Latest research news
New MRI arrives on site
Hike for health 2015
Thank you.

Every generous gift you give supports vital research to create a healthier, happier future for millions of people around the world. I am constantly inspired by the compassion and generosity of supporters like you. Your notes of encouragement, your heartfelt stories and your inspirational reasons for supporting Baker IDI, drive us more than ever to push forwards with essential research to improve the lives of people today, and for many generations to come. The journey to better health starts here. The journey to better health starts with you.

Best wishes, Professor Garry Jennings AO.

NEW MRI ARRIVES ON SITE, THANKS TO YOU

Thanks to the incredible generosity of our wonderful supporters, we’re delighted to announce our much-needed new MRI machine was successfully craned into position at the end of 2014.

This state-of-the-art equipment will shortly be operating at Baker IDI’s brand new clinical imaging centre. It opens up exciting new opportunities for the team, allowing our researchers to see the fine detail they urgently need to make life-saving discoveries.

Thank you so much to all those generous people who made a kind contribution in response to our MRI appeal last year – you made this important purchase possible.

When a life is saved, you will be there.
WHY YOUR DONATIONS MAKE ALL THE DIFFERENCE

Each year, researchers must apply to the government-funded NHMRC to secure finances to continue their research. It’s a lengthy, extensive process that takes them away from important work in their laboratories and clinics.

But the numbers of applications far exceed the limited funding available, leaving promising, potentially life-saving research, unfunded.

That’s where your wonderful support make a difference.

Every gift you send is carefully invested into the most important, innovative research in urgent need of support.

Your generosity means vital research that would otherwise be stalled, can flourish and grow. Thanks to you, researchers have the resources they desperately need to develop promising ideas into new treatments, therapies and cures that will benefit us all.

We really couldn’t continue our important research, without you. Thank you.

3 IN 4 RESEARCH APPLICATIONS WERE LEFT UNFUNDED LAST YEAR, DESPITE BEING JUDGED WORTHY OF SUPPORT.

Making a lasting difference

A gift in your Will is a special way to ensure life-saving research will continue to benefit Australians for generations to come. To find out more about leaving a bequest to Baker IDI, please contact Viv Talbot for a confidential conversation

Viv Talbot, Relationship Manager, Bequests and Planned Giving
T: 03 8532 1513  E: Vivian.Talbot@bakeridi.edu.au
NEW ALZHEIMER’S RESEARCH

The physical and emotional toll of Alzheimer’s disease can be heartbreaking for those affected and the loving families that surround them. Worryingly, this disease is increasingly linked to heart disease and diabetes.

There is currently no cure but researchers at Baker IDI are making exciting inroads to tackle this debilitating condition.

We already know inflammation in the body causes proteins to misfold. But could incorrectly folded proteins in the brain hold the key to unlocking Alzheimer’s?

Professor Mark Febbraio believes it may. By correctly refolding these faulty proteins, he is hopeful his uniquely developed drug – BGP-15 – could reduce or even prevent the development of Alzheimer’s in patients.

It’s an exciting premise and a unique area of investigation that could bring hope and relief to many families affected. This promising research is only made possible by your generous support. Thank you.
A SPECIAL CELEBRATION

Luigi & Tina Albinici celebrated a special wedding anniversary this year, and they chose a unique way to mark 60 happy years together.

Rather than accepting gifts, Mr and Mrs Albicini asked their family and friends to give a gift to support research at Baker IDI. It’s a cause that’s close to their hearts; Luigi has suffered a history of heart issues and just last year, their 9 year old grandson was diagnosed with Type 1 diabetes. With the kind support of their loved ones, this generous couple made a wonderful contribution to support heart disease and diabetes research.

Thank you so much Luigi and Tina, and may we wish you many more happy years of marriage ahead.

If you’d like to celebrate your special occasion with a donation to support research, we’d love to help. To find out more call Myra, Dejana, Hayley or Kat on 1800 827 040 or visit www.bakeridi.edu.au/celebrate

Luigi & Tina, with son Vito and daughter Janette, marked 60 years of marriage this year with a gift in celebration to Baker IDI.

