Latest research news

On your feet Australia!

Diabetes: Check your risk today

A new recipe for you to try
Thank You

To all the wonderful people who support Baker IDI, our heartfelt thanks for all your incredible help. You are the changemakers, the champions and the power behind medical research – thanks to your compassionate support, we’re working towards an incredible cause to make the world a better, healthier place for all of us.

On behalf of the team here at Baker IDI, thank you for all the good you do in the world. You amaze and inspire us each day and we are so grateful to have you by our side in the fight for a healthier future for every one of us.

RESEARCH SAVES LIVES

HEART DISEASE is the world’s biggest killer
HYPERTENSION is the biggest preventable risk factor in the world
DIABETES is the greatest emerging health problem worldwide...
WE CAN’T SOLVE THEM WITHOUT RESEARCH

A GIFT OF SIGHT

This year, the Victorian Lions Foundation and the Lions Club of Melbourne Chinese helped give a gift of sight to thousands of Australians.

Diabetic Retinopathy is the leading cause of blindness in Australia and the Western World – yet almost all vision loss can be prevented with regular eye tests and earlier treatment.

Thanks to the generous people at the Victorian Lions Foundation and the Lions Club of Melbourne Chinese, patients at our Diabetes Clinic now have access to an essential piece of equipment to treat diabetic retinopathy and protect their sight. This wonderful gift is already helping make a big difference to many people – we cannot thank you enough.

HERE TO HELP YOU

Bringing together an expert team of experienced health professionals with direct links to the latest clinical research, Baker IDI’s specialist Diabetes Clinic provides the highest quality medical care and support to help patients successfully manage diabetes and its complications.

Offering a wide range of support including individual consultations to help you understand your treatment options, personal diet and nutrition advice, counselling and group education programs, the dedicated team is here to help you take control.

To make an appointment call 03 8532 1800 or visit www.bakeridi.edu.au/diabetes_services
A TRUE SURVIVOR – THANKS TO YOU!

Who could forget Mary Seymour whose story we shared with you earlier this year. Since the age of 14 Mary has battled with type 1 diabetes and I’m sorry to say Mary continues her battle against the complications of diabetes today.

Just weeks after sharing her story, Mary was back in hospital for an angioplasty when she suffered a turn for the worse and was rushed to intensive care with pancreatitis. It was a terrifying time for her worried husband Lindsay who could only watch on as doctors did everything they could to save Mary’s kidney and pancreas, which she had transplanted 25 years ago.

We’re happy to report Mary is finally back on the mend and spent a happy Christmas at home with her beloved husband Lindsay and family.

Despite everything she’s been through, Mary retains her wonderful, positive outlook on life and is a true inspiration to us all. As Mary never forgets, she owes her life to medical research and without the incredible support of people like you, she wouldn’t be here today.

“Medical research has kept me going all these years – without the discovery of insulin, kidney and pancreas transplants, laser eye surgery, a quadruple heart bypass, I wouldn’t be here... and I’m forever grateful to the scientists and doctors who make these discoveries, and the wonderful people who support them.”

I’ve never been prouder of the work of Baker IDI than on my first visit to our campus in Central Australia last October. I joined the Alice Springs research team, led by Graeme Maguire who hosted a special group of donors committed to helping close the appalling health gap between Indigenous and non-Indigenous Australians.

Together we saw first-hand how Baker IDI and local community group Tjapukayi Council are working to improve health care delivery and help some of the most disparate Australians access basic and specialist care.

We learnt that for communities to be resilient and productive, they must first be healthy. Did you know Indigenous Australians not only have the highest rate of kidney disease, diabetes and cardiovascular disease, but are also suffering illness earlier, in the prime of life from their 20s – 50s? It’s a human tragedy played out in these communities every day in Australia that we must address.

I am truly in awe of our local doctors and researchers who are committed to making a tangible difference for Indigenous health, but mostly I am touched by the generosity of our supporters who make our work in Central Australia possible.

Thank You.

Jadyn Moore
Jadyn Moore
NANOPARTICLES – THE NEXT BIG THING?

Professor Karlheinz Peter and his team have had some exciting success this year using tiny nanoparticles to identify and help protect people at risk of heart attack.

There are currently no tests to screen for atherosclerotic cardiovascular disease – which is responsible for 80 per cent of heart conditions – and the first sign of illness for many people is a fatal or near-fatal heart attack.

Professor Peters has proven that nanoparticles – minute bubbles smaller in width than a human hair – can help detect plaques at risk of rupture, before they cause a heart attack.

