For Mrs Nina May Mace, a deep understanding of her family’s longstanding philanthropic values and substantial charitable contributions inspired her to open her heart to Baker IDI.

The story begins in 1802. James Austin of Baltsonborough, England, was sentenced to deportation to Australia for the crime of stealing honey. Being the second son and therefore unlikely to inherit any of his father’s business or properties, Austin conspired with his magistrate uncle to commit the crime and receive the enduring sentence, all in order to find his own fortune in Australia. After much hardship in the prison hulks and after working off his sentence, James found his freedom and his fortune in Hobart.

As an entrepreneur, he established a successful and respected business as a land and ferry owner. Austin never married and willed his fortune to, among others, his nephews James and Thomas Austin. They used this money to further establish the Austin family in Tasmania and ultimately extend their reach to Melbourne and much of the Western District of Victoria.

James and Thomas were grateful for Austin’s generosity and the prosperity and privilege they had earned with it, and went about establishing and improving the public life of Victorians. Most notably, James was a founding member of the Acclimatisation Society, now the Melbourne Zoo. He established an orphanage and donated a clock tower to the town of Geelong and was twice mayor of the town. After returning to England for retirement, James became mayor of Glastonbury four times.

Following his uncle’s tradition, James assisted other members of his family to establish themselves in the new colony, including his grandchildren, Arthur Hose Bullivant (Nina May’s father) and Hugh Bullivant. As young men, they worked on and owned magnificent properties including Longernong, now the Longernong Agriculture College near Horsham.

As the settlements passed to Nina May, she followed the family legacy of generosity and philanthropy with her commitment and lasting gift to medical research. Her charitable bequest of $250,000 to Baker IDI, ensures Nina May’s indomitable spirit and that of those before her will continue to live on.

In acknowledging her support, Carolyn Williams, General Manager of Development at Baker IDI, said that Nina May genuinely cared for others in the community and was resolute in her desire to help raise awareness of the Institute’s work.

“With people like Nina May supporting our work, we know we can succeed in translating our research into real benefits to those at risk or suffering from heart disease and diabetes. She is a true inspiration. We thank her sincerely.”

**MAKING A BEQUEST**

If you have left a bequest in your will to Baker IDI, or are considering doing so, we would very much appreciate the opportunity to thank you and personally share with you our vision for saving and improving the quality of life through medical research.

For further information on how you can create a legacy for Baker IDI, please contact Carolyn Williams on (03) 8532 1529.
It is fair to say that 2009 was a challenging year for many and while the Institute had a great year scientifically, it was certainly not exempt from the global financial crisis.

We rely on the generosity of our supporters and we could not accomplish world-leading research without friends like you.

I thank you sincerely for supporting us through the last year and for helping us continue our mission to reduce the suffering caused by heart disease, stroke, diabetes and related disorders.

BAKER IDI GROWS WITH THE SUPPORT OF YOUR DONATIONS

Our community of supporters have made a significant contribution to two exciting Baker IDI research projects which will launch this year.

A new facility for the Centre for Indigenous Vascular and Diabetes Research is scheduled to open in Alice Springs, in March. The centre has been established to address vascular disease and diabetes amongst Indigenous communities.

In May, we will open the Healthy Lifestyle Research Centre and Specialist Diabetes Clinic in Prahran. This world class facility will help our researchers prevent, diagnose, treat and manage the epidemic of diabetes.

NEW APPOINTMENT AND FareWELL

I am delighted to introduce Carolyn Williams who joins the Institute as our new General Manager of Development. Carolyn is responsible for managing and developing relationships with our broad community of supporters, including donors. Please do not hesitate to contact Carolyn or a member of her team for your enquiries or feedback on 1800 827 040. I know you will find them both professional and helpful.

On another note, John Boyle, who most of you would know from his correspondence, has left the Institute. We wish him every success in the future and gratefully acknowledge his contribution to Baker IDI.

SUCCESSFUL RESEARCH

The high calibre of research conducted at Baker IDI continues to be recognised, with many of our researchers recently awarded by the Australian Research Council (ARC) and National Health and Medical Research Council (NHMRC), as well as awards and prizes from national and international professional societies.

