



As we enter 2023, we want to thank you for your continued support of our charity and specialist hospital and share with you our 2022 seasonal appeal: Research, At St Mark's, it's personal.



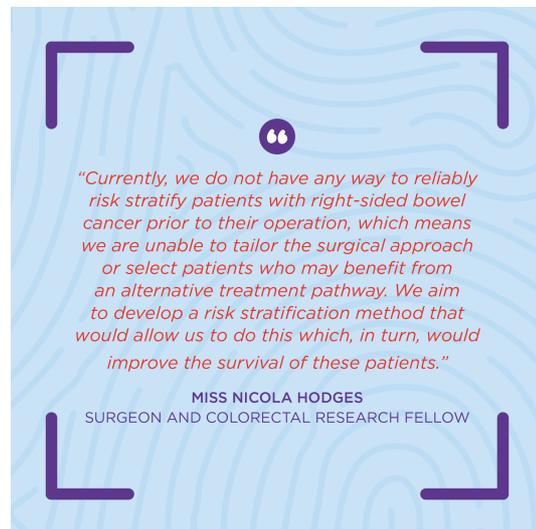
Since 1835, research has been an integral part of St Mark's and, thanks to philanthropic support, our specialist clinicians have been able to continually push the frontiers of treatment for complex bowel diseases. Through understanding that bowel diseases are unique to the individual, as unique as a fingerprint, St Mark's is moving towards a future where individualised treatments can be offered to patients, tailored to their specific needs, transforming their outcomes. By continuing to support our transformative research, you have the power to make a meaningful and measurable difference working towards a future where patients can benefit from personalised medicine, surgery, and endoscopy.

Personalised Medicine



St Mark's is a world leader in medicinal advancements including being the first to undertake large-scale trials of biologic drugs for IBD resulting in advances in the treatment and management of Crohn's. Building upon this legacy and, to address the shortcomings of certain biologics, Dr Aamir Saifuddin is researching precision medicine in IBD, by comprehensively exploring biomolecular markers to predict individual response to specific medications. This has immense potential, and the findings could be an invaluable step-change in the ability to tailor medicines to an individual.

Personalised Surgery



In addition to establishing the first staging system for cancer and, more recently, having implemented a successful surgical robotics programme, St Mark's is now supporting research, led by Miss Nicola Hodges, in developing a pre-operative risk tool, specifically for right-sided bowel cancer patients. Miss Nicola Hodges and her team are working towards a future where surgeons can identify patients who may benefit from more extensive surgery and improve their post-surgical outcomes.

Personalised Endoscopy



As part of their commitment to refining and improving surveillance, St Mark's endoscopists continue to be at the forefront of embracing new and minimally invasive procedures. This includes being the first to use 'lighted examination' of the colon which revolutionised diagnostic precision, benefitting thousands of patients worldwide. Latest research at St Mark's is principally focused on studying the behaviour of polyps at a molecular level to understand why some develop into bowel cancer. Thus, making it possible to identify high risk patients who require more intense monitoring. This research has the potential to influence both national and international guidelines in addition to offering personalised treatment based on individual risk of developing bowel cancer.



Research at St Mark's is increasingly becoming personal, driven by insights from individual patients' genetic makeup. This festive season, you have the power to make a meaningful and measurable difference by investing in research that has the potential to transform the lives of people with complex bowel diseases at St Mark's and beyond.

A gift today will help us continue working towards a future of personalised medicine, surgery, and endoscopy.

Donate here to support St Mark's Seasonal Appeal



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