Thank You

Here at Baker IDI Heart & Diabetes Institute, we’re dedicated to ending the suffering caused by the two biggest health risks we face today – diabetes and heart disease. With the threat of a global pandemic looming, it is more important than ever to discover new and safe treatments to prevent and beat these diseases, for the sake of our families today and our children tomorrow.

But this vital work would not continue without you. Thanks to your generous support, medical research continues to make a difference to the lives of sufferers and keep them and their loved ones, together for longer.

So on behalf of all of us here at Baker IDI, our scientists, researchers, doctors, clinicians and patients – a special thank you. Together, we are protecting the future health of families across Australia.

KILIMANJARO 2013 – BAKER IDI TREK FOR LIFE

Meet Team Meikle

Professor Peter Meikle is one of the many dedicated researchers here at Baker IDI, working tirelessly to help protect Australians from the devastating effects of heart disease and diabetes.

But this year Peter will tackle a different challenge when he climbs the highest mountain in Africa as part of the Kilimanjaro Climb for Heart Disease and Diabetes Research 2013.

And what makes this challenge so special is Peter will be joined on this once-in-a-lifetime adventure, by his 21 year old son Lachlan.

As Peter explains, the reason for making this inspiring journey is close to his heart, “Two years ago my brother Geoff (then 56) died suddenly from a heart attack. He had no history of heart disease and was not overweight. Being called to his house at 1am to find ambulance officers working to resuscitate him was confronting and difficult to deal with. This tragedy should not have happened and highlights the need for early detection of heart disease”.

Peter and Lachlan are already training hard to prepare for the seven-day trek in November. And as they stand beside their fellow trekkers and watch the sun rise over the plains of East Africa, they can be sure they’ve helped made a difference to the lives of millions of people, touched by heart disease and diabetes.

You can support Peter and his son Lachlan, by visiting their fundraising page at www.everydayhero.com.au/Team_Meikle

Do you dream of doing something different?

Do you want to make a difference? Then this is could be the beginning of an adventure of a lifetime.

We’re looking for people with a spirit of adventure to take part in one of the world’s most challenging treks – and all in aid of medical research.

But hurry, places are limited! To find out more about how you can join Peter and Lachlan, and be part of this life-changing experience, visit www.inspiredadventures.com.au/BakerIDI

JOIN OUR ONLINE COMMUNITY!

Stay up to date with the latest news from Baker IDI when you join our online community.

You can hear more about our latest exciting research projects and how your wonderful support is making a difference when you like us on facebook and follow us on Twitter.

We look forward to seeing you there!

facebook.com/BakerIDI  @Baker_IDI
The NEXT SUPER-DRUG IN THE FIGHT AGAINST DIABETES COMPLICATIONS?

People living with diabetes face more than double the risk of developing chronic heart failure at some point in their lives. A leading team of researchers at Baker IDI are investigating a new super molecule that could hold the key to treating heart failure caused by diabetes. The naturally occurring particle, Nitroxyl, offers some powerful benefits that current treatment for cardiac arrest doesn’t and Nitroxyl treatment to protect diabetes patients from the devastating effects of heart failure – and it’s all thanks to you.

Professor Rebecca Ritchie and her team at Baker IDI are paving the way for a new treatment for heart failure.

WE NEED YOUR HELP!

We’re thrilled to report Professor Garry Jennings AM, Chief Executive of Baker IDI, has been recognised with an Officer of the Order of Australia (AO) in the 2013 Queen’s Birthday Honours List. As a cardiologist, researcher and clinician, Professor Jennings has treated hundreds of people whose lives have been devastated by heart disease and diabetes, and remains dedicated to preventing, diagnosing and treating the two biggest health challenges facing our community today.

MEET THE TEAM

In our Every Minute Counts’ appeal earlier this year, we shared some exciting news on a faster test for heart attack that could save thousands of lives each year. David White, researcher on the project, explains what drives him to devote his career to discovering life-saving treatments and therapies:

“We don’t go into medical research for riches and glory but because we believe in it. We’re very ordinary people who through a lot of hard work, and a little bit of luck, do extraordinary things that can change the world.”

I WILL... make a difference

By remembering Baker IDI in your Will, your generosity will live on and help shape the future of medical research, giving hope to millions of Australians touched by heart disease and diabetes – hope that one day there will be a cure.

As Baker IDI bequestor John Eastment explains, “My own interest in Baker IDI and general medical research was initially one of self interest. My father’s family had a long history of cardiac problems and early death, and there was a high probability that I would also have heart problems. I did – and I believe I survived an emergency triple by-pass in 1985 and several cardiac arrests a decade later, thanks to the cumulative knowledge and skills derived from research at Baker IDI and similar organisations. Everyone’s life span and general health has been significantly improved by the knowledge and skills acquired.

I have been a friend of Baker IDI for some time and have bequested part of my estate to them. I know this bequest will help fund additional research, benefiting others and hopefully helping them to be as lucky as I have been. By leaving a bequest, you too can help save someone you love.”

For more information on how you can leave a legacy of good health for tomorrow’s children, please contact Viv Talbot for a confidential conversation.

