



Histology Group of Victoria Inc.

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*Editor: Neil O'Callaghan*

*"The HGVI aims to provide a dynamic continuing education program in which all persons with an interest in Histology and Histotechnology are freely invited to participate."*

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# Committee Page

The members of the Histology Group of Victoria 2007-2008 committee are:

<b>Name</b>	<b>Institution</b>	<b>Phone</b>
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Boyd, Allison	St Vincents Hospital	9288 4288
Brincat, Judy	Dorevitch Pathology	9244 0354
Bromley, Mark	Melbourne Pathology	9287 7806
Campfield, Sue	Austin Hospital	9496 5467
Chavez, Maria	Monash Medical Centre	9594 3493
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O'Callaghan, Neil	TissuPath	9815 1588
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Warmington, Adrian	St John of God Pathology (East)	5320 1171

Please feel free to contact any of the committee members listed above with any comments or suggestions. Contributions from readers are always welcome.

## **Advertising:**

All enquiries for advertising in the next edition, please contact:

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HD Scientific

Ph: (03) 9364 9569

Fax: (03) 9364 9479

Advertising for the next edition of Paraffinalia closes:

1<sup>st</sup> April 2008.

## **Advertising rates:**

- Single Sided A4 Black and White \$150
- Double Sided A4 Black and White \$250
- Color Insert (Supplied by company) \$250

**PLEASE DO NOT POST ADVERTISEMENTS TO  
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## **Submissions:**

Author enquiries and readers wishing to contribute articles or reports can contact the Editor –

Neil O'Callaghan (98151588), email: [editor@hgv.org.au](mailto:editor@hgv.org.au) or post directly to

The Histology Group of Victoria Inc.

P.O. Box 1461

Collingwood

Victoria 3066

Australia

Please send articles on floppy-disc (preferably Microsoft Word format) for inclusion in the next edition.

All articles submitted for publication will then become the sole property of the Histology Group of Victoria

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# **Blurb from the bush**

A Happy New Year to all. I trust everybody enjoyed the December 2007 edition of Paraffinalia. It was the first by our new editor Neil O'Callaghan. Well done Neil, no doubt the job will become easier the more often you go to print. The committee has set are great program for the 2008 year. Five scientific meetings are planned with a variety of topics starting with Lymphoma in March. Later in the year we have a cut-up workshop planned. Due to the wonderful success of the basic cut-up workshop at the ODS in November a more advanced workshop is planned for this year.

On the social front we will again have our annual trivia night on July 25<sup>th</sup>. A move to a bigger venue is planned due to the late but overwhelming response to the 2007 night. Last December saw the reintroduction to the Christmas break-up, with a dedicated group of Histology soaks enjoying the night. We will again plan another December break-up and would like to see more Histologists letting their comb-over down over a few reds.

The AIMS National meeting in Melbourne in October has a great Histology program, mainly due to the efforts of our past president Judy Brincat. I would encourage everyone to get onto your lab manager quick for some funds to attend, cause its not quite as cheap as a Histology conference.

Well the holidays are over, so most labs will be right back into the swing of things after what seems to be a shorter and shorter break by the physicians as the years go by. See you all at our first meeting.

Adrian Warmington

**President.**

# **Have Your Say**

The HGV welcomes our reader's opinion of the new NPAAC standard, reducing the minimum retention time for slides & blocks down to 10 years. What are your thoughts? Have your Say!

*Does it mean more room in the lab? Yeah!!!*

*What are some of the ramifications of such a reduction in retention time?*

*Who ever looks at them?*

*What was all that talk about molecular testing on old blocks, was it a waste of time?*

*Will anyone really throw them away!*

Source:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-npaac-docs-RetLabRecDI.htm>

Email your thoughts to [editor@hgv.org.au](mailto:editor@hgv.org.au) along with your name or pseudonym, as we would like to publish some of your responses in our forth coming editions. Or pose a question, what would you would like see discussed.

