

## Taking A Walk On The Wild Side

Dr Jeremy Sternson has recruited friends, friends of friends, colleagues and anyone who couldn't say no to his very persuasive and enthusiastic pitch to join him on the hike of their life – 230kms, 8850m ascent, 8840m descent to raise awareness and much needed funds to support our aim of improving the oral health of Australians. They will start the trek on 27 October.

Dr Sternson is a general dentist in private practice. He is the Chair of the eviDent Foundation, Deputy Co-Vice Chair of the Dental Practice Based Research Committee; an eviDent Associate Investigator; an ADAVB Councillor, a member of the ADAVB Sports and Social Committee, a husband, a father of three, a farmer, a keen fly-fisherman and apparently does not need sleep (how else could he do all of that?!). His passion for excellence in dental treatment and care has made a profound difference for his patients.

Jeremy's support for oral health care does not end in his practice. His 'hands-on' approach is what makes this challenge possible!

The Australian Alpine Walking Track winds 655kms from Walhalla in Victoria to Tharwa in NSW. The eviDent Foundation's 2016 inaugural **Alpine Walking Track Challenge** will encompass one third of the trail, through one of the most pristine alpine environments in Australia. It is considered one of the best walks in the world! The walk is so challenging that few people have ever done the whole track.

Imagine walking from Mt Hotham to Mt Kosciuszko. It's like climbing Everest from sea level and descending again!

Jeremy works every day to improve the lives of his patients. As an Associate Investigator of the eviDent Foundation, he is actively involved in optimising health outcomes you really can't have without research.

Did you know oral cancer is the 8th and 13th most common cancer for males and females respectively?

It is difficult to detect, remaining undiagnosed until well advanced. Prognosis is often poor, with devastating effects to those who

are unfortunate to acquire it, from facial disfigurement to death. The eviDent Foundation is currently testing the ability of an Oral Cancer Risk Test to improve early detection rates and identify patients at risk of developing this deadly disease. This is one of many eviDent projects. More can be found at [www.evident.net.au](http://www.evident.net.au). But there is still a lot more work to be done.

Supporting Jeremy and his fellow hikers in their challenge is a great way for us all to work together in helping those with oral cancer and other oral diseases.

We need your help - please support Dr Jeremy Sternson and his incredible team on their hike to raise much needed funds for oral health research. Visit: [personalchallenge.gofundraise.com.au/page/JeremySternson](http://personalchallenge.gofundraise.com.au/page/JeremySternson)

Each hiker is paying their own way so all proceeds will go to the eviDent Foundation.

For more information about the Challenge visit: [events.adavb.org](http://events.adavb.org) or contact Roula Papatheodorou [ask@evident.net.au](mailto:ask@evident.net.au) or 03 8825 4600



**Dr Jeremy Sternson with his children Matilda, Rupert and Freddie on Mt Feathertop.**

## eviDent Foundation Appoints Fundraising Manager



The eviDent Foundation is pleased to announce the appointment of Simon Flowerdew as its new Fundraising Manager. Simon is responsible for contributing to eviDent Foundation's overall strategy and increasing contribution and involvement, from existing and new supporters. Simon will first oversee marketing, strategic partnership and fundraising activity with the Curiouser and Curiouser Fundraising Dinner on June 17, and the Australian Alpine Challenge Trek heading off from Mt Hotham on October 27.

He brings a commitment to the ongoing promotion of oral healthcare and hygiene, and to generating sustainable funding for a range of research projects. Simon comes with outstanding credentials and has a reputation for effective management and team building,

a strong systems focused background with complimentary experience in the private and not-for-profit sectors.

"The eviDent Foundation has huge potential to raise sustainable income for research projects and ongoing promotion of oral healthcare and hygiene," Simon said. "The existing fundraising events and activities provide a great platform to build on to secure that funding and I look forward to working and engaging with the ADAVB in order to achieve our goals. With the support of ADAVB members, we can build on recent research results and continue to make a difference to developments in dentistry."

For more information on the eviDent Foundation please visit [www.evident.net.au](http://www.evident.net.au)