



Professor Les Cleland

Graduated MB BS and MD at the University of Adelaide. Director of Rheumatology, Royal Adelaide Hospital since 1982. Clinical Professor, University of Adelaide since 2000. The anti-inflammatory effects and cardiovascular benefits of long chain omega-3 fatty acids found in fish and fish oil is a long term clinical and research interest. Further professional interests include systems for cost-effective, safe management of rheumatoid arthritis and other inflammatory diseases and the place of anti-inflammatory doses of fish oil therein. The extent of and mechanisms underlying the cardiovascular toxicity of nonsteroidal anti-inflammatory drugs (NSAIDs) has been a particular interest, along with strategies for utilising anti-inflammatory/analgesic doses of fish oil to mitigate this risk and as a substitute for NSAIDs in the management of chronic musculoskeletal pain. Erstwhile appointments include President Australian Rheumatology Association; Honorary Medical Director, Arthritis Australia; Member, Advisory Committee to Department of Health and Ageing for National Health Priority for Arthritis and Osteoporosis; and numerous journal and research funding review panels. Current commitments include membership of the Economics Subcommittee of the Pharmaceutical Benefits Advisory Committee.