**Editor**

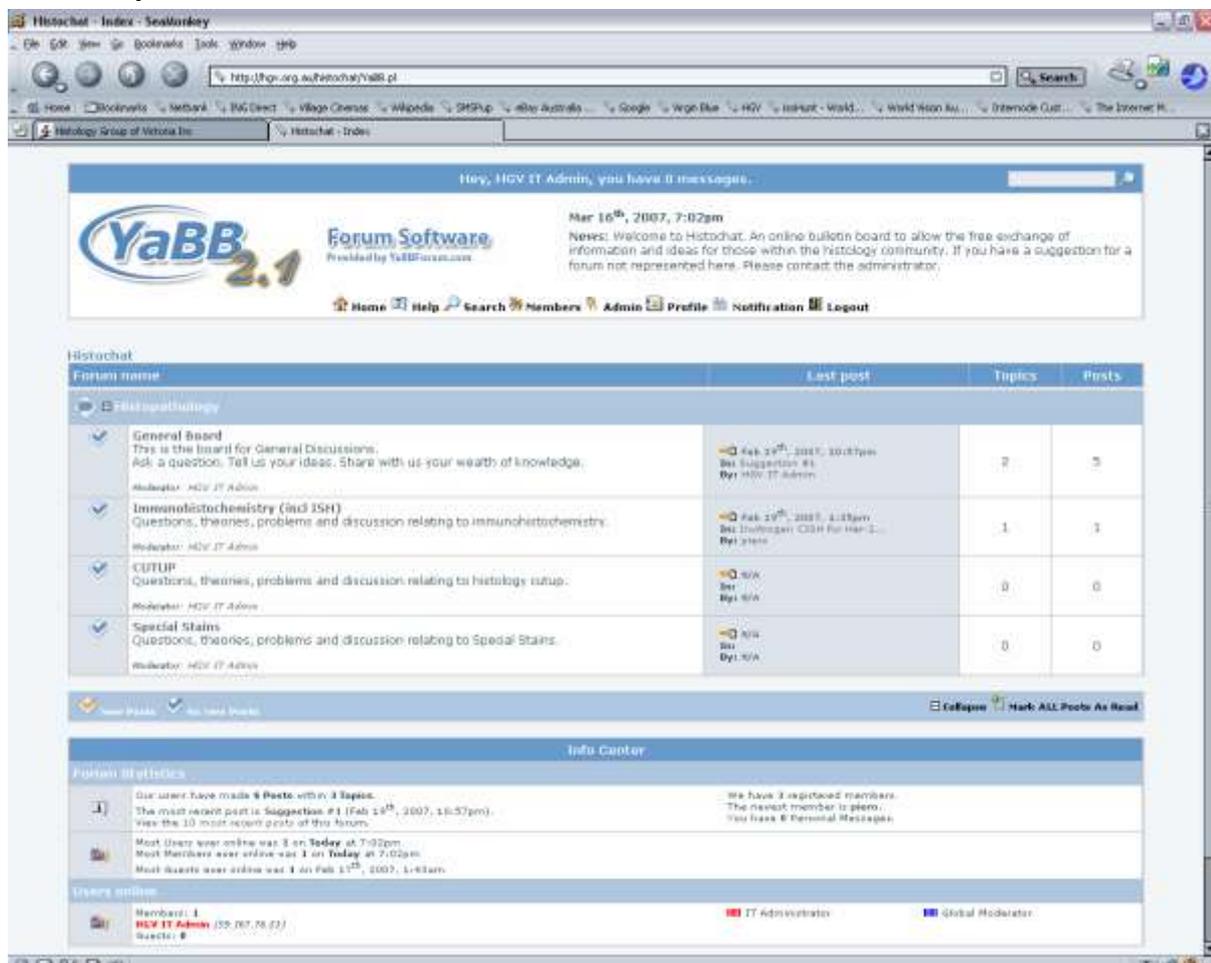
# HISTOCHAT

HGV Inc. has introduced a bulletin board style discussion forum to their website - [www.hgv.org.au](http://www.hgv.org.au). We hope this bulletin board "HistoChat" will become a forum for the open exchange of information and ideas within the histology community.

