Research update 2012

A better way to manage your blood pressure?

New healthy living recipe for you to try

Dame Elisabeth Murdoch – A lasting legacy
Thank You

As one of our wonderful community of Baker IDI friends, we would like to say a massive thank you! Because of you, Baker IDI researchers, scientists and staff can continue making important advances in medicine that will shape our society’s health, for today and for the future.

You help reach out and give hope to more than 5 million Australians who struggle every day with heart disease and diabetes. With your help, we can continue fighting hard to solve the two biggest health risks in Australia.

Together we can build a brighter, healthier future for all of us.

A Christmas wish comes true, thanks to you.

Last year we shared with you a touching story about Sheridan Crutch, a 35 year old mother-of-two who tragically has kidney failure as a result of Type 1 Diabetes.

We recently caught up with Sheridan Crutch and she asked us to share her update and heartfelt message of thanks with you.

I Will – Will You?

When you arrange a bequest to remember Baker IDI in your Will, you help contribute to life-saving research every day whilst giving the greatest gift of all to millions of Australians who have been touched by heart disease and diabetes.

If you’d like to find out more, please contact Viv Talbot for a confidential conversation or to arrange a visit.

Viv Talbot, Relationship Manager, Bequests and Planned Giving
T: 03 8532 1513 E: viv.talbot@bakeridi.edu.au

A HEART SAVED BECAUSE OF YOU!

Mark, 56, had been experiencing chest pain on and off for a few weeks – it was causing him a bit of discomfort, but he didn’t think it was anything serious when he called the Healthy Hearts Clinic for advice. That phone call probably saved his life.

The staff at the clinic recognised the symptoms straightaway and told him to head immediately to The Alfred. Mark rushed into A&E and after an initial examination, was given the shocking news that he’d recently suffered a minor heart attack - he couldn’t believe it!

Mark was suffering multiple blockages in the vessels leading to his heart and it took several operations, followed by a lengthy stay in hospital, to get him back on his feet.

Happily Mark is at home and recovering well - all thanks to the quick thinking advice from the Healthy Hearts Clinic.

Jan and Liz run the Healthy Hearts Clinic, a free service for the community to help you identify and address your risk of developing cardiovascular disease. For more information call (03) 9076 3388 Mon - Fri 9am - 1pm.

With the support and care I’ve been receiving at Baker IDI, my wish is to have a normal Christmas with my family come true. That wouldn’t have been possible without hard people like you, who support their dedicated researchers, doctors and staff.

My kidney function has been stable recently, so for six weeks Eli and Molly got to pretend they didn’t have a sick mummy. We enjoyed life like a normal family, visiting family and friends, and making day trips together. It’s the simplest things that count these days.

So thank you for making this Christmas so special. And for giving me hope that one day soon Baker IDI researchers will develop a treatment to prevent people like me from suffering the devastating complications of diabetes. You will never really know how much it means to me.

With all my love, Sherri
Our dream for medical research...

Thank you so much for sharing your dreams for the future of medical research with us over the last few months.

Your touching messages of hope were truly inspiring and were proudly displayed at a recent event for our scientists and researchers to read.

MEET THE TEAM

The dedicated people you so generously support are scientists, doctors and researchers, fighting diabetes and heart disease from every angle.

For Dr Dion Stub who is both a cardiologist and a scientist in the Heart Failure Research Team, this integrated approach is one of the greatest things about working here.

“During my time working at Baker IDI, I’ve been continuously inspired by clinicians who combine patient care with cutting edge research. They not only follow best medical practice but help to define it.”

DID YOU KNOW?

Baker IDI Heart & Diabetes Institute discovered the difference between Type 1 and Type 2 diabetes, resulting in more effective treatments of the disease.

QUICKER DIAGNOSIS OF HEART ATTACK

When a patient is rushed into Accident & Emergency the clock is already ticking – a fast, reliable diagnosis of a possible heart attack could mean the difference between life and death.

Until now, it would take up to 48 hours to identify an imminent heart attack, by which time it may be too late. Amazingly, Baker IDI scientists, Professor Xiao-Jun Du and Professor Anthony Dart have developed a simple blood test that predicts the size and severity of an imminent heart attack, during those vital first moments in A&E. This incredible discovery could not have been made without you – thanks to your wonderful support, victims struck by heart attack will have the best chance possible of surviving. On behalf of those people and their loved ones, thank you.