Viv Talbot, Relationship Manager, Bequests and Planned Giving
T: 03 8532 1513
E: viv.talbot@bakeridi.edu.au
SMART SHOPPING FOR A HEALTHIER YOU

1. Be prepared to avoid impulse buying and save money by planning a shopping list before you go.
2. Don’t shop on an empty stomach – people who shop on an empty stomach tend to buy more so try to shop after a meal.
3. Buy fruit and vegetables in season for the easiest way to get your two serves of fruit and five serves of vegetables each day.
4. Skip that aisle – avoid temptation in the confectionary, biscuit and cake aisle, and don’t visit those aisles if you don’t need to.
5. If you’re in a hurry, shop on the edges – food on the perimeter of the supermarket tends to be healthier and less processed, such as meat, vegetables, salads, breads and dairy.

It’s important to eat a healthy diet to avoid the health risks associated with heart disease and diabetes. Healthy eating starts with what you put in your shopping basket so next time you’re at the supermarket, try and follow these smart tips for a healthier shop.

FEWER HIGHS, FEWER LOWS, BETTER HEALTH

Australia’s Dr. Feelgood, was on hand recently to endorse the latest book by Professor Merlin Thomas, Understanding Type 2 Diabetes. A GP of 25 years and one of our most loved radio personalities, Dr. Sally Cockburn is herself a patient at Baker IDI’s Diabetes Clinic and spoke of her own experience of the disease before officially launching the book.

Professor Merlin Thomas launches ‘Understanding Type 2 Diabetes – Fewer highs, fewer lows, better health’ by Exisle Publishing, $30.

A big thank you from Cruden Farm

The 2013 Open Garden Day at Cruden Farm was a great success. We sincerely want to thank all those that made the day happen, especially the Friends of Baker IDI committee.

Hundreds of Victorians poured through the gates of Cruden Farm and it was wonderful to see so many participate in a day that the late Dame Elisabeth Murdoch made possible through her lifetime of incredible generosity.

Most importantly, the day helped to raise vital funds for Baker IDI’s life-saving medical research into heart disease, diabetes and stroke, causes that were very close to Dame Elisabeth’s heart.

We look forward to welcoming you all again next year.

BLUE ILLUSION PARTNERS WITH BAKER IDI IN THE FIGHT AGAINST DIABETES AND HEART DISEASE

This winter, our friends at Blue Illusion are offering you the chance to support Baker IDI in style.
When you shop online or in store on Bastille Day, Saturday 13th July, Blue Illusion will generously donate 10% of their proceeds towards Baker IDI’s life-saving research. And with Blue Illusion’s beautiful range of fashion and homewares you’re sure to find something you love.

But if that’s not enough to tempt you, we’ll give you a $25 gift voucher to spend on the day.

To register for your $25 gift voucher, simply go to www.bakeridi.edu.au/Blue_illusion and enter your name and contact details including email address, and we will email your voucher to you.

Happy Shopping!

Thank You

Australian-based manufacturer and retailer Blue Illusion, help their customers make a difference to people’s lives every day through their generous community programme and we’re thrilled to have their wonderful support – Thank you Blue Illusion!
### Individual cottage pies with sweet potato topping

This is classic comfort food the whole family will enjoy on a cosy night in.

- **1 tablespoon olive oil**
- **1 onion, finely chopped**
- **2 cloves garlic, crushed**
- **400 g lean minced beef**
- **2 carrots, finely diced**
- **1 stick celery, finely diced**
- **2 tablespoons tomato paste (puree)**
- **1½ cups (375 ml) salt-reduced beef stock**
- **1 tablespoon Worcestershire sauce**
- **1 teaspoon dried basil**
- **1 cup (120–160 g) fresh or frozen peas or 1 cup (120 g) green beans, cut into 1 cm pieces**
- **2 teaspoons cornflour**
- **400 g sweet potato, cut into chunks**
- **1 tablespoon low-fat milk**
- **freshly ground black pepper**
- **olive oil spray**
- **2 cups (120 g) steamed broccoli or green beans**

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1. **Preheat the oven to 180°C.**
2. **Heat** the oil in a saucepan over medium heat. Add the onion and garlic and cook, stirring, for 5 minutes or until starting to soften.
3. **Add** the beef and cook until browned, breaking up any lumps. Add the carrot, celery, tomato paste, stock, Worcestershire sauce, basil and peas or beans. Bring to a simmer and cook for 20 minutes or until the vegetables are soft. Mix the cornflour with a little water and add to the pan, stirring until thickened.
4. **Meanwhile,** place the sweet potato in a saucepan with just enough water to cover. Bring to the boil, then reduce the heat and simmer for 15–20 minutes or until cooked through. Drain well, then mash with the milk and season with pepper.
5. **Spoon** the meat mixture into four ovenproof dishes and top with the sweet potato. Spray with olive oil and bake for 20–30 minutes or until lightly golden. Serve with the steamed greens.

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*Curry powder can be added with the beef for added depth of flavour, or replace the basil with Italian herbs or oregano.*

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**SERVES** 4  
**PREP** 20 mins  
**COOKING** 1 hour  
**1 SERVE =** 1 unit protein  
1 unit bread  
4 units vegetables  
1 unit fats