Registration is required, as is email authentication, to access *HistoChat*. No subscription fees are required and email addresses are used for correspondence and verification only. Registration is open to all. Students and junior staff are encouraged to participate. Free email clients such as hotmail may treat your authentication email as SPAM or JUNK MAIL, please check these folders if your authentication email does not arrive promptly. Authentication email needs to be responded to within 24 hours of registration. To those with online forum experience navigation should be relatively straight forward.

For those who need a little guidance YaBB have put together a step by step guide at [www.yabbforum.com](http://www.yabbforum.com). Click on the "Get Support" link then click on "Yabb Integrated Help". There's no direct link on our web site as Yabb block direct linking to their help pages.

*The forum layout is shown below:*



There are a few broad forum topics. It's up to you to expand on them, ask questions, answer questions or just tell us your ideas. You can even upload images to assist with your discussions.

*Sean Phefley, HGV IT Support*



On behalf of the National Organising Committee of the Australian Institute of Medical Scientists, I extend a warm invitation to you to attend the National Scientific Meeting to be held in the vibrant city of Melbourne from 13-17 October 2008. The meeting, which represents the premier professional event for the Institute, comprises a three day program at the splendid Sofitel Hotel, followed by two days of workshops.

The guiding theme for the conference is 'Racing Into the Future' which reflects the dynamic and forward-looking nature of our profession at a time of great change. Under this theme we are focussing on three main contexts: the ageing of the population, emergence of new treatments and therapies and the impact of environmental challenges. In the spirit of previous meetings the program brings together eminent national and international scientists from all areas of laboratory medicine. At the meeting you will hear our exciting line up of speakers discuss topics in the traditional fields of histology, cytology, biochemistry, haematology, transfusion, microbiology and immunology but also in management, education and quality as well as the new technologies in molecular pathology and cell therapy.

It will not be all work however and we have an enticing social program which includes the opening cocktail reception and discipline dinners with the highlight being the Conference Dinner in the Members Dining Room at the magnificent MCG. Immerse yourself in the grandeur and tradition of a world-famous icon!

I look forward to welcoming you to NSM2008 for what promises to be an exiting and rewarding meeting so make sure to reserve the dates in your diary.

**A/Professor Tony Woods - Convenor**

## Histology Program

Prof Karen Burg	(45 min)	Biomedical Engineering (Plenary Session)
Prof Donald Metcalf	(30 min)	Using Mouse Models to Understand How Myeloid Leukaemia Develops
Dr Melanie Trivett	(30 min)	IHC
Mr Piero Nelva	(30 min)	IHC
Dr Maria Sarris	(30 min)	Stem Cell Markers in Ocular Tissue
Ms Kate Taylor	(30 min)	The Histologist's Role in Industry R&D
Ms Sue Campfield	(30 min)	Liver Transplantation
Ms Georgia Stamaratis	(30 min)	Sarcomas and FISH
Dr Jacqueline Boyd	(30 min)	Practicing Medicine in Developing Countries
TBA	(30 min)	Forensic
Ms D Reich	(30 min)	Review of Thyroid FNA Cytology
Ms Dominique Davidson	(30 min)	Searching for Placental Clues / Retinoblastoma in an Eye Wash
Mr Stuart Dobson	(30 min)	The ThinPrep® Imaging System - An Automated Approach to Cervical Cytology
Ms Penelope Whippy	(30 min)	Myelin Reviewed - A New Look ad an old Pal
Dr Anne K Voss	(30 min)	TBA
Ms Dominique Davidson	(30 min)	Hydatidform Moles: an Update
Prof David Finkelstein	(30 min)	Histology & Research: Alzheimer's, Parkinson's & Brain Repair
Prof Karen Burg	(30 min)	Engineered Tissues: Challenges in Histology
Dr Janine Danks	(30 min)	Innovation in Histopathology Teaching
Ms Vicky Schiavon	(30 min)	Meeting the Challenge



