



The Blond
McIndoe Research
Foundation

NEWSLETTER

Spring 2007

Registered Charity No.

1106240

www.blondmcindoe.com

Tel: 01342 414295



HRH The Princess Royal
LG, LT, GCVO

New Patrons

WE WERE ABSOLUTELY DELIGHTED to learn that HRH The Princess Royal had done us the great honour of agreeing to become our Royal Patron. Her support is a valuable endorsement of the work that we do and will help considerably to raise our profile.

It is almost too good to be true that we have also heard that Sir Ranulph Fiennes, the world's greatest living explorer, has also agreed to become one of our Patrons. A truly brave and inspirational man. We are proud to have him on board.

Last, but certainly not least, Peter Blond is our third Patron. The Blond family have been associated with this organisation since its inception. Indeed, without their generosity in funding the construction of the buildings in which we still work, we would not exist today.

“Her support is a valuable endorsement of the work that we do and will help considerably to raise our profile.”

Three very special people – we are indeed fortunate. ■

STOP PRESS! Just as we were going to press, Lord Marks of Broughton and Simon Weston OBE have also agreed to become patrons.



One of the Eager Bunch

A Young Doctor Talks About His Work with Blond McIndoe



JOINED THE QUEEN VICTORIA HOSPITAL in August 2006 as a Senior House Officer in Plastic Surgery. I came from the North-East where I had spent the last 11 years at medical school and completing my basic surgical training.

One of the reasons for coming to East Grinstead was the opportunity to participate in research at Blond McIndoe Centre. I had previously performed laboratory research and was keen to build on this.

At hospital induction, the eager bunch of new doctors were urged to participate in research. I was put in the direction of Peter Knox, Chief Executive of the Blond

McIndoe Centre. After preliminary discussions "Are you sure you want to do this? Are you certain you want to do this?" and proving I had some semblance of scientific acumen we began our investigations using an innovative method of observing skin cell growth whilst encased in a blood clot. This formed the majority of the work over the past six months and we have submitted a paper to *Nature* and a presentation to *British Association of Plastic, Reconstructive and Aesthetic Surgeons*. Almost uniquely and with great scientific advantage, the Blond McIndoe Centre is able to use human skin donated by consenting patients who have undergone surgery at the Queen Victoria Hospital. The real beauty of working at the Blond McIndoe Centre

is that I am able to combine my clinical duties with the laboratory research fairly easily. I tend to spend a couple of evenings per week in the laboratory setting up experiments and analysing previous work. Naturally, such work needs careful planning and preparation; it is amazing how the ideas flow after a curry and a few beers.

I realise I hold a very privileged position which hopefully facilitates links between Queen Victoria Hospital and Blond McIndoe Centre. I hope I have a symbiotic relationship with the Blond McIndoe Centre; I provide an insight to the

clinical application of the laboratory work, in return I gain laboratory skills and perform research in a world-renowned unit.

My studies have now moved on to investigate how the physical environment (pH, O₂ and nutrient levels) affects skin cell migration. This is undoubtedly a small piece of the jigsaw. However, if we can enhance skin cell migration in the laboratory this may facilitate novel surgical applications and dressings that expedite a patient's wound healing. ■

Mr David Sainsbury

Private View

2007 started with a flurry of activity. Our new look newsletter, a new web site going "live" shortly, new laboratories nearly finished and exciting new research being undertaken. It would be all too easy to forget how all this is possible.

In the past few months we have been given a large grant to completely refurbish and equip a laboratory in memory of Paul Hart, one of McIndoe's Guinea Pigs, who sadly passed away at the end of last year. I will tell you more about it when we have the official opening later in the year.

We will also be opening the "Peter Blond" and "Vanora Marland" laboratories in a few months time and I hope to report on this event in the next newsletter. The laboratories were refurbished using

money raised by Peter Blond when he completed the Louis Vuitton Classic Car run last year.

Two separate companies have recently made our working lives so much more comfortable. Our thanks to James Hurley of Sheffield Integrated Systems Ltd who refurbished and refitted one large room to an exceptionally high standard and Halo for Living who gave us three sets of beautiful office furniture which everyone is now fighting over. As I write this, it all remains boxed waiting for rooms to be painted by a willing volunteer, and carpet to be donated by someone, as yet, unknown to me or them!

We must never forget to say thank you to all who support us. Thank You. ■

The Editor

Science matters

What can happen when Mother Nature's Skin Lotion *does not spread*

In our ongoing series of articles on skin conditions, our Chief Executive, Dr Peter Knox, provides an introduction to acne, a problem that can become devastating for some but has no satisfactory treatment.

MANY OF US USE SKIN CREAMS or lotions at some time in our lives. These can be particularly beneficial when skin is exposed to harsh conditions; they improve appearance and make the skin more supple.

