



Medical students attending the Saving Faces training day on clinical research in London

Medical Students Join Our Clinical Research

By Fran Ridout

This year Saving Faces is starting an innovative and unique project that will see hundreds of medical students from around the country work closely with surgeons to collect vitally important data on the outcomes of treatment for head and neck cancer and facially injured patients. The student researchers will also be trained in research methodology by Saving Faces and learn as apprentices in the clinic with their local surgeons and our full-time researchers. They will be the researchers of the future, using the skills they learn with us to improve treatment for conditions as diverse as diabetes and heart disease.

The Saving Faces Medical Student Training Project was launched in October last year when nearly 200 enthusiastic students attended the first Clinical Research Training event in London. They were treated to a day of fascinating and informative lectures from leading experts including the President of the British Medical Association, the Cancer Research UK Professor of Epidemiology, the Deputy Director of the University College London Cancer Trials Centre and the author of the most widely read medical textbook in the world, Professor Parveen Kumar. Feedback from the students was extremely positive.

Some of our young researchers are already attending clinics and operations. They are helping to collect vital audit data that will impact on the incidence and outcomes of oral cancer and improve standards of care in the future. The extra pairs of willing hands will also enable the surgeons to undertake their own research, which is unlikely to be viable without student support. The students will also assist patients in the completion of questionnaires. Busy clinicians rarely have time to collect this valuable information which will allow Saving Faces to assess the effects of treatments on quality of life.

Public debate featuring the French surgeons who performed the first facial transplant.

The Face and Reconstruction:

A public debate on facial transplantation, tissue engineering and the impact on identity.

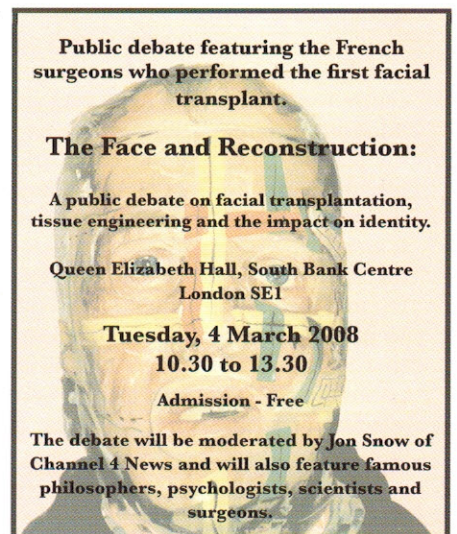
**Queen Elizabeth Hall, South Bank Centre
London SE1**

Tuesday, 4 March 2008

10.30 to 13.30

Admission - Free

The debate will be moderated by Jon Snow of Channel 4 News and will also feature famous philosophers, psychologists, scientists and surgeons.



Huge enthusiasm from around the country



Professors Parveen Kumar and Iain Hutchison

Saving Faces is delighted with the enthusiasm of hundreds of medical students from around the country eager to participate in the Medical Student Training Project.

This is what some of them had to say when asked why they wanted to participate:

**Ashok Gunawardene
Birmingham**

“Having been inspired by Professor Hutchison’s contagious enthusiasm, I am excited by the prospect of working as part of a highly-motivated team to overcome the challenges faced when carrying out large-scale research in the field of surgery. The opportunity to contribute to such pioneering and worthy work at this early stage of my medical career seems too good an offer to refuse and the experience and skills I will gain through this undertaking will certainly be of great value in terms of my own personal development.”

**Hajra Siraj
London**

“When I first heard about the chance for medical students to participate in cutting edge research in maxillofacial surgery, through attending weekly cancer clinics and being present at the time of theatre, I thought this was an opportunity too exciting to miss. Clearly I was not the only one; at the Saving Faces training day in October I was surrounded by hundreds of other medical students who had travelled from all over the country, and, like myself were keen, motivated and enthusiastic to find out more. Through this opportunity we will not only be learning new skills in a new and exciting environment and getting invaluable experience for our future careers, but we will also be part of a nation wide network of motivated individuals, proud to be known as the first facial surgery student researchers.”