# Histotechnology Group of Queensland State Conference

**Date** 3-4<sup>th</sup> May 2008

**Theme:** Back to Basics

**Venue:** Ramada Pelican Waters ★★★★★  
Mahogany Drive  
Pelican Waters  
Caloundra (Sunshine Coast)



## Other Attractions

- Pelican Waters Golf Course is adjacent to the Hotel.
- Connecting buses to both Brisbane and Maroochydore Airports
- Caloundra Beach is minutes away.
- Make the most of the long weekend (if you are lucky enough)
- More info: <http://www.ramadapelicanwaters.com.au>

## Keynote Speaker Mr Bryan Llewellan

Author of Stainsfile.info

## Further Information

- No last minute registrations- closing date 28th April 2007.
- Accommodation for Friday and Sunday nights can be booked through the Ramada at conference rates - \$140 single or \$159 double including breakfast
- Happy hour is included in registration and is in the trade area prior to the conference dinner
- **Contact HGQ for further information or to register as a potential presenter**
- [www.hgq.org.au](http://www.hgq.org.au)



# CONFERENCE DRAFT PROGRAMME

## Histology Group of Queensland Incorporated State Conference

### Ramada Pelican Waters Caloundra Queensland

#### Saturday 3<sup>rd</sup> May

**Session 1 0900 – 1030 Chair:**

Mr Bryan Llewellyn *Haematoxylin and Eosin in Detail*

Janette Thurley *An Introduction to Fixation.*

**Morning Tea 1030 - 1100**

**Session 2 1100-1230 Chair:**

Georgia Stamaratis *Processing of Whole Eye Specimens*

Susan Bell *Processing of Bone Marrow Specimens*

**Lunch 1230 - 1330**

**Session 3 1330-1500 Chair:**

John Pauli *Cut-up by Technical Staff*

Leigh Owen *Histology in the Solomon Islands*

Ted Ditchman *Lean Management*

**Afternoon Tea 1500-1530**

**Session 4 1530- 1700 Chair:**

Kellie Madigan *Case Studies from West Timor*

Susan Campfield *Neuropathology Case Studies*

Julian Richardson *Histology in the 1800's*

**Happy hour Trade Area 1800**

**Conference Dinner Ballroom 1900**

#### Sunday 4<sup>th</sup> May

**Session 1 10:00 – 1030 Chair:**

Bryan Llewellyn *The Trichrome Stains in detail PT1*

**Morning Tea 10:30-1100**

**Session 2 1100-1230 Chair:**

Bryan Llewellyn *The Trichrome Stains in detail PT2*

St Vincents Hospital *Basic Molecular Techniques*

**Judging of Posters.**

**Lunch 12:30-13:30**

**Session 3 1330-1500 Chair:**

Judy Brincat *Carbohydrates*

Paul Steward *How to setup and maintain your microscope*

**CLOSE 1500**



## ***Bryan D. Llewellyn***

I am a Biomedical Scientist and have worked as a histotechnologist for about 40 years. I was born and grew up in the Edmonton and Tottenham areas of London, England.

I began my training at the Hackney General Hospital in September, 1960, and spent about a year there. Then I went to the North Middlesex Hospital for the remaining four years because it was closer to where I lived.

In 1965 I was successful in the Final Histopathology examination of what was then the Institute of Medical Laboratory Technology (now the Institute of Biomedical Sciences), and in 1969 was successful in the Special Examination in the same subject, becoming a

Fellow of the IMLT as a consequence. After emigrating to Canada, I completed Licentiate (now Fellowship) certification with the Canadian Society of Laboratory Technologists (now the Canadian Society for Medical Laboratory Science) in Histotechnology in 1978.

