

Dissemination reports are concise informative reports of health-related research supported by funds administered by the Food and Health Bureau, namely the *Research Fund for the Control of Infectious Diseases* (RFCID), the *Health and Health Services Research Fund* (HHSRF), the *Health Care and Promotion Fund* and the *Health Services Research Fund*. In this edition, 11 dissemination reports of funded projects related to mental health, microbiology, oral health, and traditional Chinese medicine are presented. Two of the reports are highlighted, owing to their potentially significant findings, impact on health care delivery and practice, and/or contribution to health policy formulation in Hong Kong. In addition, a summary of the Health Research Symposium 2010 organised by the Food and Health Bureau is presented.

The Health Research Symposium 2010 was held on 11 September 2010 at the Hong Kong Academy of Medicine. It was the second such event organised by the Food and Health Bureau and aimed to (1) disseminate significant findings of research projects supported by the Bureau's funds to the local research community, (2) facilitate the exchange of ideas between invited overseas experts and local researchers on aspects of health-related research, and (3) acknowledge outstanding local researchers. The two themes of the Symposium were *Application of statistical and mathematical models to understand infectious disease dynamics* (RFCID theme) and *Cost-effectiveness in health services research* (HHSRF theme). To ensure coverage of a wide spectrum of research outcomes, these themes were explored and discussed from the perspectives of multiple stakeholders, including researchers, funders, policy makers, administrators, clinicians, and patients. The Symposium attracted more than 500 delegates and over 250 poster presentations. There were 22 presentations from distinguished overseas and local speakers. Awards for research excellence were given to eight local investigators.

Cystitis or urinary tract infection affects one third of women at some point in their lives. Its microbial aetiology is well established, with *Escherichia coli* being the predominant pathogen accounting for 80% of cases. Antibiotic treatment is mainly determined by the prevailing antimicrobial resistance of this organism. Ho et al¹ used molecular typing to evaluate antimicrobial resistance rates of *E coli* and other pathogens isolated from 352 local adult women with community-acquired cystitis. Patients were recruited from 54 centres including general practitioner offices, general outpatient clinics, and emergency departments. Regarding all *E coli* isolated, the rates of antimicrobial resistance were 52.8% for ampicillin, 29.5% for co-trimoxazole, and 12.9% for ciprofloxacin. Nitrofurantoin and fosfomycin remain active against >90% of the isolates. Age over 51 years and recent antibiotic treatment were significantly associated with fluoroquinolone resistance. The authors suggest that in future revision of management guidelines, the patient's age should be considered as a variable in the approach to empirical therapy.


The outbreak of severe acute respiratory syndrome in 2003 was the inspiration to develop a herbal formula Kwan Du Bu Fei Dang (KDBFD) which was expected to have antiviral and immunomodulatory properties. Eighty healthy adult Chinese volunteers were randomised to receive a single oral dose of KDBFD or placebo every day for 7 days. Immune markers were monitored on days 0, 7 and 21. Fung et al² observed that cell numbers of CD8+ suppressor plus cytotoxic T-lymphocytes and CD4+ helper T-lymphocytes were significantly increased after 7 days of treatment, although the effect was not sustained or significant compared with placebo. These studies may be useful in developing traditional Chinese medicines to enhance the immune response against respiratory and other pathogens.

We hope you will enjoy this selection of research dissemination reports. Electronic copies can be downloaded from the Research Fund Secretariat website (<http://www.fhb.gov.hk/grants>). Researchers interested in the funds administered by the Food and Health Bureau also may visit the website for detailed information about application procedures.


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2. Fung KP, Leung PC, Tsui KW, et al. Immunomodulatory activities of the herbal formula Kwan Du Bu Fei Dang in healthy subjects: a randomised, double-blind, placebo-controlled study. *Hong Kong Med J* 2011;17(Suppl 2):41-3.