**Sanjeev Kalia
York**

“I initially became interested in Saving Faces as an opportunity to learn new skills and develop my educational base. However, with time I have also begun to appreciate just how life-altering this procedure is for patients with respect to their physical and psychological well-being. The Training Day embodied all of these concepts. The event facilitated my desire to participate in cutting edge research and helped encourage my enthusiasm by introducing a guest lecturer who himself would have benefited from the type of research being proposed. Hence, I hope this education will benefit me both personally and professionally.”

**Vishal Patel
Southampton**

“In spite of the sheer numbers of people affected, research into the management of facial pathologies remains scarce. The findings of the study may shed light on appropriate treatment strategies for oral cancers. Taking part in the multi-centre research as a medical student will not only hone my communication skills but also broaden my pool of medical knowledge. Moreover working under the tutelage of consultants will benefit us incredibly. As the old adage goes ‘prevention is better than cure.’ Raising awareness amongst members of the public about cessation of smoking and alcohol drinking to ward off oral cancers would help curb its insidious growth. On top of that education on safety while using the roads is paramount in reducing facial injuries related to road traffic accidents.

Being involved in the Saving Faces project is a rewarding experience that should inspire others to follow suit by joining it.”



Students attending presentations at the training day

New Website Launched

Saving Faces has launched a brand new website through the support of Hazel Frampton in memory of her husband, Christopher. The website is already proving very popular and we receive daily requests for information and advice from around the world. It has also proved a very useful tool for journalists seeking more information on Saving Faces and the Oral and Maxillofacial speciality. Through our collaboration with the British Association of Oral and Maxillofacial Surgeons (BAOMS) the new website provides information on specific conditions and treatments. Visit the website at: www.savingfaces.co.uk



Candlelight carols

Christmas Carols

The annual Carols at Christmas concert took place on 11 December 2007. The Chelsea Opera Group performed some of the best-loved carols and gave a very special performance of Silent Night by candlelight. The message cards from our Saving Faces community on the Christmas tree added a special touch. We decided to transfer all the cards to our office Christmas tree to remind us why our research is so important.

Saving Faces at Mt. Everest!



John and Maggie Lowe

Maggie and John Lowe decided to celebrate her 65th birthday by doing something different and raise money for Saving Faces. They completed a twenty one day trekking adventure which took them to three distinctly different regions of Tibet.

Setting out from Kathmandu in Nepal and flying over the Himalayas to Lhasa in Tibet they visited Lake Namtso, a fascinating pilgrimage site in central Tibet, then explored the mountains near Shigatse, where many remote monasteries and nunneries are hidden away. Finally they trekked towards Mt Everest, and camped at the Dza Rongphu Monastery. Their friends and family members sponsored their trek and Saving Faces received a donation of more than £1600 from the energetic couple.

Binge Drinking

The Department of Health funded study of teenage drinking culture is continuing. Since the schools had their graphic presentations delivered by surgeons, almost 7000 pupils have completed follow-up questionnaires. The results of these will be compared to the data collected in the baseline questionnaires to analyse whether the presentation has had any effect on the pupils. Professor Iain Hutchison was featured in the ITV1 documentary "The Truth About Binge Drinking" hosted by singer Michelle Heaton. Watch the documentary on: <http://www.itv.com>



Research today saves faces tomorrow

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Surname: _____

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Post code: _____

Telephone: _____

Fax: _____

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Standing Order Mandate

To (your bank's name and address): _____

Your Sort Code: _____

Your Account number: _____

Please pay Saving Faces (Abbey, Sort code 09-06-66, Account no. 40769363) the sum of £ _____ on the ____ day of ____ and thereafter on the same day of the following months/quarters/years until further notice, making ____ payments in all.