Professor Karlheinz Peter was just one of our scientists whose life-saving work into the prevention, diagnosis and therapy of coronary heart disease was recognised as research that addresses one of this nation’s health priorities.

Looking at the year ahead, I am excited by the possibilities our research will make in the fight against cardiovascular disease and diabetes. With at least four world-first discoveries made in the past year, I know that with your generous help, the exceptional quality of our research will achieve more medical breakthroughs.

Through our research, we wish to change the landscape of Australian health. The epidemic of diabetes and the many serious health complications it brings to this country is real. It is only with your continued support that we can endeavour to protect the health of our children and our children’s children and to reduce future suffering.

Professor Garry Jennings AM
Director, Baker IDI Heart and Diabetes Institute
Support for heart disease tests

Thank you to everyone who generously supported our appeal to help further the groundbreaking research of Professor Karlheinz Peter and other life-saving projects in development.

An extraordinary $25,000 contribution came from one donor and will support the work of a Research Assistant in Professor Peter’s laboratory for one year. In 2010, Professor Peter and his team will continue developing new diagnostic tests for atherosclerotic heart disease. This includes a world-first urine test to diagnose both stable and unstable plaques years before a person may have a fatal heart attack or develop debilitating heart conditions.

His laboratory is also developing a contrast agent to identify if and where unstable plaques are located in the arteries, as current imaging tools and tests cannot pick this up. In addition to these tests, Professor Peter is investigating a new class of intelligent drugs to prevent clotting or dissolve clots that have caused a heart attack.

At present, up to four out of 10 people who have a heart attack will die. For those who survive, the damage to their heart will require extensive treatment, and most people will eventually develop heart failure. Professor Peter’s projects are outstanding examples of how research holds direct promise to patients’ health and survival. If successful, his research has the potential to save thousands of lives each year.

Healthy Lifestyle Research Centre: Vision to reality

In May of this year, we will open a new state-of-the-art Healthy Lifestyle Research Centre and Specialist Diabetes Clinic on the Alfred Medical and Research Precinct in Prahran.

The research centre will play a crucial role in combating the epidemic of diabetes and its most serious complication, heart disease, by combining the latest technological equipment with some of Australia’s most renowned scientists.

Professor Bronwyn Kingwell, who recently achieved a world-first discovery that ‘good cholesterol’ or HDL has the potential to control blood glucose levels, will be based at the new centre. Her research will influence new drug treatments for type 2 diabetes.

Associate Professor Jonathon Shaw will continue leading the ‘4000 for Health’ state government funded study from the new facility. The research will provide an important benchmark for assessing the state of the community’s health.

Also based in the centre will be Associate Professor David Dunstan, creator of the ‘Lift for Life’ strength training program for people with type 2 diabetes and the ‘Stand up Australia’ research project.

Working together with our scientists in this purpose-built facility are our doctors, nurse educators, dieticians and other health consultants specialising in diabetes care.

We are grateful for the generous support of our donors which has helped the vision of the Healthy Lifestyle Research Centre become a reality and we look forward to welcoming our supporters to this impressive new facility in June 2010.
Diabetes Care at the Centre

The inaugural ‘Diabetes Care at the Centre’ symposium held in October 2009 was the first step by Baker IDI in improving the level and quality of services for Indigenous health in relation to diabetes and heart disease.

Organised in conjunction with the Alice Springs Hospital and the Northern Territory Department of Health & Families, the educational symposium saw more than a hundred NT health care practitioners attend.

Leading Australian diabetes specialists and researchers spoke about the latest treatments and interventions for people living with, or at risk of, diabetes and its complications.

The program, organised by Professor Paul Zimmet and Dr Alex Brown of Baker IDI, received an overwhelmingly positive response and is paving the way for a second symposium, likely to coincide with the opening of the institute’s new building in Alice Springs in March of this year.

This exciting new facility will house Baker IDI’s Centre for Indigenous Vascular and Diabetes Research (CIVDR) and will provide a focal point for medical research projects in partnership with the Alice Springs Hospital and local communities.