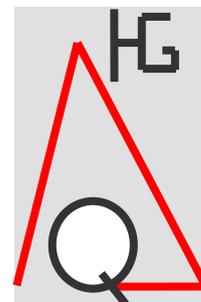
Following graduation as a technologist I worked at the North Middlesex Hospital, the Institute of Ophthalmology (U. London), the Health Sciences Centre (Winnipeg, Manitoba), and the Thompson General Hospital. After that I went to the Prince George Regional Hospital in the city of Prince George located in the Northern Interior of British Columbia, Canada. I was the supervisor of the Histopathology Laboratory there for more than 26 years. I retired early in May, 2002. I now live in Ladysmith, British Columbia, on Vancouver Island.

My main interest is in why dyes stain tissues, and how the process can be controlled. As I studied the subject I often had difficulty getting an explanation on why a particular procedure worked. It is out of this paucity of easily available information that the StainsFile web page has evolved. For several years I conducted correspondence courses on behalf of the CSLT (now the CSMLS) in histotechnology targeted to students interested in advanced certification, or who simply wanted to understand the subject more. Much of the information on this site derives from that. At any rate it reflects my personal opinions on the subject.

I intend to continue improving StainsFile for several years to come, despite my retirement. By default I am the author of each page, any other authors will be clearly identified.

I would appreciate receiving Comments about StainsFile, particularly on how it might be improved. If you detect any errors in fact, **please do let me know.**

# HISTOTECHNOLOGY GROUP OF QUEENSLAND STATE MEETING 3-4<sup>th</sup> MAY 2008



## REGISTRATION FORM

Complete and Return

By Email

[michael\\_doyle@snp.com.au](mailto:michael_doyle@snp.com.au)

By Fax

07 3876 9306

By Mail

Michael Doyle  
Sullivan and Nicolaides Pathology  
134 Whitmore St  
Taringa Q 4068

Please photocopy if more than one delegate attending

### Delegate Details

Date:

Name:.....

Company/Institution:.....Email:.....

Company/Institution:.....

Address:.....

Suburb:.....State:.....Postcode:.....

Phone: ( ).....Mobile: ( ).....Fax: ( ).....

### Conference Registration and Accommodation

(Includes registration, accommodation for Saturday night, Sunday breakfast, conference dinner, happy hour, all lunches, coffee breaks etc)

HGQ Members	Single	\$	490*	\$.....
	Twin Share	\$	430*	\$.....
Non-members	Single	\$	520*	\$.....
	Twin Share	\$	490*	\$.....
Accompanying Person Accommodation		\$	20 (add to single registration)	\$.....

### Conference Registration

(Includes registration, conference dinner, happy hour, all lunches, coffee breaks etc)

HGQ Members	\$	350*	\$.....
Non-members	\$	380*	\$.....

\* Without conference dinner tick this box and deduct \$100 from cost

**Join HGQ today and receive HGQ member discounted rates (\$25 pa)** \$.....

**Extra Conference Dinner Tickets** \$ 100 \$.....

**Extra Happy Hour Tickets** \$ 40 \$.....

**Special Dietary Requirements** .....

**TOTAL**

**\$**

### Payment Details (If using direct deposit please include identification details)

Direct Deposit:

Account Name: Histotechnology Group of Queensland Incorporated  
Institution: Queensland Professional Credit Union  
BSB: 704604  
Group Account Number: 62120

Cheque:

Payable to  
Histotechnology  
of Queensland Inc

# Future Scientific Meetings

**2008:**

**13<sup>th</sup> March**

Patrick Hosking Boxhill Hospital  
Scientific Meeting -LYMPHOMA  
Venue- Peter Mac

**3<sup>rd</sup> – 4<sup>th</sup> May**

HGQ State Conference  
Caloundra (Sunshine Coast)

