



HELP US CONTINUE OUR  
**VIRTUOUS  
CIRCLES**

AT ST MARK'S

*Definition* - A recurring cycle of events, the result of each one being to increase the beneficial effect of the next





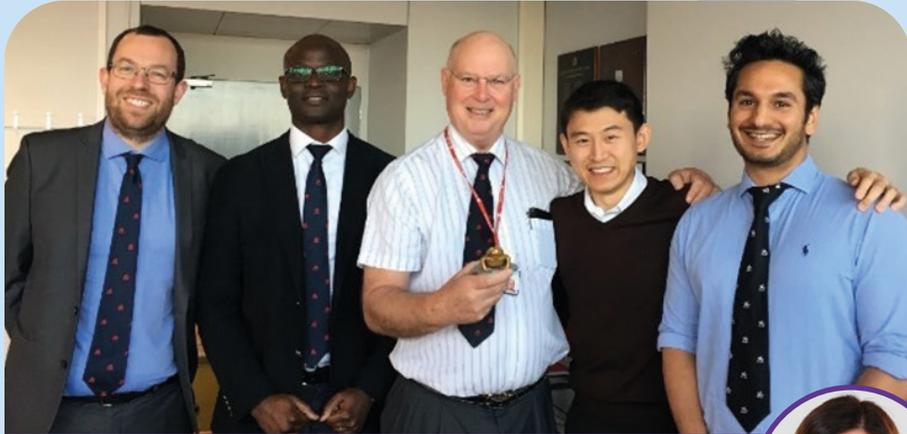
It is a privilege to be part of an organisation where continuity and continuous improvement are valued, in our people, innovations and approach to treating patients.

The most important measure of our work is the impact we have on patients' lives and we are proud that the recurring events igniting the virtuous circles described are realising patient benefit.

**Professor Naila Arebi**  
Consultant Gastroenterologist St Mark's, and  
incoming Dean St Mark's Academic Institute



# OUR PEOPLE



Mr Phil Tozer (far left), Professor Robin Phillips (centre), Mr Kapil Sahnna (far right). Together with Professor Ailsa Hart (right), a Consultant Gastroenterologist at St Mark's, Mr Tozer leads an international consortium of fistula research.



Professor Robin Phillips was a Resident Surgical Officer at St Mark's before becoming a Consultant Surgeon in 1987, followed by the hospital's Clinical Director from 2004. When he retired in 2017, a Research Fellow he had supervised was appointed as a St Mark's Consultant and inherited his patients.

This surgeon, Mr Phil Tozer, is now an international leader of complex proctology and leads the aptly named 'Robin Phillips Fistula Research Unit.' He has continued the tradition of supervising the next generation, and we welcomed back one of his Research Fellows, Mr Kapil Sahnna, as a Consultant in 2023.



It is deeply embedded in the hospital's culture to support and guide the next generation. This creates a virtuous circle of unbroken knowledge sharing between different generations of clinicians that manifests as excellent patient care and the potential for more research discoveries.

**Mr Phil Tozer**  
Consultant Colorectal Surgeon



**Dr Andrew Latchford**



**Dr Ben Zare**

Dr Andrew Latchford was a Research Fellow, and then Endoscopy Fellow, at St Mark's twenty years ago working on desmoid research. He is now a Consultant at the hospital supervising Dr Ben Zare, the latest Research Fellow to be progressing this area of work.

A combination of hard work and circumstance may see Ben back at St Mark's in the future, completing yet another full circle.



My father has a rare, inherited cancer predisposition syndrome which has been my motivation to undertake a PhD in St Mark's Centre for Familial and Inherited Cancer. It is a privilege to be supervised by someone with such in-depth knowledge of desmoids from their own academic work, and to join a department that celebrates 100 years of helping families like mine in 2024.

**Dr Ben Zare**  
Clinical Research Fellow

*These examples are amongst many at St Mark's where new Research Fellows follow in the footsteps of Consultants who were once Fellows themselves.*

# OUR INNOVATIONS



Mr Miskovic (left) and St Mark's Medical Co-Director and Consultant Colorectal Surgeon, Professor Omar Faiz (right), have collaborated on the development of robotic pouch surgery. Their colleagues before them, including surgeons Professor Robin Kennedy, Mr Ian Jenkins, and Mr Janindra Warusavitarne, developed approaches that have been important stepping-stones towards the current concept.

The ileo-anal pouch was developed by surgeons from St Mark's in the 1970s. It remains a key option for patients with ulcerative colitis, a type of Inflammatory Bowel Disease (IBD), and familial adenomatous polyposis, a rare, inherited cancer predisposition syndrome.

St Mark's has recently undertaken pouch surgery using minimally invasive robotic technology, contributing new knowledge to an area of surgery it originally pioneered.



New advancements have been borne from St Mark's quest to improve patients' survival and health-related quality of life. The ileo-anal pouch is a good example of how our continued and regular investment of time, resources, and expertise in a St Mark's-developed innovation has created a virtuous circle of improved patient outcomes.

**Mr Danilo Miskovic**  
Consultant Colorectal Surgeon and  
Surgical Robotics Programme Lead

# OUR PATIENTS



Oliver started medical school in 2023 (left) and presenting a donation to the Foundation in gratitude to his St Mark's team, including Mr Janindra Warusavitarne, Consultant Surgeon, and Kay Crook.

If you received or read our 2020 seasonal appeal, 'Showing guts through Covid-19,' you will be familiar with Oliver's story [#thekidwithabag](#).

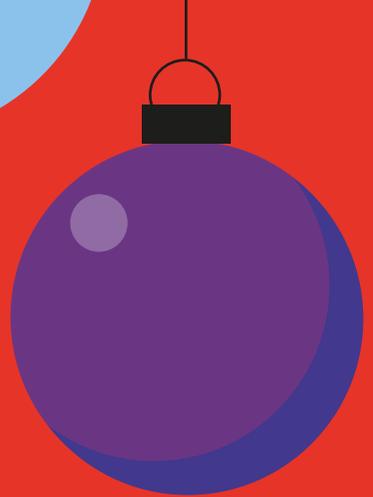
Oliver was a teenager on the cusp of adulthood who underwent major surgery during the Covid-19 pandemic for IBD, but he was also a student that aspired to study medicine.

With personal and professional support and guidance from his St Mark's team, Oliver recently started his journey to becoming a doctor.



By prioritising a patient-centred approach, consistently listening to and involving patients in decision-making about their care, St Mark's can create a virtuous circle of strong patient-clinician relationships that supports patients to reach their potential.

**Kay Crook**  
Paediatric Gastroenterology  
Clinical Nurse Specialist



In this seasonal appeal, we have sought to demonstrate the cumulative effect of one thing inspiring another and the impact of things coming full circle, ultimately for the benefit of patients living with complex bowel diseases.

We hope you will feel inspired to renew your support or donate for the first time. Acts of giving will help us continue our virtuous circles, enabling us to support today's patients whilst maintaining a focus on activities that will bring forward our vision of a future free from the fear of bowel disease.

Thank you sincerely.

Wishing you and yours a healthy and happy festive season and New Year.

Kind Regards

**Jason Bacon**  
CEO, St Mark's Hospital Foundation



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