“The nice thing is that you can treat these patients early because at the moment we are just waiting for it (heart attack) to happen and if you are lucky you survive.” Professor Peter said.

The future looks bright for this innovative project and the dedicated team continue pushing forward to turn this exciting discovery into a life-saving treatment – and it’s all thanks to you!

AN IMPORTANT MESSAGE

When diabetes sufferer Tania Withers was a teenager all she wanted to do was live and eat like other people her age but more than 20 years later Tanya is paying the price.

Tania began addressing her diabetes at age 18, but tragically it was too late – she was diagnosed with diabetic retinopathy at 23, and was completely blind just three months later.

“I woke up one morning with a black spot in my vision and I knew straight away it was because of my diabetes.”

A passionate advocate for early diabetes eye screening, Tania is bravely sharing her story to encourage others to take better care of their sight.

“People with diabetes need to understand how important it is to get regular eye checks, because what happened to me is totally preventable.”

Take Tania’s advice and don’t take your sight for granted – get your eyes checked today.

With your help, researchers at Baker IDI completed an important report this year into diabetic eye disease in Australia. The eye-opening research reveals almost all people with type 1 diabetes and 60 per cent of those with type 2 diabetes will develop some form of diabetic eye disease.

Like to find out more? You can read Baker IDI’s ‘Out of Sight’ report online at www.bakeridi.edu.au
CHECK YOUR RISK AND TAKE CONTROL

If diagnosed early, it’s manageable. But left unchecked, diabetes can cause devastating complications.

In the fight against diabetes, Baker IDI has developed a quick, effective online assessment to help you check your risk of type 2.

It could help you avoid heart disease, kidney failure, and even amputation caused by diabetes. But most importantly, it could save your loved ones from the heartbreak of seeing you suffer the terrible complications of this disease.

It only takes a few minutes but it could make a huge difference, so what are you waiting for? Check your risk today at www.bakeridi.edu.au/aus_diabetes_risk/

KILIMANJARO 2013
A CLIMB FOR A CAUSE

On 17th November 2013, an intrepid group of explorers set out to climb Africa’s highest mountain with a single goal – to raise much-needed funds for our research.

The six trekkers came from all walks of life, from our Professor Peter Meikle, Chairman of the Baker IDI Board Peter Scott, to nurse and mum-of-two Nicola Sandler.

With a climb of 6,000 feet, this courageous team faced a tough challenge. But over six days of trekking across difficult terrain the team made it to the top, and back, raising an incredible $75,000 for life-saving research.

MEET THE TEAM

“We are all touched by heart disease in one way or another – improving diagnosis and treatment so we can reduce the suffering of those we love, is what gets me up each morning. I take heart in the knowledge that today we are so much closer than we were yesterday and tomorrow we will be even closer still.”

Dr. Amanda Sampson

A massive thank you to our trekkers Peter, David, Peter, Lachlan (pictured), Nicola and Kellie – you truly are inspiring!
The evidence is clear – too much sitting can be bad for your health! Make the change this February 19th and get On Your Feet Australia.

GETTING INVOLVED IS AS EASY AS 1, 2, 3...

1. Wear your sneakers to work
2. Ask friends and family to sponsor you
3. Raise awareness, and much needed funds, for medical research

Register online today at www.onyourfeet.org.au

Here at Baker IDI, we’re all about healthy choices.

We know that to live a long, healthy happy life, it’s important to avoid smoking, drinking and eating unhealthy foods. But Baker IDI researcher Professor David Dunstan has shown one of our deadliest habits is one we indulge in most of the time – and that’s sitting.

Evidence has shown the simple act of getting up to stretch your legs every 20 minutes, could help reduce your risk of heart disease, diabetes and a host of other diseases including cancer.

A few small steps really can make a big difference to your health so get on your feet! Here’s some handy tips to get you started:

- Get up and walk around during TV ad breaks
- Stand up to take phone calls
- Get off the bus or tram a stop early, and walk the rest of the way
- Stand and take a break from your computer every 30 minutes
- Next time you go to the supermarket, park at the furthest end of the car park
- Take the stairs instead of the lift
- Stand to read the morning newspaper
- Stand on the tram or train, rather than taking a seat
- Get busy – household chores, gardening and cleaning the car all mean you keep moving!

NEED SOME MORAL SUPPORT?

Get your colleagues involved by signing up your office to On Your Feet Australia 2014. Download a fundraising kit and posters for your workplace when you register a team at www.onyourfeet.org.au
INSPIRING HEALTH

This year you’re invited to share your creative and inspiring take on good health in the Baker IDI Photography Competition 2014, “Better Health, Better Lives, Better Futures”

Capture the impact of good health through your eyes and inspire everyone to make positive choices to improve their own health.