The symposium is part of a broader set of Baker IDI activities to take place over the next few years, which aim to make a sustainable impact on the state of health services for Indigenous people suffering from, or at risk of, diabetes and heart disease.

A special night to help improve Indigenous health

Taking inspiration from the opening of the Centre for Indigenous Vascular and Diabetes Research in Alice Springs, Baker IDI’s fundraising dinner in July will be set in the unique Bunjilaka Aboriginal Cultural Centre at the Melbourne Museum.

The Centre is a showcase of Australian Indigenous culture and art and was developed to empower Aboriginal people to interpret their own cultural heritage for both Indigenous and non-Indigenous people.

Proceeds from the evening will help address the barriers to health care experienced by Aboriginal people living with, or at risk of, vascular disease and diabetes.

We invite you to be part of this special night and contribute to closing the gap on Indigenous health.

For further information, contact: Heidi Roache (03) 8532 1102
Leading the way: Professor Sandra Eades

Widely recognised as being instrumental in leading and reshaping the funding and development of this nation’s Indigenous health research, Professor Sandra Eades recently joined Baker IDI to head the Indigenous Maternal and Child Health Research Program.

Her research interests are in the area of Paediatric and Perinatal epidemiology and the conduct of intervention research.

“My aim is to better understand how life in the womb and early childhood contribute to metabolic and vascular changes that persist throughout life, creating a predisposition to early development of chronic disease. I also have a commitment to testing health interventions that can be applied to individuals, health services and communities to improve Indigenous health.”

Professor Eades’ research outcomes stretch far beyond the laboratory to public policy and wide scale programs, such as a project trialing a culturally specific anti-smoking intervention for pregnant Indigenous women.

She is also exploring early markers and prospects for prevention of cardiovascular and diabetes risk among Indigenous children, to help understand why these chronic conditions arise disproportionately in Aboriginal communities and how to reduce their incidence.

Another of her current projects includes a study examining the effectiveness of a collaborative model to achieve best practice clinical guidelines for type 2 diabetes in Aboriginal Community Controlled Health Organisations.

While Professor Eades’ research is her passion, improving the health of Aboriginal and Torres Strait Islander people is her ongoing priority.

“My career has been marked by the difficulties of striving to build a conventional individual career path, in addition to being one of the few senior Aboriginal people working in this area and having a challenging and time consuming leadership role,” she says.

Her illustrious career began at the University of Newcastle, where she is now a conjoint professor in the school of Medicine, and includes becoming Australia’s first Indigenous medical graduate to receive a PhD.

Previously, Professor Eades collaborated on projects including the Western Australian Aboriginal Child Health Survey and the establishment of the SEARCH study in New South Wales, a cohort study of more than 1000 urban Aboriginal children.

Here at Baker IDI, we are privileged to be working alongside such a prominent leader in Indigenous and public health research.

Standing works

Most of us are aware that too much sitting is bad for our health. However, research now suggests that prolonged sedentary time contributes to the onset of type 2 diabetes and cardiovascular disease.

The modern workplace, in particular, is a cause of excessive time spent sitting, with most Australians now spending 60 per cent of their waking day sedentary.

Baker IDI and its collaborators have found that regularly intervening sedentary time will help reduce a number of risk factors for disease.

Researchers have also discovered that the health benefits of purposeful exercise are undone if the remainder of a person’s time is spent being inactive.

Associate Professor David Dunstan is leading the ‘Stand up Australia’ study which aims to improve the health of office workers by breaking up sitting time with physical activity.

“We’re now starting to see that irrespective of how active people are – even if they are exercising for 30 minutes a day – if they sit for prolonged periods throughout the day, they are at increased risk of heart disease and diabetes.”

The research study will now go into five organisations and assess disease risks by characterising workers’ sedentary and physical activity patterns during and after work.

“We are looking to develop innovative ways which break up sitting time with short periods of low intensity activity including standing and walking. This includes trialling devices to inform and motivate individuals to change their behaviour.”

