



**THE MOST
IMPORTANT
IMPACT OF
ST MARK'S
WORK...**

...IS THE DIFFERENCE IT MAKES FOR PATIENTS



February 2024



July 2024



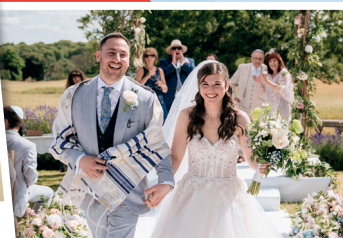
August 2024



August 2019



February 2024



June 2025

Thank you to Tash and Ian for sharing their journeys and fundraising for St Mark's

ONE YEAR ON MARK'S STORY, IN HIS DAUGHTER'S WORDS

"In 2022, my dad's life changed overnight. What started as sudden stomach pain led to an emergency hospital visit, where doctors found a blood clot in his intestine. The damage was so severe that they had to remove a large part of his small intestine. This left him with Short Bowel Syndrome, meaning that he couldn't absorb nutrition from food properly.

For over two years, dad was nil by mouth - no food, no drinks - getting all his nutrition intravenously into his arm or chest. Most of this time was spent in hospital, battling complications and a few near-death experiences.

But then St Mark's stepped in. They refused to give up. Through their world-class expertise and cutting-edge research, the St Mark's Intestinal Rehabilitation Unit (IRU) found a way for dad to eat again, regain strength, and even prepare for a life-changing operation.

**"ST MARK'S
TREATED MY DAD
LIKE A PERSON, NOT
JUST A PATIENT."**

On New Year's Eve 2024, St Mark's performed 're-connection of the intestine' surgery which has allowed dad to live without intravenous feeding and nursing support. This would have been unthinkable a year ago. This Christmas, dad will be able to eat and enjoy food with us, all thanks to St Mark's." Caroline



Caroline visiting her father on the St Mark's IRU where he spent many weeks.



Enjoying a simple pleasure; a precious moment between father and daughter.

In gratitude to the team that saved her dad's life, Caroline and her partner, Joe, completed a half marathon and raised an incredible amount to support St Mark's.

Every day, remarkable individuals and families like this come through St Mark's doors, inspiring hope through adversity. St Mark's expertise is matched by the resilience of its patients, who remind us why we must keep pushing frontiers in research and education if we want to create a better future for everyone affected by bowel disease.

Our work supporting research, education and innovation at St Mark's is only possible because of people like you, Caroline and Joe. Philanthropy is deeply rooted in the hospital's history, with the first recorded donation thought to have been made by St Mark's patient and novelist, Charles Dickens.

2025 has been a special year as it marks **190 years** since St Mark's was founded, and we are proud to share recent examples of how philanthropy continues to help St Mark's innovate and maintain excellent care for patients and influence standards of care nationally.



Caroline and Joe training for the big day.



Caroline at the Rame Head Race in summer 2025, being cheered on by dad, Mark.

COLLABORATION WITH OTHER CENTRES OF EXCELLENCE IS ESSENTIAL TO MANY ST MARK'S PROJECTS. IN THE SAME WAY, OUR SUPPORTERS ARE VITAL PARTNERS IN OUR MISSION TO CREATE A FUTURE FREE FROM THE FEAR OF BOWEL DISEASE. TOGETHER, WE ARE INSPIRING CHANGE AND IMPROVING THE WAY PATIENTS WITH COMPLEX, AND RARE, BOWEL DISEASES ARE DIAGNOSED, TREATED AND RECEIVE ONGOING CARE.

2015

The charitably funded PERFECTS research programme began in 2015 as a collaboration between St Mark's and radiology faculty at University College London Hospital and has since evolved into a national training academy. It is helping to improve the skill level of radiologists and radiographers in the UK performing CT Colonography (CTC), a common scan for bowel cancer, so that cancers are not missed.

As the pressure on endoscopy services continues, CTC will assume greater importance as a diagnostic test, making it even more important that clinicians reporting CTC scans have excellent technique and interpretation skills.



National CT Colonography Academy

2018

In 2018, thanks to charitable support, St Mark's became one of the first UK hospitals to have an advanced robotics platform dedicated to colorectal surgery. Since then, more St Mark's surgeons have integrated robotics into their clinical practice, and the hospital has developed expertise in other procedures using the surgical robot.

Robotic surgery translates to several advantages. Smaller incisions lead to less pain, faster recovery, reduced infection risk and less visible scarring compared to traditional open surgery. It also provides an improved field of view and enhances dexterity to help surgeons perform procedures with greater precision.

St Mark's has also established a training hub and regularly invites surgeons to shadow and observe the hospital's experienced robotic surgeons. The hub is contributing to high surgical standards among doctors practicing robotic colorectal surgery in the UK and overseas.



2024

In 2024, St Mark's facilitated a significant step forward toward a future where Inflammatory Bowel Disease (IBD) care can be personalised. Researchers developed a new method for detecting bowel cancer which is more than 90% accurate at predicting which high-risk IBD patients will develop the disease. This work could support the development of a blood test able to predict which IBD patients are most at risk of bowel cancer. This breakthrough was the culmination of many years of collaborative working with Professor Trevor Graham from the Institute of Cancer Research. This research attracted national attention from several media outlets in 2025, including BBC News, Sky News and The Independent. The St Mark's aspect of this research was funded by long-term Foundation supporter, 40tude Curing Colon Cancer.



**"HERE WE DESCRIBE
A POTENTIAL
BIOMARKER, WHICH
CAN BE READILY
TRANSLATED INTO
CLINICAL PRACTICE,
TO IMPROVE
ASSESSMENT OF
PATIENTS WITH IBD
AND EARLY SIGNS
OF CANCER TO HELP
WITH THE DECISION
FOR SURGERY."**

Professor Ailsa Hart,
Co-Lead of the Study, from St Mark's

LET'S END BOWEL DISEASE TOGETHER

For 190 years, St Mark's has provided life-saving and life-enhancing treatment and care for patients with complex, and rare, bowel diseases. To support the UK's national bowel hospital to continue helping many thousands of patients, we need you. With your support, we can continue to:

- Invest in more research pushing the boundaries of what is possible for patients.
- Fund the costs of our research fellows, the future leaders in gastroenterology and colorectal surgery.
- Deliver an annual programme of education which is helping to improve standards of care.

The difference a year makes

We hope you will want to seize this opportunity to help make a difference for more patients like Mark. This time last year, Mark was entering a new year facing an uncertain future. He now has a second chance at life because of St Mark's. You can be the reason that more stories like his are possible. Thank you.

Wishing you and your loved ones a healthy and happy festive season and New Year.



Jason Bacon
CEO, St Mark's Hospital Foundation



@Stmarkshospitalfoundation



@bowelsofstmarks



@BowelsOfStMarks



stmarkshospitalfoundation.org.uk



info@stmarkshospitalfoundation.org.uk



Scan here to
donate on our
JustGiving page



Supported by

Yakult