Signature: _____

Date: _____

Single Donation

I enclose a cheque with the sum of

£ _____

Gift Aid Declaration

I am a UK taxpayer and I would like Saving Faces to reclaim the tax paid on this and any other donations I make until I tell you otherwise

Signature: _____

Date: _____

Contact Saving Faces



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 St. Bartholomew's Hospital, West Smithfield, London, EC1A 7BE
 Telephone: 020 7601 7582 Fax: 020 7601 7305
 Email: savingfaces@mail.com Website: <http://www.savingfaces.co.uk>
 Registered charity number 1081214



My Story

By Christopher Lewis-Smith



Chris after his accident

The suddenness of what happened was outrageous. My face collapsing under impact as I hit concrete and metal, my teeth coming loose and falling out. This was bad, really bad. My nose and mouth and throat were filling with blood.

It was an ordinary Monday morning and I was cycling my usual route to work when the accident happened on a level crossing. Later, after investigations, it was discovered that my front wheel had jammed between two plates, the bike came to a sudden stop, and I was thrown over the handlebars.

Severe Injuries

I had cracked my forehead, broken my eye socket, the bridge of my nose, across the top of my mouth and my jaw. I had lost five teeth at the front and I had also cracked two vertebrae. These were life-threatening injuries and the people who lived in the house next to the crossing saved my life by stemming the bleeding and calling the paramedics.

At Accident and Emergency I was given an emergency tracheotomy as the massive swelling to my face and neck was closing my airways. There followed several hours, over two days, of surgery by the Oral and Maxillofacial Surgeon, Mr. John Carter and his team. I spent some days in the High Dependency Unit and more weeks on various wards as I recovered and regained my strength. I had lost a lot of blood and a stone in weight. I had to be fed via a tube up my nose and into my stomach. Because of my injuries my swallow was unstable

and the risk of chest infection was real. My tracheotomy became infected with MRSA. In the early days I was unable to lie down or sleep. At first I had morphine that I could self-administer, but later I had to ask for a dose, as this was often the only way I could sleep.

Difficult Recovery

I was very determined to get through but had some days when I thought I would never get through. I could write a whole book about these weeks; the morphine "trip", coming out of dark nights feeling like a monster, feeling so weak and my face like some mask, and the many people I met, paramedics, surgeons, doctors, nurses, porters, nutritionists, speech therapists and other patients.

My wife, Sheila, had to go through all this as well and my children, Alice, 14 and Tommy, 10, had to see their dad's smashed up face. My family and mum-in-law, friends and workmates visited which helped my recovery.

The skills of Mr. Carter and his team have left me with very little visible scarring. The scarring did take time to heal along with regaining muscle tone back in my face and jaw. There is stitching inside my mouth and when my dentist showed me a dental scan I have a face full of pins holding me together! My face is wider than it used to be. I have a lovely set of Hollywood-smile teeth now as well.

I eventually returned home. The practice nurse visited daily to change my dressings and the speech therapist visited to monitor my swallow. My strength gradually returned and I was determined to "get back to normal". I was very impatient. But I had to admit that recovery would take time.

I wore a hat with a peak and a scarf to cover my tracheotomy, as when I went out, I could see people looking at me. I didn't blame them. I started to go into work, against all advice, for a few hours a day. No one really had to look at me as I face a computer screen most of the time. After my dentist had fitted some new teeth for me I began to feel I was getting back to normal.

Back in the Saddle

A couple of months or so later someone from my local cycling club phoned to say the club were having a bank holiday ride with a finish at a local pub. They would send someone with a car to drive me to the pub. The pub is in a village about three miles from home. My son said, "Dad we can ride that." And we did. So it was that my ten year old got me back on my bike.

I ride my bike nearly every day now. I ride eleven miles each way to work, and at weekends longer.

Saving Faces is looking for former patients like Chris to expand our support network. If you want to volunteer, please contact us at savingfaces@mail.com



Chris is back on his bike and has raised funds for Saving Faces