

The hard road isn't always the wrong road

Manya Anglely



University of
South Australia

Sansom
Institute



Background

1996

Doctor of Philosophy
(Health Sciences; Pharmacy)
University of South Australia (UniSA)

1989

Bachelor of Pharmacy
South Australian Institute of Technology



Employment History

- ◆ 1991 - 1997 Lecturer, School of Pharmacy and Medical Sciences (PMB), UniSA
- ◆ 1997 - 2000 Parenting leave



Employment history

- ◆ 2004 Casual academic, PMB, UniSA
- ◆ 2004 – 2006 Lecturer, PMB, UniSA
- ◆ 2006 – 2007 Senior Lecturer, PMB, UniSA
- ◆ 2007 - present Senior Research Fellow, Quality Use of Medicines and Pharmacy Research Centre, Sansom Institute



PhD

“Investigation of cytochrome P450 and associated enzymes by cyclophosphamide”

Supervisors: Ieva Stupans
Lloyd Sansom

5 years part-time (1990 to 1995)



Children

- ◆ Child # 1 (22/09/95)
 - Returned to work after 4 months 0.6
 - Teaching and model practices in pharmacy project
 - Part-time community pharmacy
- ◆ Child # 2 (27/04/97)
 - Guest lecturer
 - Part-time community pharmacy
- ◆ Child # 3 (24/06/99)
 - Part-time community pharmacy



2000: Annus horribilis

- ◆ 3 children under 5
- ◆ Will deviating from his developmental path
- ◆ Mum breast cancer and chemotherapy
- ◆ Will provisional autism diagnosis June 00
 - Robyn Young
- ◆ Will confirmed autism diagnosis Sep 00
 - Autism SA
- ◆ Resigned from tenured university appointment



2000-2004

- ◆ Part-time pharmacist, Medical Editor (AMH)
- ◆ Thorough literature review of aetiology, diagnosis and management of autism
- ◆ Member Autism SA parent consultative committee
- ◆ Developed and implemented an intensive intervention program for Will
 - Occupational therapy
 - Speech therapy
 - Music therapy
 - Home based ABA program
 - Complementary medicines and dietary interventions



2000-2004

- ◆ Lobbied Government
 - Raise awareness and improve diagnostic processes
 - Improved educational options
 - ◆ Autism specific special small classes
 - ◆ Child protection
- ◆ May 2003
 - Mother's Day Walk on Parliament House



2004: Return to academia

- ◆ February 04 – July 04
 - casual academic PMB, curriculum development
- ◆ July 04 – enticed back as Lecturer B
- ◆ Jan 07- Senior Lecturer
- ◆ July 07 – Senior Research Fellow
QUMPRC





Autism

Research

Group



<http://www.unisa.edu.au/sansom institute/research/autism.asp>

Key issues in autism field

- ◆ Aetiology
- ◆ Pathophysiology
- ◆ Underlying processes of disorder
- ◆ Early, accurate diagnosis
- ◆ Phenotyping
- ◆ Management
 - pharmacological
 - rehabilitative
- ◆ Intervention efficacy – what approach for which children?



Autism Research Network

Clinical

A/Prof. Robyn Young
(Flinders EIRP)
Dr Alison Lane
(Uni of Ohio)

Coordination

Dr Manya Angley
Prof. Ross McKinnon

Metabonomic analysis

Dr Cobus Gerber (UniSA)
Imperial College, London

Community

Autism SA
Autism Victoria

Biobank Manager

Susan Gravier

Statistics/Artificial Intelligence

Dr Michael Sorich (UniSA)
John Petkov (Whyalla, UniSA)

Quality Use of Medicines

Dr Susan Semple (UniSA)
David Ellis (CYWHS)
Paul Tait (CYWHS)

IT

Prof. Andy
Koronios
(CIS, UniSA)

Genomics

Damien Abarno (UniSA)



Projects

- ◆ Development of an autism phenotyping tool
 - Sensory processing data
- ◆ Development of a metabonomic-based test to diagnose and phenotype autism
- ◆ Investigation of the genomics of autism
- ◆ Establishment of an autism bioresource
- ◆ Quality Use of Medicines in autism
 - Immunisation and autism
 - Complementary medicines in autism
 - Conventional medicines and autism



Grants

- ◆ Cure Autism Now

‘Investigation of aetiology, determination of prognosis and optimisation of interventions in autism using metabonomics’

US\$20,000

- ◆ Channel 7 Children’s Research Foundation

‘Augmentation of an autism phenotyping tool with sensory processing information’

