



ST MARK'S

HOSPITAL

FOUNDATION

**A future free
from the fear
of bowel disease**



Supporting
research • education • innovation
at St Mark's, the UK's national bowel hospital

St Mark's Hospital: the first in the fight against bowel disease

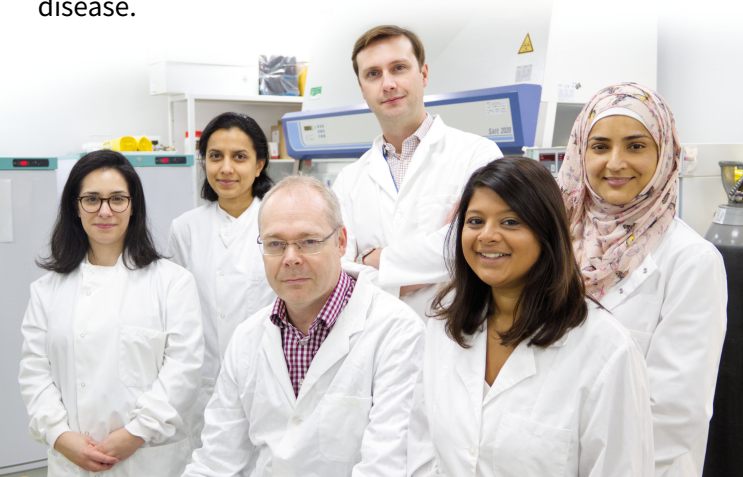


Founded in 1835 by the surgeon Frederick Salmon, St Mark's Hospital is considered the UK's national bowel hospital and has a distinguished history of research in colorectal and intestinal medicine. It is home to world

renowned medical staff, who are highly distinguished in their respective specialisms.

More than 50,000 patients are treated every year, and as a world centre of excellence, as many as 60% of these patients are referred from other UK hospitals. St Mark's Hospital Foundation is dedicated to funding the innovative and multidisciplinary research projects undertaken at St Mark's Hospital, which are often conducted in collaboration with other world leading centres of excellence.

Our vision is a future free from the fear of bowel disease.



Did you know?

- St Mark's is the UK's national bowel hospital
- Novelist and philanthropist, Charles Dickens, was a patient and the Hospital's first patron in 1841, donating 10 guineas
- The symbol of the Hospital is the majestic winged lion, which is the mythical beast that is associated with St Mark
- Each year we have over 25 research fellows leading projects that rely on charitable donations
- Surgical advances at St Mark's include the ileo-anal 'J-pouch', pioneered by Sir Alan Parks and Professor John Nicholls in 1978
- Over 1,200 doctors and other healthcare professionals visit St Mark's annually from around the UK and the world for training and education

St Mark's continues to push the frontiers in the diagnosis and treatment of complex bowel diseases



St Mark's adopts a multidisciplinary approach when researching improvements in the treatment of **Crohn's disease, ulcerative colitis, bowel cancer** and other complex bowel diseases.

Our research covers a broad spectrum, including: diagnostic techniques, surgical and non-surgical treatment options, post-operative care and disease management.

Research priorities include:

- Role of genetics in Inflammatory Bowel Disease (IBD) and cancer risk
- Personalised medicine and patient-centric treatment for IBD
- The causes of and treatment for fistulas
- Minimally invasive surgery, including innovations in endoscopic procedures
- Improving colonoscopy and CT colonography diagnostic tools
- Tissue engineering and artificial bowel development
- Nutrition and intestinal rehabilitation
- Inherited bowel cancer
- Innovative complex cancer pre- and post-operative care treatments

Endoscopy and surgery at St Mark's: our legacy of innovation continues

St Mark's Hospital has pioneered new endoscopic and surgical techniques since 1835, and the introduction of robotic assisted laparoscopy in 2018 for colorectal and anorectal surgery is an important development in this journey.

We are researching the effectiveness of this precise and minimally invasive surgical tool, including its potential to improve quality of life after surgery. Part of the **Surgical Robotics Research Programme** involves training more surgeons in robotic colorectal surgery. This aspect of the Programme will enable St Mark's to continue to grow as an educational hub, whilst it simultaneously focuses on delivering excellent patient outcomes.



Why our work is important

Inflammatory Bowel Disease (IBD)

The IBD research undertaken at St Mark's benefits from decades of clinical experience. We have made significant advances in:

- new therapeutics
- developing and maintaining the world's largest and longest running IBD and cancer surveillance database
- exploring the importance of mental wellbeing for quality of life and symptom control
- adopting new and advanced surgical techniques

Diagnosis, insight and treatment of advanced cancer

St Mark's has one of the few units in the UK offering complex interventions. The Complex Cancer Clinic is involved in many research projects into treatment options for improved quality of life.

The approach adopted at St Mark's includes a focus on developing personalised care in order to tailor cancer therapies to the individual.

Innovations in polyp discovery and the techniques to remove and evaluate them are constantly being researched and developed.



How you can support a hospital that has been improving lives since 1835

Every charitable contribution, no matter the size, makes it possible for us to support research at St Mark's Hospital that has the potential to improve patients' lives.

There are a number of ways you can support research at St Mark's: making a donation, a sponsored challenge, leaving a gift in your will as a lasting legacy, fundraising using a special occasion or involving the company you work for. We also have a number of volunteering opportunities. **Your support will help us towards a future free from the fear of bowel disease. Thank you.**

If you would like to learn more about our research programmes, we would be delighted to hear from you.

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Please consider giving your support to St Mark's Hospital Foundation, and help us towards a future free from the fear of bowel disease.

Thank you.

Kind regards



Jason Bacon

Chief Executive, St Mark's Hospital Foundation

☐ I enclose a cheque/voucher for £ _____ made payable to St Mark's Hospital Foundation.

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Thank you for helping us towards a future free from the fear of bowel disease