When using a skin lotion what we are actually doing is supplementing one already provided by nature. Just under the surface of the skin lie a very large number of structures known as sebaceous glands. These continually release onto the skin surface a material known as sebum. This secretion from the glands is an oily material that spreads all over the surface of the body and provides a protective layer. Sebum is a mixture of complex lipids and varies between individuals. Interestingly, sebum is also a good source of nutrient for bed mites. Sebaceous glands, as can be seen from the diagram, release the sebum into a hair follicle and this is

how it travels to the surface of the skin. The combined hair follicle and sebaceous gland is called a pilosebaceous unit. Acne is caused by problems within the pilosebaceous gland.

The use of a hand cream provides a simple demonstration of some of the facts in the last paragraph. The palm of your hand contains no pilosebaceous units; the back of the hand contains some but this is variable among the population. Some sebum will be transferred from other parts of the body when these are rubbed but it will only be small amounts. Anyone washing their hands frequently, particularly with soap, will be washing away their natural protective layer. Skin will dry and perhaps "crack", particularly if exposed to harsh conditions. This explains the very widespread use of hand creams. Any oily or greasy material would provide the same benefit but might be less convenient to use.



Acne occurs when a hair follicle becomes blocked and inflamed. The inflammation is usually the result of a minor infection by some rather unusual micro-organisms. There are a number of different forms of acne but the most common is acne vulgaris. This is the form suffered by

many teenagers, especially male. Commonly referred to as spots, pimples or zits, these blocked pilosebaceous units are technically called comedones.

Bacteria are "very clever" and one, called propionobacterium acnes, has evolved such that the pore of the hair follicle provides a perfect environment. There is also at least one yeast which has done the same. So the picture that should be emerging is that, instead of "nature's skin cream" flowing smoothly from sebaceous gland via the hair follicle onto the skin surface, there is a blockage in the "plumbing". Bacteria can take advantage of this and make the situation worse. The result is a number of unsightly "whiteheads" or "blackheads".

What must be emphasised is the potentially serious consequences of acne. Even a fairly mild form can have a devastating effect on quality of life. Teenagers, in particular, can be affected seriously, especially since they are, at the same time, likely to be experiencing a number of other life-changing events.

It can be an invisible complaint. The shoulders and back can be the sight of most disfiguring acne; the patient will keep these covered at all times. Many suicides each year are attributed to the consequences endured by teenagers and young adults suffering from severe acne.

The history of the medical treatment of acne is complex. One approach is hormonal manipulation. Acne is rarely seen until an individual goes through puberty when sex hormone levels change dramatically. Even if severe during teenage years, the condition will get better, or may disappear altogether later in life. Pharmaceutical agents can be used that reduce the activity of the natural hormones. While these have the desired effect on the acne lesions, they bring about unwanted side effects. The same is true of a number of drugs related to vitamin A; they are effective in controlling the acne, but produce, in some individuals, unpleasant results on other parts of the body. Antibiotics to inhibit the propionobacteria and indeed simple sterilising regimes using peroxide can help in the short term but do not provide long-term relief. There is nothing in the "pharmaceutical armoury" that is effective and completely safe.

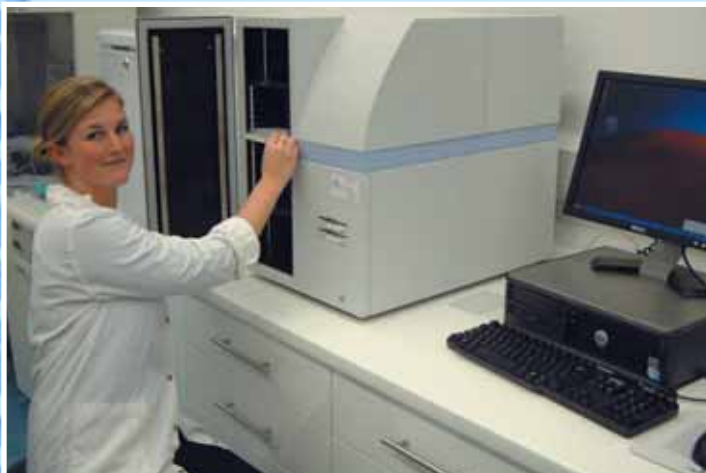
Further research is needed in order to suggest different therapeutic measures. Using the vernacular

"Acne occurs when a hair follicle becomes blocked and inflamed. The inflammation is usually the result of a minor infection by some rather unusual micro-organism."

used in the pharmaceutical sector, "new targets need to be identified". Blond McIndoe Research Foundation is ideally suited to be involved because of our expertise in obtaining and handling human skin. Acne is not a current area of research within the Foundation but could be if a suitable partner or

adequate funding were identified. Indirectly, the Foundation is already involved in one aspect of acne and that is treatment for scarring that can be the inevitable consequence of moderate to severe disease. Reversal of scarring, whether clinical or surgical, is a significant focus for research activity. ■

New Laboratory Equipment Improves Burns Research



or treatments which surgeons use to treat burns patients. The scintillation counter is being housed in one of several newly refurbished laboratories. The refurbishment and re-equipment of the laboratories marks a major overhaul of the research facilities at the Centre. Current research at the Centre

NEW EQUIPMENT has recently been purchased which will allow us to improve research into burns and wound healing. The piece of equipment called a scintillation counter, measures tiny quantities of light emitted during chemical reactions.