**8<sup>th</sup> May**

Scientific Meeting - Series of Short Presentations  
Venue- Peter Mac

**3<sup>rd</sup> July**

Scientific Meeting - Melanoma  
Venue- Peter Mac

**25<sup>th</sup> July**

Social Event - Trivia Night  
Venue - TBA

**7<sup>th</sup> August**

Workshop – Intermediate Cut-up Workshop  
Venue - TBA

**4<sup>th</sup> September**

Scientific Meeting - RCPAQAP H&E  
Venue- Peter Mac

**13<sup>th</sup>-17<sup>th</sup> October**

AIMS National meeting Melbourne, including workshop

**13<sup>th</sup> November**

Scientific Meeting -Infectious Disease & AGM  
Venue- Peter Mac

**Grand Finale**

HGV Xmas Party 2008 – TBA  
see our website [www.hgv.org.au](http://www.hgv.org.au) for pictures of Xmas 2007



Histology Group of Victoria Inc.

# Under the Microscope

*reported by Maria Chavez*



**Cary Tsui**  
**Histology Scientist**  
**Anatpath**

**1. What was your first job?**

St Vincent's Hospital followed by Cytopath, Gribbles Pathology, St Vincents Research and currently at Anatpath. I also worked in the jewelry industry for a while.

**2. What attracted you to histology?**

It was one of my strongest subjects and I like the practical component the most.

**3. What is the worst decision you have ever made?**

Leaving Histology for a few years.

**4. What is the best decision you have ever made?**

Bought my 1st house in the Year 2000.

**5. Who would you most like to have dinner with and why?**

My friend Cherie, I'd like to catch up with her, she moved to Europe 2 years ago.

**6. What music do you enjoy listening to?**

I listen to FoxFM most of the time.....I like the music they play.

**7. What is your favourite stain?**

For immuno, I like the duo/tri stain.....brown (DAB) stain by itself is very boring. For Special stains, I like the Masson trichrome.

**8. What is your favourite food/ restaurant?**

Favourite food: Italian and Japanese. Favourite restaurant: Pizza Bistro.

**9. What are you reading at the moment?**

The joy of Japanese Cooking. I am learning how to cook.

**10. What is the best conference that you have attended?**

The best conference I have ever been to, would be the International Jewelry show/conference in Hong Kong. They display a lot of unique and designer jewellery that you wouldn't get to see in public. It's just amazing. Followed by the HGV meeting in Geelong

**11. Are there any current projects which you are working on at the moment?**

Optimizing antibodies for work and to repaint my house.

# Histology Employment:

To advertise your Histology jobs here, **Free!!!!!!**

Over 500 readers

Check out our website [www.hgv.org.au](http://www.hgv.org.au) for jobs advertised all year round.

# Histology Classifieds

**WANTED**

**1x second hand sledge microtome**

**contact Aldo Anile  
HD Scientific**

**[aldo.anile@hdscientific.com.au](mailto:aldo.anile@hdscientific.com.au)**

**mobile: 0408 471 485**

## Journal Review

**Macrosectioning and complete sampling of the prostate in a potential multiorgan donor candidate. Journal of Clinical Pathology.**

The article describes a procedure used in Italy to screen male organ transplant patients for prostate cancer during the organ harvesting operation of the donor patient. Donors were screened early for raised PSA levels and discrete nodules and in cases where these were inconclusive; the donor underwent further testing prior to their organ being accepted for transplant. The procedure they used was to serially slice the radical prostate into 4mm slices and perform frozen sections on whole slices at each interval. The process took only 1 hour to give the clinician the intraoperative diagnosis. The slices were then paraffin embedded and the diagnosis was confirmed, merely as a quality exercise. Unfortunately the article did not state the acceptance or rejection criteria for the suitability of the patient with the presence of prostate cancer, even with small foci of cancer.

The article focuses on the finer details and limitations of the frozen section procedure including artefacts that limits the ability to Gleason grade. This procedure is not used in Australia, but I could not help thinking that this potentially flawed procedure may limit highly valuable organs from being used on patients who could potentially die waiting for suitable organs to be found.

