ANOTHER STEP FORWARD, THANKS TO YOU

With your help, researchers at Baker IDI have taken an important step forwards in the fight against stroke.

Dr. Hagemeyer and his team have been working for the past eight years to develop a drug that could bust life-threatening clots without causing bleeding – a complication that prevents thousands of stroke victims and heart patients from receiving the potentially life-saving treatment.

Thanks to the support of people like you, this talented team have created a safer, more targeted clot-busting drug with fewer side effects than those currently used.

The team are hoping to take this promising new drug to human clinical trial shortly.

JOINING FORCES TO PROTECT THE COMMUNITY

Earlier this year, Dr Melinda Carrington and her team at Baker IDI joined forces with the Royal Flying Doctors Service to provide free health checks for diabetes and heart disease at Farm World in Lardner Park.

In collaboration with the RFDS, Dr Carrington’s important work focuses on ways to reduce the health inequity between regional and metropolitan residents. Find out more about this invaluable community project at www.cre2rihd.org.au.
Thank You

As someone who has made a kind contribution to medical research, I have to tell you how wonderful you are. By choosing to give to Baker IDI you are helping discover the answers that will deliver treatments, to give us all more precious time with the people we love. Around Australia and the world, you are helping to change hundreds of thousands of lives. Thank you for choosing to make a difference.

A SPECIAL INVITATION…

For the first time, our kind supporters in New South Wales have the opportunity to attend an exclusive free Baker IDI event in Sydney. Come along to hear first-hand from Chief Scientific Officer Professor Cooper as he shares his insights from the cutting edge of diabetes research and explains how your support is making a difference.

Professor Cooper has profoundly improved our understanding of diabetes and his research has led to new and improved treatments that benefit millions around the world. He ranks number 2 in the world today amongst experts in diabetic complications.

Morning tea will be provided. Places are limited so please do RSVP before 7th August. We look forward to seeing you there.

DIABETES & CANCER: KNOW YOUR RISK

A Baker IDI study has revealed fewer people are dying from diabetic complications, proving that ongoing research to prevent, diagnose and treat this disease is having a real impact on our health.

It’s fantastic to hear we’re making progress but there’s still a long way to go.

People with diabetes are still at much greater risk than the general population and as Associate Professor Dianna Magliano explains, cancer is emerging as one of the main causes.

“Researchers have been aware of a growing association between cancer and diabetes for some time, but I don’t think this is widely known in the community,” she said.

It’s worrying news if you or a loved one is living with diabetes, but the expert advice is to be aware of the increased risk and take steps to protect yourself.

“When people are treated for diabetes, their GP will often recommend screening for cancers, and it is important that people are vigilant about this,” said Professor Magliano.

With your help, researchers at Baker IDI will continue working to develop faster, better ways to prevent, diagnose and treat diabetes for the benefit of us all.

RESEARCH AND YOU

Date: Saturday 16th August 2014
From: 10.30am to 12.30pm
At: Vibe Hotel, 88 Alfred Street, Milsons Point, NSW 2061
RSVP: by 7th August to Viv Talbot on 03 8532 1513 (Tues, Wed, Thurs) or email Vivian.Talbot@bakeridi.edu.au
This is a free event, morning tea will be provided.
The importance of having a Will

Your Will is an important legal document and is the best way to clearly stipulate how you wish to distribute and protect your assets when you pass away.

Seeking advice in writing your Will from a professional solicitor is essential to ensure your wishes are correctly carried out and to minimise claims from individuals who you do not plan to leave anything to.

If you pass away without a Will or Intestacy, your assets will be distributed according to a fixed legal formula that differs from state to state. This can be a complex legislative process, sometimes taking years to unravel and identify the correct beneficiaries, and rarely reflects the precise wishes of the deceased individual.

“One generation plants the trees, another gets the shade”

Please think about whether you can support Baker IDI Heart & Diabetes Institute in your Will.

Leaving a gift in your Will to Baker IDI means your gift goes directly to medical research, and will help reduce death and disability from cardiovascular disease, stroke, diabetes and related disorders for generations to come.

For free information on how to prepare your gift in your Will please call Viv Talbot, Relationship Manager (Tues Wed Thurs) on 03 8532 1513.

MEET THE TEAM

Associate Professor Anna Peeters, head of Obesity and Population Health at Baker IDI, leads a team of public health researchers building important evidence that informs health policy to prevent obesity and protect us from related diseases including diabetes and heart disease.

What are you passionate about in life?
Many things – justice, supporting those with need, providing an equal playing field for all, and cooking new things.

