



Transforming Brain Injury Treatment with Vitamin C

Swelling in the brain is one of the most serious complications that can follow trauma, stroke, infection, or brain tumours.

At present, this swelling is treated by giving patients concentrated salty water through a drip to draw fluid off the brain and lower pressure. While this method works, too much salt can cause harm to other parts of the body.

Associate Professor Mark Plummer - Head of Research and Innovation, Royal Adelaide Hospital (RAH) Intensive Care Unit (ICU) - is leading a research team at the Royal Adelaide Hospital looking at a new way to manage brain swelling using a special vitamin C formulation. Early research shows that giving high doses of this balanced vitamin C solution can reduce brain pressure just as effectively as salty water — but without the damaging effects of excess salt. Even more promising, vitamin C may also help protect brain cells from further injury.

Mark and his team are working to create a treatment that not only lowers pressure in the brain but also protects brain cells while improving recovery for people who experience brain injuries, strokes, meningitis, or brain tumours.



Associate Professor
Mark Plummer

Improving recovery after brain injury and stroke is a global health priority. This potential new treatment is affordable, easy to produce, and simple to store. Meaning that it could be used anywhere in the world — from modern hospitals to remote health clinics.

We need your help to take this unique South Australian innovation to the world. By supporting this groundbreaking trial at RAH ICU, you'll be helping to:

- Continue early human trials at the Royal Adelaide Hospital
- Develop a new, safer treatment for brain swelling
- Improve recovery and quality of life for patients around the globe

Your support brings us one step closer to a world where brain injuries cause less harm — and more people get the chance to recover and thrive.

Visit:

www.rahresearchfund.com.au/support-us/brain-injury
or scan the QR code to donate today.

Thank you.

Your generosity will change lives.





A message from Associate Professor Liz Sutton

Director, Research, Central Adelaide Local Health Network

Hello Supporters,

Thank you for your ongoing interest in the groundbreaking and life changing research being conducted here at CALHN. I write with some personal news – I have, with regret, resigned from my position here at CALHN and at the end of November will return to Melbourne to focus on my partner's health, which has been a challenge for the last year. It is now our turn to avail ourselves of some of the research efforts of medical and other clinical personnel. Having worked at CALHN for nearly three years, I rest easy knowing that he will be in the expert hands of people just like those at CALHN who seek to improve the quality of life of their patients through research and high quality care.

Being the Director, Research at CALHN is a job I have enjoyed immensely. I am quite sure however, that I have earned two reputations – one as the unending asker of questions; the other as a bit of a 'doer'.

I have relished building collaborations across the precinct and building new partnerships to enable infrastructure improvements and greater linkage across the University and CALHN.

I have, in particular, enjoyed working with the RAH Research Fund who work with researchers and clinicians to raise money for world class research and world class care. I will miss hearing about our donors, meeting you at functions, and celebrating fundraising achievements. Thank you for your incredible generosity and your willingness to invest in the future.

On this note, I hope you will be inspired to donate after reading the story about research undertaken by Associate Professor Mark Plummer and his team investigating the potential of vitamin C to treat brain injuries arising from trauma, stroke and sepsis.

Thank you for your ongoing support of research at CALHN.

With Gratitude: Remembering Michelle Robb



We are deeply saddened to share the passing of Michelle Robb, a devoted and much respected former colleague who played a vital role at the Royal Adelaide Hospital Research Fund.

Many of you may remember Michelle as the warm and thoughtful presence behind our bequests and donor community. Over more than a decade, her care and dedication helped shape our bequest program into what it is today, a lasting source of support that continues to make a real difference.

We are truly grateful for everything Michelle gave to our organisation and to the people around her. Her legacy lives on in the generosity she inspired, and she will be fondly remembered by staff, donors and friends alike.





Marcus Wagstaff and Bronwyn Dearman – RAH Burns Unit



Anne Burke Allied Health



Tracey Finlay and C.R.A.B. Fundraising Committee

Christmas Thank You Event 2024

In December 2024 the RAH Research Fund hosted its first Thank You Event for donors and supporters.

We heard from researchers from Allied Health and the RAH Burns Unit on their newest research programs. It was wonderful for the Research Fund team to meet some of our generous and supportive donors.

Another event will be held in December 2025 and details can be found on the back of this Newsletter.

A special thanks was given to Mary Tarzia and her tireless helpers who made a significant donation. We were thrilled to see so many of Mary's supporters attend the event.



Scrubs cake



Patsy Tan and Kate Sharrad



Toni Marafioti, Mary Tarzia and Vincent Tarzia



Liz Sutton and Mary Tarzia



The Royal Adelaide Hospital Research Fund invite you to our **Christmas Thank You Afternoon Tea**

This special event is our way of expressing heartfelt thanks for your generosity and continued support. Join us to hear from our researchers whose vital work has been made possible through your kindness and generosity.

Monday 1 December
2:00 – 4:00 pm

Royal Adelaide Hospital Lecture Theatre

Note: Please make your way to the D lift, Level 3 near the food court. One of our team will escort you to Level 8

Limited spaces, so scan the QR code to secure your ticket.

Or visit:

<https://rahresearchfund.com.au/home/events>



If you have any questions, please call **7074 1445** or email **contactus@rahresearchfund.com.au**



Great Christmas gifts

As Christmas is just around the corner our mascot Scrubs the Bear would make a wonderful Christmas gift. He even comes with adoption paperwork!!

Scrubs is available at the RAH Newsagency on Level 3 near the food court.



Thank you for your support during 2025.

The Royal Adelaide Hospital Research Fund team are privileged to raise money for YOUR hospital.

We wish you and your family the very best for 2026.

Tracey, Toni, Matt, Ben and Kahlia.