The study aims to provide unique evidence to inform policy debate about the need to improve health and productivity in the workplace.
Baker IDI acknowledges the importance of nurturing gifted young medical scientists through the various stages of their careers and enabling them to concentrate on their ultimate objective – to discover the unknown and to develop this knowledge to save and improve the quality of lives.

The Bright Sparks program is a scholarship awarded to scientists to assist them in conducting innovative research in cardiovascular disease and diabetes at Baker IDI.

It provides an opportunity for the community to support the brightest young minds in the country with generous contributions.

This financial support helps exceptional researchers, like Dr Jonathan Habersberger, to continue their research projects.

Following his Cardiology training, Dr Habersberger commenced his PhD research at Baker IDI in 2008 under the supervision of Professor Karlheinz Peter.

“Our research into heart artery disease aims to discover and develop better treatment options for patients who have had, or are at risk of, having a heart attack,” said Dr Habersberger.

In recognition of his achievements, Dr Habersberger was awarded a Bright Sparks scholarship of $6,000 a year which supplements his research funding.

“The Bright Sparks scholarship has enabled me to focus on my studies and my research whilst working alongside world-class academics here at Baker IDI.”

Following his PhD, he plans to undertake further speciality training in Interventional Cardiology with a view to a career involving both clinical work and research.

The Bright Sparks program helps the next generation of elite scientists to shape the future of medical research.

Levels of community support range from $1,500 to $150,000 per year and support a talented researcher for two to three years.

To find out more about how you can help the Bright Sparks program, please contact Bobbie Renard direct on (03) 8532 1141 or by email at bobbie.renard@bakeridi.edu.au

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Donors support world-class medical scientists in the making

Open Garden Day at Cruden Farm

On Sunday 21 March, 2010, Dame Elisabeth Murdoch will once again open the gates of her Cruden Farm estate for the Institute’s Open Garden Day.

Visitors will have an opportunity to tour the beautiful Edna Walling-designed gardens and enjoy fine wine, gourmet food, a sausage sizzle, live music and children’s entertainment.

The award-winning Wes Fleming, whose garden designs have taken the annual world famous Chelsea Garden show in London by storm, will be on hand to answer questions from green thumbs.

Be sure to visit our Healthy Hearts van by the lake, where Baker IDI clinicians will be on hand to provide you with your free health assessment.

Bring the family and enjoy a day of well-being in beautiful surrounds!

Gates will open at 10am and tickets can be purchased on entry.

All proceeds will support urgently needed research into the causes and treatment of cardiovascular disease and diabetes.

Enquires: Bernadette Brodribb 0418 352 066
Embracing significant life changes can often be daunting. But Baker IDI patient, Maria Imperatori, has embraced one of the biggest changes of her life with courage and determination. After living with type 2 diabetes for over 25 years and injecting herself with insulin for most of that time, the busy mother of three now has the all clear to come off insulin.

As anyone with an understanding of type 2 diabetes can attest, the physical and psychological challenges of coming off insulin can be quite intimidating. Type 2 diabetes is a progressive disease and starts off mainly with being resistant to insulin (which the body needs to help convert food into energy). Initially, this is best treated by losing weight and taking prescriptive medication.

However, after a few years, the pancreas often gets “tired” and produces less and less insulin. In these later stages, insulin injections may be required.

Insulin is a good treatment for type 2 diabetes, so people should not be disappointed if it is needed. But it does have side effects like weight gain and hypoglycaemia (low blood glucose levels).

Baker IDI diabetes consultant, Dr Matt Cohen, has looked after only a few patients, including Maria, who were able to stop using insulin after 20 years or more.

“This is mainly due to the availability of new medications for diabetes. Of course healthy eating, regular exercise and losing excess weight also help the pancreas to make enough insulin.”

After enduring gestational diabetes with her three pregnancies and years of not having specialist medical care, Maria decided to take control of her diabetes and improve her quality of life.

“I knew I really needed to do something. I often felt tired and my vision would be blurry. Sometimes, I would ‘see double.’ I used to get down and not feel confident about myself at times.”

With the support of Dr Cohen and a specialist diabetes nurse educator and dietician, Maria has helped lower her blood sugar levels in a year by making nutritional changes to her diet and taking up water aerobics.