The equipment will allow scientists at the Centre to measure how quickly skin cells grow in response to different materials

is focussing on increasing the rate of skin healing by optimising conditions at the wound surface. This should bring benefit to many patients who suffer from burns or other injuries. ■

Employer of Excellence



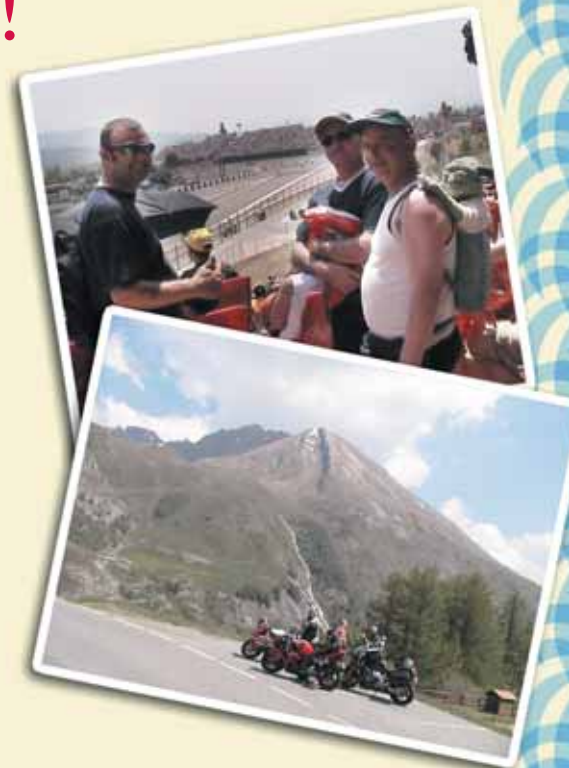
Blond McIndoe Research Foundation are delighted to have received the Peninsula Employer of Excellence Accreditation. ■

The FB Four!!

KEVIN ORR, ROGER RODEMARK, MATT GALLIFANT AND NIGEL HENNESSY are the FB FOUR. During 2006, they took their motorbikes on a sponsored tour of Europe through France, Italy and Spain taking in the French and Italian Alps as well as the Pyrenees. The 3,500 mile trip took 11 days including a detour to the Moto Grand Prix at Catalunya just outside Barcelona.

With daily temperatures in excess of 30°C, wearing leathers was not exactly pleasant but, I am pleased to report that all four returned safely having raised an amazing £930.50.

Watch this space for Europe Revisited – their 2007 trip. ■



LONDON MARATHON 2006

THE LONDON MARATHON 2007 is fast approaching so we should be thanking those who raised money for us last year.

Raymond Russell, (pictured) Paul Craven and Steve Crouch raised a whopping £2,449.43 between them. Thank you and good luck to those who are running again this year. ■



Where the Art is

JUNE 23RD 2007 will be a cultural highlight for supporters of the Blond McIndoe Foundation.

Steve Carroll, local artist and public speaker, will be giving an entertaining talk on the depiction of the human body in art, from prehistory to the present day. Starting at 7.30pm, the event will be held at the Chequer Mead Community Arts Centre, De La Warr Road, East Grinstead,

West Sussex RH19 3BS. All proceeds are going to the Blond McIndoe Research Foundation. Tickets are £8.00 each. Call 01342 414295 for further information. ■



Design & print: www.inspiration-by-design.co.uk

If you would be interested in visiting us or finding out more about the Blond McIndoe Research Foundation and its work, please complete the form below:

Name

Address

.....

..... Post Code

Daytime phone

Email

- I would like to receive information on ways to support the Blond McIndoe Research Foundation
- I would like to help the Blond McIndoe Research Foundation by leaving a legacy to secure funding for future research
- I would like to make a donation of (please tick)
 - £10.00 £25.00 £50.00
 - £100.00 other £.....
- Please tick if you require a receipt.

Please make your cheque or postal order payable to the Blond McIndoe Research Foundation.

Gift Aid Declaration

Donating via Gift Aid means that for every pound you give, we receive an extra 28p from the Inland Revenue.



If you are a UK taxpayer, please tick the box below.

- I am a UK taxpayer and would like the Blond McIndoe Research Foundation to reclaim tax on all donations I have made in the last six years and thereafter.
- I can confirm that I pay an amount of income or capital gains tax equal to or greater than the amount that can be reclaimed on my donation in the tax year.

Signed

Date / /



The Blond McIndoe Research Foundation

The Blond McIndoe Centre
Queen Victoria Hospital Holtye Road
East Grinstead West Sussex RH19 3DZ
Tel: 01342 414295

www.blondmcindoe.com
Registered Charity No. 1106240