“I dream of a future where heart disease and diabetes are considered rare diseases.”
– Associate Professor Peter Meikle

Thanks to your generous support in 2014, Associate Professor Peter Meikle is continuing critical research to diagnose people at risk of diabetes earlier. With your help, his innovative work could protect thousands from the life-threatening complications caused by this disease.

BAKER IDI’S NEW APP IS COMING!

Baker IDI and Vodafone Foundation have teamed up to help Australians ‘quit the sit’ and take a stand for better health.

We’ve seen the evidence; leading research has shown that sitting for long periods of time is increasing our risk of diabetes, some cancers, heart disease and even early death.

To help you get you moving and avoid these risks, Vodafone Foundation and Baker IDI are launching YoYo – an exciting new Smartphone app designed to help you sit less, move more and reach your physical activity goals.

The YoYo app will be launched in early 2015. Register today and we’ll send you an alert when YoYo is released: www.bakeridi.edu.au/vodafonepartnership

Vodafone Foundation
YOYO
Join Team Baker IDI and Ride for Research

Join thousands of cyclists in The Great Otway Challenge 2015 and undertake one of Australia’s most spectacular rides whilst supporting Baker IDI. By signing up to the Baker IDI Team and fundraising for essential research, you’ll receive expert training tips from retired professional cyclist, Will Walker as well as a free Baker IDI cycling jersey if you raise over $150.

Need to know
The Great Ocean & Otway Challenge 2015
Torquay, Victoria
Saturday 18 April 2015
Register: www.greatotwayclassic.com.au

AN INTIMATE VIEW WITH BLUE ILLUSION

Whether it be a relationship, a place or an experience, what does intimacy mean to you? To create a connection is as equally unique as it is rewarding.

This year our friends at Blue Illusion embrace their signature love for all things French with their new fashion season, An Intimate View of Paris. The beautiful French actress Juliette Binoche will once again star in their picturesque campaign.

To celebrate, Blue Illusion are holding a National Styling Workshop in store on February 26th, with 10% of the day’s proceeds donated to Baker IDI.

Need an excuse to shop? Purchase for purpose with your $25 gift voucher, which you can use online or at any Blue Illusion boutique on the day.

Together, let us connect to create an experience memories are shaped from, whilst using knowledge to make a real difference.

AFRICAN WILDLIFE SAFARIS SUPPORT BAKER IDI

Luxury tour operator, African Wildlife Safaris is the major sponsor of a successful national level cycling team which competes in Australia’s National Road Series.

We’re delighted to announce The African Wildlife Safaris Cycling Team has joined forces with Baker IDI to raise awareness of heart health, promote better health in our community and in particular support the work Baker IDI is doing to further understand cardiovascular issues pertinent to young athletes.

The Melbourne-based organisation is committed to community responsibility, whether its wildlife conservation or community health and fitness. Find out more about at www.africanwildlifesafaris.com.au

If you would like more information about wildlife safaris in Africa and other exciting destinations around the world please return the enclosed Reply Paid Coupon to African Wildlife Safaris or phone them on (03) 9249 3777 or 1300 363 302.
DO SOMETHING AMAZING IN 2015

Join Team Baker IDI and hike one of the most spectacular treks in the world, the Inca trail to Machu Picchu in Peru, whilst raising funds for medical research.

Together with a small team of like-minded adventurers, you’ll discover the lost city of the Incas, explore ancient ruins and camp beneath a blanket of stars.

At the same time, you’ll be raising much-needed funds for life-saving research to protect us from heart disease and diabetes.

Be part of this incredible adventure, call Dejana Bosevski on 03 8532 1588. Hurry, entries are closing soon.

Hike for Health 2015

Registration fee: $770 (non-refundable)
Fundraising target: $3,500 (excludes travel)
Travel cost: $6,500, including taxes (can be fundraised)
Trip duration: 13 days
Challenge duration: 4 days
Accommodation: Twin-share in 3 star hotels and at comfortable campsites
Minimum age: 18

TRAVEL HEALTHY

We all look forward to a holiday but for a safe and healthy trip, it’s essential to be prepared.