Enter your photograph and tell us what your image and what good health means to you. Email your entry to fundraising@bakeridi.edu.au

Some fabulous prizes are up for grabs courtesy of our generous sponsors at Blue Illusion, Carmen’s, The Emerson, Turnley Hairdressing, The Essential Ingredient and Napoleon Perdis Cosmetics.

Submissions close Monday 14th April 2014. Entries will be displayed at a special Baker IDI exhibition in May 2014.

INSPIRING SCIENCE

2012 saw the launch of our first ever photography competition at Baker IDI. Researchers, scientists and staff submitted over 80 incredible, beautiful and inspiring images to show just how much science means to them.

GET MORE NEWS, MORE OFTEN

Enjoy reading Inside Baker IDI? For more healthy living tips, stories, research update and recipes, sign up to our monthly e-newsletter.

Visit www.facebook.com/BakerIDI

BLUE ILLUSION AND BAKER IDI EMBRACE OUR ‘WOMEN OF INFLUENCE’.

“A girl should be two things: who and what she wants,” Coco Chanel.

Like the iconic Coco Chanel believed, a woman can be who and what she wants. This Autumn our friends at Blue Illusion embrace Women of Influence as their fashion campaign.

Several influential women from Baker IDI will feature in this momentous campaign, all dressed fabulously of course!

Blue Illusion is holding a national Styling Workshop on February 20th to launch the Women of Influence campaign. We are delighted to announce 10% of the event’s proceeds will be donated to Baker IDI.

Need an excuse to shop? We’ve enclosed a $25 gift voucher which you can use to shop online or at any Blue Illusion boutique on 20th February 2014. From purchase to purpose and courage to strength you can be a woman of influence too.
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.

**Lemongrass Beef Salad**

- 1 tablespoon lime juice
- 1½ tablespoons olive oil
- 1 small red onion, halved and thinly sliced
- small handful mint leaves, larger leaves torn
- small handful coriander leaves
- 100 g mixed salad leaves
- 1 × 250 g punnet cherry tomatoes, halved
- 2 Lebanese (small) cucumbers, halved lengthways, then sliced on the diagonal

**LEMONGRASS BEEF**
- 2 stalks lemongrass, white part only, finely chopped
- 2 cloves garlic, crushed
- ½-1 small red chilli, seeded and finely chopped
- 2 teaspoons olive oil
- 1 tablespoon lime juice
- 1 tablespoon fish sauce
- 800 g beef rump or sirloin steak
- cooking oil spray

If you can, start this recipe a day ahead so the beef can marinate overnight. And take care not to cook it for too long – the beef rests for 10 minutes after cooking and it will continue to cook during this time.

1. To prepare the lemongrass beef, pound the lemongrass, garlic, chilli and some freshly ground black pepper in a mortar and pestle for 2 minutes. Stir in the oil, lime juice and fish sauce. Place the beef in a shallow dish, spoon over the marinade, then rub it into the beef, ensuring it is well coated. Cover and marinate in the fridge for at least 2 hours and up to 24 hours.

2. Preheat a chargrill pan or frying pan over medium heat. Pat the beef dry, then spray lightly with cooking oil. Cook the beef for 4–5 minutes each side for medium-rare or until cooked to your liking. The length of time will depend on the thickness of the beef. Remove and cover with foil, then leave to rest for 10 minutes.

3. Meanwhile, whisk together the lime juice and oil. Combine the remaining salad ingredients in a large bowl. Add the dressing and toss well.

4. Slice the beef and either toss it through the salad or serve on top.

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**SERVES** 4  **PREP** 20 mins  **COOKING** 10 mins  **1 SERVE =** 2 units proteins 2 units vegetables 2 unit fats

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**BECOME A BAKER IDI FUNDRAISER**

Running your own fundraising activity is a great way to support life-saving research whilst having fun with family, friends and colleagues. Host a trivia night, organise a bike ride, take part in a fun run or hold a gala dinner – the possibilities are endless!

Whatever path you choose, we’re here to help. We’ll send you a handy fundraising toolkit, help set up your own fundraising web page and offer advice and support to make sure your event is a success.

For advice and assistance contact Dejana on 03 8532 1588 or email Dejana.bosevski@bakeridi.edu.au

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**TIP** This is a great salad to enjoy for dinner, but if you want to have it for lunch, reduce the quantity of beef to 200 g (which reduces the protein count to ½ unit per serve).