Not having to inject insulin several times a day is a good reward for her determination.

More importantly for Maria, who is starting up a walking group, she now has a new lease on life and a desire to motivate others to seek help and make positive changes in their life.

“Given what I’ve learnt, I’d like to be able to encourage other people with type 2 diabetes to consider changes to their lifestyle and eating habits. The good news is that you can improve your health – with some small changes, you can feel good about yourself and enjoy better health.”

“I want to live long enough to see my sons married and see their children.”

Baker IDI’s leading scientists work side by side with experienced doctors in the Specialist Diabetes Clinic, enabling us to link groundbreaking research with direct patient care.

To visit the Baker IDI Specialist Diabetes Clinic, please call (03) 8532 1800. To find out more about supporting our medical research, please call 1800 827 040.

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**Diabetes Friendly Footwear**

Homy Ped® in association with the Baker IDI Heart & Diabetes Institute, has developed a range of Diabetes Friendly Footwear to reduce the incidence of common foot ailments in people living with diabetes.

Take a positive step and ease the pressure of living with diabetes. Homy Ped®... fits your life.

Visit [www.homyped.com.au](http://www.homyped.com.au) or contact us by Phone: 03 9680 1400 Email: homyped@homyped.com.au
Clinical research trials

Baker IDI is recruiting new volunteers for the following trials:

HDL (good cholesterol) and type 2 Diabetes

Do you have type 2 diabetes which is currently controlled by exercise and diet alone? Baker IDI recently discovered that individuals with type 2 diabetes who were treated with HDL or good cholesterol, showed improvement in their glucose control. We now aim to further investigate the mechanisms behind this exciting new discovery.

For further information, please contact Melissa Formosa on (03) 9076 6518 or m.formosa@alfred.org.au

Novel Therapies for the Treatment of type 2 Diabetes

Are you overweight (with or without type 2 diabetes)? Baker IDI is currently investigating the effects of new medicines and developmental compounds of fat and sugar metabolism that may lead to new future treatments for type 2 diabetes.

For further information, please contact Melissa Formosa on (03) 9076 6518 or m.formosa@alfred.org.au

EXERFLOW Exercise Study

Are you between 20 and 70 years of age? Do you have type 2 diabetes and are either on no medication or use up to three of the following medications: metformin, sitagliptin, acarbose, pioglitazone or rosiglitazone? We are investigating whether exercise three days a week can help improve the blood vessel function for people with type 2 diabetes.

For further information, please contact Brett Gordon on (03) 9258 5096 or brett.gordon@rmit.edu.au

Cocoa flavanol study: Cocoa for high blood pressure and diabetes control

Do you have type 2 diabetes and high blood pressure? Baker IDI and the Alfred Hospital are examining whether naturally occurring compounds found in cocoa can improve blood pressure, vascular health and diabetes control.

For further information, please contact Robyn Smith or Elizabeth Maclean on (03) 9258 5916 or robyn.smith@bakeridi.edu.au

IDLE breaks study: IDLE (Intensity Defined Little Exercise) breaks for reducing diabetes risk

Are you overweight and sit for long periods of time? Baker IDI is currently examining whether reducing sedentary behaviour (prolonged sitting time) can help improve blood glucose and blood fat levels in older, overweight adults.

For further information, please contact Miriam Clayfield on (03) 9248 2948 or miriam.clayfield@bakeridi.edu.au or Robyn Smith on (03) 9258 5916.

Diabetes Medication study

Do you have type 2 diabetes and take the drug Metformin? We are investigating whether the study drug helps to control your glucose levels while you are taking your usual dose of Metformin.

For further information, please contact Maria Lawton on (03) 9258 5095 or maria.lawton@bakeridi.edu.au

Participating in clinical research has proven to be a rewarding experience for many. Involvement varies from a simple blood donation and questionnaires, through to routine cardiovascular tests like an ECG, to more involved procedures.

Why do people choose to volunteer for clinical trials?

- To play an active role in their own health care
- To gain access to new research treatments before they are widely available
- To obtain expert medical care during the trial
- To help others by contributing to medical research