A BETTER WAY TO MANAGE HIGH BLOOD PRESSURE?

We’re well aware how important it is to reduce high blood pressure – it’s a huge risk factor for stroke, heart attack, heart failure and kidney disease known as the ‘silent killer’.

Baker IDI researchers have led an Australia-wide study of people suffering with high blood pressure, to understand which lifestyle changes are most likely to be successful in controlling high blood pressure.

The team identified that those people who make frequent GP visits are much more effective in controlling their high blood pressure, than those who don’t. So don’t ignore high blood pressure, make regular appointments with your GP to monitor it as part of your maintenance plan.

A HEALTHY NEW YEAR, THANKS TO YOU

“Every day I count my blessings that I’m still here to enjoy life with my wife, my two children and my four gorgeous grandchildren – we spent a wonderful Christmas together and I have you, as friends of Baker IDI, to thank for that. Without the advances made in medical research over the last 30 years, I might not be here today – and without your support, this life-changing medical research would not happen. So from my family and I, we’d like to say thank you to you all and wish you a very Happy 2013.”

Norman Wodetzki

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THERAPEUTIC BULLSEYE A HIT WITH PATIENTS

We’re thrilled to report that Professor David Kaye, Head of the Heart Failure Research Group at Baker IDI, won a prestigious Eureka Prize for Medical Research Translation in 2012.

Professor Kaye has developed a new Australian concept that improves the way we deliver medicine to the body. The breakthrough could revolutionise the way we treat heart failure, as well as many other diseases.

Speaking on Professor Kaye’s discovery, Frank Howarth, Director of the Australian Museum said, “His work has the potential to improve the health of millions of Australians and others around the world.”

It’s thanks to your incredible support that we’ve made this exciting breakthrough – together we’re making a real difference to the lives of so many others.

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HOW YOU CAN HELP

Call one of our friendly team on 1800 827 040 (Toll Free)

Make a secure online donation at www.bakeridi.edu.au/donate_now

Mail your donation in the enclosed envelope (no need for a stamp but please do tell us your name and address)

We sometimes share information with like-minded charities. If you don’t want us to share your details, please let us know either by calling us on 1800 827 040 or writing to us using the enclosed reply paid envelope.
A HAPPY HEALTHY NEW YEAR

In the Baker IDI survey last winter, you told us that High Blood Pressure is one of your greatest health concerns. It’s important we’re all aware of the dangers associated with High Blood Pressure, including increased risk of heart attack, stroke, heart failure and kidney failure.

The good news is that we can reduce our blood pressure by making small changes every day. Here are just a few helpful tips:

1. Reduce salt in your diet. Try using herbs and spices instead of salt – add Oregano, Sage or Basil to soups and salads or sprinkle a little Chili, Cinnamon or Nutmeg on vegetables and meat.

2. Try to do 30 minutes of moderate activity most days, such as gardening, walking, washing the car or wheeling yourself in a wheelchair – or break it up into shorter 10 minute periods.

3. What you eat can reduce high blood pressure. Take small steps for a healthier diet in the long term – swap sugary desserts for fruit, add an extra vegetable at lunch or dinner or use only half the butter or margarine you do now.

4. There are often no symptoms of high blood pressure. If you haven’t had your blood pressure checked in a while, make an appointment to see your GP.

5. Always check the food labels for hidden sodium in your food. The National Health and Medical Research Council recommends a maximum 2300mg of sodium each day – look for low salt foods with less than 120mg sodium per 100g.

A NEW SUPPORT NETWORK FOR HEART PATIENTS

If you or someone you know is living with heart disease, hearts4heart and their team of dedicated staff can help you and your family with the following:

• Provide one on one support
• Provide online forums and communities for cardiac patients, families and friends
• Offer resources and education aimed at preventing hospitalisation
• Provide information on managing anxiety and depression
• Remove the sense of isolation and live a healthier, happier life.

Contact 0426 240 636 or info@hearts4heart.net.au, or visit www.hearts4heart.net.au for more information.

Q&A

Q: Which contains more sodium, canned peas or frozen peas?

A: Canned peas – Canned vegetables can contain up to three times more sodium than frozen vegetables. Look out for cans with ‘no added salt or sugar’ on the label.