Neil O'Callaghan

### **Do You Forget Meeting Dates Or Need A Reminder Sent Via Email?**

The HGV is currently constructing a database of members email addresses which will be used for meeting reminders and upcoming specials events. If you would like to be included then please email Adrian Warmington at [adrian.warmington@sjog.org.au](mailto:adrian.warmington@sjog.org.au) with the word DATABASE in the subject window. Members can be assured that they will not receive any advertising.

# Next Scientific Meeting



## Lymphoma

- Speakers:** Patrick Hosking  
Boxhill Hospital, Melbourne
- Date:** Thursday, 13<sup>th</sup> March 2008
- Time:** 6:00 – 6:45 Refreshments  
6:45 – 7:30 Presentation
- Venue:** Peter MacCallum Cancer Institute  
7 St. Andrews Place  
East Melbourne
- Presentation:** Brockhoff Lecture Theatre  
Level 3, Smorgan Family Building

Proudly Sponsored by



Attendance at this meeting contributes to APACE points

# STRENGTH, HEALTH & FITNESS

with SOPHIE RUSSELL



## CHANGE – Chomping at the bit or noncommittal?

Happy New Year and a special hello to those I met at the HGV conference in Geelong in November. I hope I was able to highlight some postural pointers to avoid back pain particularly for when you are using the microtome.

Back to the subject of the New Year – did you make any resolutions? If you did, have you stuck to them? For the Chinese amongst you, luck is in your favour being only a couple of weeks into the New Year chances are there is still some resolve in there. Fascinating fact no. 242 – 4 million Australians started a diet on 1<sup>st</sup> January 2008. How many of those were still on this diet by 6<sup>th</sup> Jan? About 20.

Why do so many people start a diet or new fitness regime and not succeed? We want change, in fact we strive for it whether we realise it or not, but we also resist it. As a personal trainer, the one thing all of my clients have in common, be they an athlete, a working mum, an overweight retiree or an unfit doctor is that they are all looking for change. Their goal may be to wear a particular pair of jeans post pregnancy, be fit enough to be able to pick up and play with their grandchildren or, for a netballer it may be as specific as improving their ability to jump vertically. It is my job to help them commit to that desire and, most importantly, see it through. It is at this point that we often come unstuck.

We are inundated with media articles, bombarded with information on what to eat, how to live to 102 and feel fabulous all the way there. We all know what a healthy diet consists of, that to get fit and lose weight all we need to do is expend more energy than we consume. It's common sense, isn't it? Yet, getting from point A (feeling yuk) to point B

(feeling fab) is a perilous journey, most commonly because of two reasons. We recognise the need to make change but that is often as far as it goes – simply recognising the desire. We aren't really, really prepared to step out of our comfort zone which is what it takes to move on and achieve a positive result; nor are we ready to commit the time and allow for slip ups.

We autopilot through the day – getting up, for example, takes hundreds of different habits. We build these habits to save time. As a child starts to brush his or her teeth, the movements are laboured and inefficient and the toothpaste goes everywhere, but over time and with practice, we fine tune this process into an automatic motion that requires next to no concentration. Similarly with eating chocolate...the habit is well engrained!

Therefore, we need to recognise that in order to achieve a certain outcome, e.g to be able to run non-stop for 20 minutes, we need firstly to commit to making it happen, ie to be prepared to get *uncomfortable* because arrival at that level of fitness simply takes practice. Chances are it won't simply be a matter of 5 minutes one day, 20 the next because it is also vital to acknowledge that this will *take time*.

Remember the toothpaste? You've got to work up to not having it dribble down your chin (mental note – sometimes that still might need some work..). The world today is one of consumption and instant results. Generation X and Y have been defined, labelled and discussed ad infinitum so what follows? Do we suddenly begin at Gen A now? Let's face it, we're always looking for the new in everything.

In a bid to 2008 being a successful one for you in whatever you wish to achieve (how many of you have become more aware of your posture while cutting?! More of that in April's edition...), have a think about how you approach the new, be it a resolution or simply aiming for a positive outcome and look to see if maybe one of the reasons it didn't work for you before was the approach...

Good luck, allow room for error and here's to take off!