\$9,000



Papers

- Baker A, Lane A, Angley M & Young R. The Relationship Between Sensory Processing Patterns and Behavioural Responsiveness in Autistic Disorder: a Pilot Study (in press, accepted August 21, 2007, Journal of Autism and Developmental Disorders)
- Grzeskowiak L, Ellis D, Phillips A & Angley M. Implementation of a chart and guidelines for monitoring physical health and adverse effects in children and adolescents prescribed antipsychotics (in press, accepted Sep 1, 2007, Journal of Pharmacy Practice and Research)
- Angley M, Ellis D, Chan W, Young R, McKinnon R, (2007) Children and autism: Part 1 - recognition and pharmacological management, Australian Family Physician vol. 36 no. 9 pp. 741-744.
- Angley M, Semple S, Paterson F, Hewton C, McKinnon R, (2007) Children and autism: Part 2 - management with complementary medicines and dietary interventions, Australian Family Physician vol. 37 no. 10 pp. 1-4.
- Angley, M. Children and autism: can the pharmacist help? *Australian Pharmacist*. 2006 Vol. 25:6,468-478.
- Lim, Y.Z., Angley, M Tait, P., Young, R. & McKinnon, R. (2006). 'Immunisation and autism: Sifting myth from reality?' *Australian Pharmacist* vol. 25 no. 7 pp. 554-558.



Booklet

- ◆ Lim YZ, Young, R, Tait, P & Angley M
'Autism and Immunisation: The story behind the controversy' A guide for parents.2005.

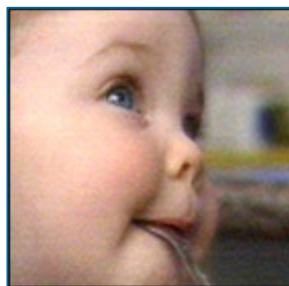
Printable version available at:

<http://www.unisa.edu.au/sansominstitute/research/autism.asp>



Autism and Immunisation

The Story Behind The Controversy



A Guide for Parents

- Responding to arguments about immunisation
- Is the MMR vaccine safe?



Other publications/presentations

- ◆ 1 Full published paper for International conference
- ◆ 13 Published abstracts for National conferences
- ◆ 2 invited National conference presentations
- ◆ 3 State National conference presentations
- ◆ 3 Grand Rounds (WCH, FMC)



Students

- ◆ Angelique Wu
- ◆ Yee Cheat Wong
- ◆ Yun Zi Lim
- ◆ Wai Kei Chung
- ◆ Kambiz Shirzadi
- ◆ Cassie Hewton
- ◆ Fiona Paterson
- ◆ Amy Baker
- ◆ Luke Grzeskowiak
- ◆ Wai Sun Chan
- ◆ Han Khim Lim
- ◆ Lynn Wang



International Collaboration

- ◆ Professors Jeremy Nicholson, Elaine Holmes & Dr Ivan Yap
 - Department of Biomolecular Medicine
Faculty of Medicine
Imperial College
London



How does it all happen?

- ◆ Seek a mentor(s) to guide you in the areas where you want to grow
- ◆ Networking, networking and networking
 - Grant applications
 - Publications
- ◆ Communicate, communicate, communicate
 - Engage and consult with stakeholders at every opportunity
 - Feedback
 - ◆ Research team
 - ◆ Stakeholders



Top 10 pearls for the work-life balance

- ◆ “Work is work”...kick yourself from time-to-time to remind yourself
- ◆ Don't let flexibility of the modern workplace be a noose around your neck
- ◆ Delegate
- ◆ Factor in 1:1 quality time with every important person in your life... regularly; not as needed or on an ‘spot fire’ basis
- ◆ Build in a buffer, expect the unexpected



Top 10 pearls for the work-life balance

- ◆ Quarantine family time
- ◆ Make all major decisions with family first and foremost in your mind
- ◆ Manage the home as you manage your office/lab
- ◆ Take time for yourself
 - Preferably choose exercise
- ◆ If you want it all, you have to do it all!!



How to make adversity work for you

- ◆ It's all about perception
- ◆ Take your lead from your passion
- ◆ Family and friends should remain the center of your universe
- ◆ Do all you can to make a difference



Acknowledgements

- Chris Angley
- *Husband*

- Mary Rose, Will and George Angley
- *Children*

- Ieva Stupans, Lloyd Sansom, Ross McKinnon, Andrew Gilbert, Allan Evans, Pat Buckley
- *Mentors*