Who do you admire in life?
I greatly admired my grandmother who died at age 92 last year. She was a highly intelligent and compassionate woman – a formidable combination in my books. She taught me many things including the importance of thinking critically, caring for others and never accepting the status quo!

Do you have any key secrets to happiness & success in life?
If I have learnt anything it is to try and enjoy the moment and not worry too much about what I can’t control. I have found that if I do my best, act in good faith, and be honest most things work out in the end. Working out things that I enjoy and that are important to me has also helped, as I can try to spend more of my time doing those.

Where do you find your everyday strength?
My two pillars are probably snatches of time to myself and my very supportive partner. I often find a cup of coffee or a nice walk on my own are enough to re-energise.

What can’t you live without?
I need the feel of the sun, and a glimpse of nature. A tree bending in the breeze, a wattle bird searching for nectar or a beautiful sky all make me smile and feel ok.

WOMEN OF INSPIRATION

Professor Anna Peeters featured in Blue Illusion’s ‘Women of Influence’ campaign earlier this year, celebrating inspiring real women who are making a difference in the world.

With the sales from their ‘Femme D’Inspiration’ workshops, our friends at Blue Illusion helped raise more than $33,000 for critical research into heart and diabetes at Baker IDI.

Hear from more Women of Inspiration at www.blog.blueillusion.com
Lift for Life

Lift for Life is a unique training program developed by Baker IDI, for adults with (or at risk of developing) type 2 diabetes and other chronic conditions.

With the support of a specially trained instructor, you can start at a level that’s right for you and go at your own pace. It’s perfect for any age and any fitness level, even if you haven’t been physically active in a while.

Take your first step to a healthier, happier you. Visit www.liftforlife.com.au
Mushroom, spinach and ricotta lasagne

The Baker IDI Blood Pressure Diet and Lifestyle Plan offers practical, expert advice on managing your blood pressure. This comprehensive guide has everything you need to know about causes, complications, medications and management strategies. With more than 80 easy, delicious recipes to try, this lifestyle plan will get you on the road to managing your blood pressure and help you take control of your health.

Buy your copy at bakeridi.edu.au/shop

Recipe from the book The Baker IDI Blood Pressure Diet and Lifestyle Plan by The Baker IDI Heart and Diabetes Institute and photography by Chris Chen, published by Penguin RRP $35.00.
Mushroom, spinach and ricotta lasagne

Packed with a winning combination of mushrooms, ricotta and spinach, this light lasagne makes a welcome change from the more usual tomato and white sauce renditions, with the added benefit of being much quicker to make.

Prep time 35 minutes  Cooking time 55 minutes

SERVES 4–6

To serve 4 (per serve)  To serve 6 (per serve)

| Energy (kJ) | 1339 | 893 |
| Protein (g) | 22   | 15  |
| Fat (g)     | 16   | 11  |
| Saturated fat (g) | 5   | 4  |
| Carbohydrate (g) | 20 | 13 |
| Fibre (g)   | 5    | 3   |
| Sodium (mg) | 286  | 191 |
| Potassium (mg) | 1292 | 861 |

2 bunches spinach
2 tablespoons extra virgin olive oil, plus extra for greasing
2 cloves garlic, crushed
400 g portobello mushrooms, wiped clean and finely chopped
1 tablespoon finely chopped oregano
2 cups (400 g) firm, fresh low-fat ricotta
2 eggs, lightly beaten
½ teaspoon ground nutmeg
200 g fresh instant lasagne sheets, cut lengthways into strips to fit the baking dish

1 Wash the spinach and remove the leaves from the stems. Finely chop the leaves and set aside.

2 Heat the oil in a large heavy-based saucepan over medium heat. Add the garlic and mushrooms and cook, stirring, for 5 minutes or until the mushrooms have softened, then add the spinach. Cover and cook for 3–4 minutes or until the spinach has wilted.

3 Drain the vegetable mixture over a saucepan, pressing down to remove as much liquid as possible, then transfer the vegetables to a bowl. Boil the liquid for 3–4 minutes or until very reduced, then add to the vegetables and leave to cool slightly. Add the oregano, ricotta, egg and nutmeg, then season to taste with freshly ground black pepper and stir to roughly combine.

4 Preheat the oven to 180°C (160°C fan-forced). Lightly brush the base and sides of a 28 cm × 18 cm baking dish with oil.

5 Lay enough lasagne strips over the base of the dish to cover, cutting and patching as necessary.

6 Spread one-third of the ricotta mixture over the pasta, then top with another layer of pasta. Repeat the process, ending with a layer of the ricotta mixture, then cover with foil. Bake for 20 minutes, then remove the foil and bake for another 20–25 minutes or until the top is light golden and the lasagne is firm. Cool slightly, then serve with rocket leaves to the side.