Baker IDI’s Professor Colin Johnson has travelled around the world, but a wildlife safari in South Africa remains one of his most memorable moments;

“I’ll never forget waking up to see a giraffe outside my window – it was just incredible.”

Wherever your travel takes you, it’s important to be prepared and take care of your health. Baker IDI’s Professor Johnson shares his top travel tips:

1. Vaccinations may be essential for your destination – make an appointment with a travel clinic 2 months before you depart.
2. Carry a small first aid kit – when there’s no chemist for miles around, you’ll be glad to have the essentials to hand.
3. Stay covered. Light loose clothing will not only help you avoid mosquito bites, but protect you from the sun too.
4. If you do get sick, drink plenty to keep your fluids up. Make sure your travel insurance includes medical cover, should you need it.
5. Anti-bacterial hand sanitiser is helpful when you can’t wash your hands, especially in those busy crowded markets or out on expeditions.

IN 2013, 6 INSPIRED ADVENTURERS RAISED MORE THAN $80,000 FOR RESEARCH WHEN THEY CLIMBED MT. KILIMANJARO FOR BAKER IDI

CRUDEN FARM 2015

Join us at Cruden Farm, Australia’s most famous private garden, for the Baker IDI Open Garden Day 2015. Explore the beautiful Edna Walling designed gardens, enjoy entertainment and refreshments, get tips and advice from gardening experts and learn more about healthy living from Baker IDI’s heart and diabetes staff. All proceeds will help support our important research.

You’re invited.... Baker IDI Cruden Farm Open Day 2015

Sunday 15th March
10am – 3pm
Cruden Farm, Cranhaven Road, Langwarrin, Melway Ref 103 G6
Entry Fee $25 (free for under 18s)
Book online at www.bakeridi.edu.au/crudenfarm2015
Caramel ginger salmon with Vietnamese coleslaw

The Vietnamese technique of flavouring savoury foods with caramelised sugar may sound unusual, but the results are rich, deep and very moreish. Fish, pork and chicken are favourite meats to cook this way, with salmon arguably tasting the best of them all.

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.

1/3 cup (75g) caster sugar
2 tablespoons low-salt soy sauce
2 cloves garlic, thinly sliced
2 1/2 tablespoons ginger, cut into very fine matchsticks
1 small fresh red chilli, thinly sliced
1 star anise
4 x 150g salmon or ocean trout fillets, skin-on and pin-boned
2 tablespoons toasted sesame seeds
mint and coriander sprigs, to serve
Vietnamese coleslaw
400g (about 1/4 large) Chinese cabbage, very thinly sliced
2 carrots, cut into fine matchsticks
1 bunch radishes, very thinly sliced
1/4 cup (60 ml) lime juice
2 teaspoons caster sugar
3 teaspoons peanut oil
3 teaspoons sesame oil

Make sure your pan is very clean before making the caramel or it may form crystals (turning it opaque) while it simmers. If this happens, simply add a teaspoon or so of lemon juice to stop the crystallisation process. Also note that caramelised sugar is dangerously hot, so take care when adding other liquids to it as it will spit viciously.

1 Combine the caster sugar and 2 tablespoons water in a large deep heavy-based frying pan, then cook over medium heat without stirring until the sugar has dissolved. Boil the mixture for 5 minutes or until it turns a deep caramel colour. Working quickly, remove the pan from the heat, then add another 2 tablespoons water and the soy sauce, taking care as the mixture will spit. Add the garlic, ginger, chilli and star anise, then simmer over medium heat for 2 minutes or until smooth. Add the fish to the pan in a single layer, skin-side down, then bring the caramel mixture back to a simmer and cook, turning the fish once, for 6-8 minutes or until just cooked through.

2 Meanwhile, for the coleslaw, place the cabbage, carrot and radish in a large bowl and mix well. Whisk the lime juice, caster sugar and oils in a small bowl to combine well, then pour over the salad and toss to coat.

3 Serve the salmon on a bed of coleslaw, with the sauce spooned over and the sesame seeds and herbs scattered on top.