help us to fund research, education, and innovation at St Mark's Hospital and make a real difference for the patients they care for every day.

Are you interested in taking on a physical challenge to support the life-changing work of St Mark's Hospital Foundation? Check out the exciting [calendar of events](#) on our website.

St Mark's Consultant Goes to Cleveland, Ohio



We are delighted to share that Mr Phil Tozer, Consultant Colorectal Surgeon at St Mark's Hospital, travelled to the United States this month for a Global Inflammatory Bowel Disease (IBD) Visiting Professorship at the internationally-renowned Cleveland Clinic.

Photos by Dr Florian Rieder, Cleveland Clinic

The Cleveland Clinic is one of the largest and most respected medical institutions in the U.S. Their IBD visiting professorship programme brings together top IBD specialists from around the world to present new research and advances in the management of complex inflammatory bowel diseases.

Mr Tozer's research within the Fistula Research Unit at St Mark's focuses on the specialised diagnosis and surgical management of complex disorders affecting the colon, rectum, and anus and their relation to IBD. As a Visiting Professor, he shared his expertise with international clinical colleagues and delivered two lectures on Crohn's disease, perianal fistulas, and the impact of IBD and IBD surgery on sex.



Mr Tozer's visit represents a fantastic opportunity for collaboration and knowledge exchange between St Mark's and the Cleveland Clinic. Mr Tozer and the entire St Mark's Fistula Research Unit were recognised for their creation and leadership of the TOpClass Consortium.

The TOpClass Consortium—short for Treatment Optimisation and Classification of Perianal Crohn's Disease—is an international collaboration that brings together world-class IBD experts to advance understanding and management of perianal Crohn's disease. Bridging surgery, gastroenterology, radiology and translational science, the consortium has developed practical, evidence-based tools that enhance patient care and bring greater consistency to research worldwide.

St Mark's Hospital Foundation is proud to support highly collaborative research like this. Our clinical colleagues partner with scientists and laboratories throughout the UK and specialist hospitals from across the globe to make wide-reaching impacts in the lives of people with bowel disease.

Follow Our Socials to Hear the Latest St Mark's News

All Out for St Mark's Summer Lunch

Leaving a gift in your will to St Mark's Hospital Foundation is a profound way to support future generations of patients at the national bowel hospital and beyond.

Legacy donations are vital to our work and have allowed us to support medical and surgical research that has improved the health and quality of life of people with complex, and rare, bowel diseases.



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“I was first referred to St Mark's, and Professor Robin Phillips, in January 1992 with Familial Adenomatous Polyposis. 31 years later, and after an ileo-anal pouch, too many flexis and endoscopies to count, and finally a stoma, I am still here and very active – due to the ongoing excellence of the St Mark's team. By leaving a legacy in my will, I can think of no better way to repay some of their expertise and support, and hope that future patients will be able to benefit from their skills.”

Letting us know that you plan to leave a legacy to St Mark's Hospital Foundation comes with automatic membership to the exclusive All Out for St Mark's group.

Group members will meet like-minded individuals and get the chance to speak with staff on the frontline of St Mark's clinical services. These opportunities to hear about the hospital's research, both current and planned, helps members understand how their future gift will make a difference.



This summer, the All Out for St Mark's group was invited to lunch at the Coal Office restaurant in London where they met St Mark's clinical research fellows, Ms Gita Lingam and Dr Orestis Argyriou.

Highlights from the day included delicious food, good conversation, and an impromptu debate by our research fellows on the merits of artificial intelligence in medical research and clinical practice.

We are deeply grateful to be considered, and included, in peoples' estate planning. Please get in touch if you are interested in learning more about this lasting way to make a difference for people living with bowel disease.

[Learn More About Leaving a Legacy](#)

Thank you for supporting research, education and innovation at St Mark's, the UK's national bowel hospital.

[Donate to St Mark's Hospital Foundation](#)



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