A Lasting Legacy

All of us here at Baker IDI extend our sincere condolences to Dame Elisabeth Murdoch’s family and friends on the loss of an inspirational woman and gracious philanthropist whose life we shall celebrate and whose memories we shall cherish.

Dame Elisabeth was a long-standing, generous and committed benefactor of the Institute’s research for many decades. The Baker IDI community is deeply grateful for Dame Elisabeth’s generous friendship and for her contribution to our work.

Since 2006, Dame Elisabeth has opened her gardens at Cruden Farm in Langwarrin to raise funds for Baker IDI.

Since their inception, the open garden days have raised thousands of dollars for cardiovascular and diabetes research as well as providing an opportunity for visitors to learn more about prevention, treatment and management of chronic disease.

This year we invite you to not only attend and enjoy the many family-friendly activities, but to take this opportunity to celebrate Dame Elisabeth’s life, her great love of family and her community. Picnic by the lake, soak up the atmosphere and enjoy the music, stalls and activities in the magnificent surroundings.

Baker IDI Cruden Farm Open Day
Sunday 17th March 2013, 10am – 3pm

KILIMANJARO 2013

Both a life changing experience and an exceptional fundraising opportunity, the Baker IDI Kilimanjaro Climb takes place November 2013. This seven day trek on the highest mountain in Africa will take a group of intrepid explorers across ice-fields and volcanic views to the summit of Kilimanjaro to watch the sun rise high above the plains of East Africa.

If you, or someone you know, would like to take part in this incredible journey and help raise money for heart and diabetes research, then contact the team at Inspired Adventures today.

Visit: www.inspiredadventures.com.au/bakeridi | Call: Kimberley on 1300 905 188
Harissa chicken with capsicum and herb salad

Harissa is a hot, spicy red paste served traditionally in North Africa in countries like Tunisia, Morocco, Algeria and Libya, often with bread for dipping. It is a wonderful accompaniment to lamb shanks with couscous and works really well here with chicken.

Harissa chicken
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 5 red chillies, roughly chopped
- 2 cloves garlic, roughly chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 2 x 300 g chicken breast fillets, sliced in half horizontally to make 4 pieces
- minted yoghurt

Capsicum and herb salad
- 1 red (Spanish) onion, chopped
- 1 red capsicum (pepper), seeded and diced
- 1 green capsicum (pepper), seeded and diced
- 2 sticks celery, thinly sliced
- 1 cup (20g) flat-leaf parsley leaves
- 1 cup (20g) mint leaves
- 1 tablespoon olive oil
- 1 tablespoon lemon juice (or to taste)
- freshly ground black pepper

SERVES | PREP | COOKING | 1 SERVE =
--- | --- | --- | ---
4 | 20 mins + marinating time | 5 mins | 1½ units protein
½ unit dairy
1½ units vegetables
2 units fats

1 Combine the cumin, coriander, chilli, garlic, oil and lemon juice in a small food processor and blend to a paste. Place in a large glass or ceramic bowl with the chicken and turn to coat well. Cover and marinate in the fridge for at least 2 hours or preferably overnight.

2 To make the salad, place the onion, capsicum, celery, parsley and mint in a bowl. Add the oil and lemon juice and season with pepper. Toss to combine.

3 Heat a barbecue grill plate or heavy-based frying pan over medium heat and cook the chicken for 2–3 minutes on each side or until just cooked through.

4 Serve the harissa chicken with the mint yoghurt and capsicum and herb salad.

* You could dice the chicken before adding it to the marinade and thread onto skewers.

* This marinade is also suitable for fish – but only marinate it for half an hour.

EAT WELL, STAY ACTIVE AND TAKE CONTROL

There are many opportunities to help manage diabetes and reduce its impact – the key is making simple changes to your diet and lifestyle that you can follow for life.

The CSIRO team that produced the bestselling Total Wellbeing Diet books has teamed up with Baker IDI to provide you with expert guidance on diabetes prevention and control, what to eat, how to get fit and lose weight, easy to follow menu and activity plans and tips for shopping and eating out.

To buy your copy, visit our website at www.bakeridi.edu.au/shop or call into any major bookstore.

Recipe from the book The CSIRO and Baker IDI Diabetes and Lifestyle Plan by Baker IDI & CSIRO & photography by Alan Benson, published by Penguin, $35.00.