



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.



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.

Thank you.

Jason Bacon
CEO, St Mark's Hospital Foundation



Scan to donate to
our CharityExtra page

stmarkshospitalfoundation.org.uk
E info@stmarkshospitalfoundation.org.uk
T 0208 453 2346

Registered charity number 1140930



Research; At St Mark's, it's personal



St Mark's patients Christopher, Natalie and Dr Stephanie are pictured speaking with Foundation Chief Executive, Jason Bacon, providing moving and valuable insights into how medical advancements, driven by research, have enabled them to achieve their aspirations as a vocal coach, digital creator, and medical doctor respectively.



"St Mark's Hospital saved my life. If it wasn't for them, I would have passed away at 27 years old. I realise that if I was born just 50 years earlier, then things would have been very different because the development in treatments for Inflammatory Bowel Disease (IBD) were nowhere near as advanced as they are today. I have seen how much the treatment for IBD patients has evolved over time and, as a patient, the prospect that treatment could be increasingly personalised is a very exciting development; research at St Mark's is crucial for people living with bowel diseases."

CHRISTOPHER, ST MARK'S IBD PATIENT





"I have been involved in research throughout my clinical career, motivated by the desire to improve the understanding of, and treatment for, complex bowel diseases for the benefit of patients.

As a specialist hospital that treats thousands of patients with complex, and often rare, bowel conditions, St Mark's has been able to forge research collaborations with other centres of excellence, including Imperial College London, The Royal Marsden Hospital, Kings College London, The Institute of Cancer Research, and many more. These collaborative projects have the potential to be transformative for people living with complex bowel diseases.

Your support means that we can continue to invest in research that is working towards a future where patients can be offered more personalised treatments, improving their experiences and outcomes."

PROFESSOR AILSA HART, CONSULTANT GASTROENTEROLOGIST AND DEAN OF THE ST MARK'S ACADEMIC INSTITUTE



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.



"It really feels like being 'on the edge of science' which brings its own thrill, providing a completely new perspective and angle for looking at medicine with the ultimate aim of improving care for our patients."

DR AAMIR SAIFUDDIN, IBD CLINICAL RESEARCH FELLOW

CAPTION: Dr Aamir Saifuddin, IBD Clinical Research Fellow



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.



"Currently, we do not have any way to reliably risk stratify patients with right-sided bowel cancer prior to their operation, which means we are unable to tailor the surgical approach or select patients who may benefit from an alternative treatment pathway. We aim to develop a risk stratification method that would allow us to do this which, in turn, would improve the survival of these patients."

MISS NICOLA HODGES, SURGEON AND COLORECTAL RESEARCH FELLOW

CAPTION: Miss Nicola Hodges undertaking imaging work



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.



"We are seeking a more personalised surveillance programme for patients who have pre-cancerous polyps based on identifying biomarkers that can better predict cancer risk. This will reduce the burden of procedures on both the individual patient and NHS."

DR ADAM HUMPHRIES, CONSULTANT GASTROENTEROLOGIST AND ENDOSCOPY LEAD AT ST MARK'S

CAPTION: Professor Brian Saunders, Dr Adam Humphries, and endoscopy team