Salt consumption facts
Run for Baker IDI
Meet our donors
Words cannot express how much your support means to us at Baker IDI and how many millions of lives your kindness has changed. Every single gift we receive from wonderful people like you goes straight to the heart of our research and allows us to continue to make life-saving research break-throughs. We couldn’t do what we do without your generosity.

I’d personally like to inform you that at the end of the year I will be stepping down from my role as Director of Baker IDI. Being the Director and CEO of Baker IDI for the past 14 years has been a pleasure and during my time I have been so proud to see so many advancements in diabetes and heart disease prevention, diagnosis and treatment. I will continue to stay on as a Cardiologist at Alfred Health, where I have worked as a clinician for the past 40 years. I am confident that the new Director, Professor Thomas Marwick will be an asset to Baker IDI and will continue to lead research discoveries that will positively change the lives of Australians for many years to come.

Thank you for all your support during my time as Director.

With warm wishes,

Professor Garry Jennings AO.

HOW YOUR DONATIONS MAKE A DIFFERENCE

Research funding is very limited and every year only 1 in 4 research projects are successfully funded by the government’s NHMRC.

This is why your kind donations are so needed and allow us to make the medical breakthroughs and fund the research that we do. Without you, 3 in 4 of all the research projects that we work on simply wouldn’t be possible.

So far this year your kind support has made Associate Professor Julie McMullen’s research into heart failure possible, giving hope to over three million Australians currently affected.

Julie explained her motivation, “Heart failure is a real area of unmet need – there are so many people like my grandmother, with a reduced quality of life and the drugs we have for them just aren’t good enough. It has such a big impact on so many lives, and if we can prevent people from dying unnecessarily, then we have to do everything we can.”

Associate Professor McMullen is now looking at conducting clinical trials later in the year and this is thanks to your donations.

In our Tax Appeal, your generous philanthropy made it possible for Dr. Andrew Murphy to advance his research into CVD and prevent deadly heart attacks and strokes. Thanks to you, Dr. Murphy has been able to purchase a flow cytometer machine, essential for his research to progress and be available to heart disease and diabetes patients in as little as five years.

Without your support, so much vital research would never happen. Thank you.

WELCOME PROFESSOR THOMAS MARWICK

After an extensive global search, Baker IDI is pleased to announce that Professor Thomas Marwick has been appointed Director of Baker IDI effective 4 January 2016.

Professor Marwick is currently the Director of the Menzies Research Institute and the University of Tasmania, as well as a Cardiologist at the Royal Hobart Hospital. He holds an MBBS from the University of Melbourne, a PhD from the University of Louvain and an MPH from Harvard School of Public Health.

Professor Marwick will succeed Professor Garry Jennings whom during his 14 year tenure has lead Baker IDI with strong leadership, dedication, strategic vision and guidance. He has cemented the Institute as a key player in cardiovascular and diabetes research, translation, education, advocacy and health promotion on the international stage. In Professor Marwick we have found a brilliant successor who will build on existing strengths with vision and excellence.

We are delighted to welcome Professor Marwick to lead the Institute into its next exciting chapter.
ARE THE FOODS YOU’RE EATING LEADING TO CHRONIC DISEASE?

Baker IDI researchers, Associate Professor Melinda Coughlan and Nicole Kellow certainly think so.

Research suggests that emulsifiers – the food additives found in a variety of processed foods – have the potential to damage the intestinal barrier, leading to inflammation and increasing our risk of chronic disease.

The research was done on medical models, so it’s too early to tell if humans should stop consuming emulsifiers, however the results do present a very interesting area of research.

Foods that contain the emulsifier food additive include: mayonnaise, margarine, ice-cream, lollies, bakery products and many other packaged, processed foods.

What did the research find?

In the medical tests, consumption of the food additives resulted in a condition resembling metabolic syndrome in humans.

People with metabolic syndrome have excessive fat around their abdomen, high blood pressure, increased levels of ‘bad’ LDL-cholesterol and reduced levels of ‘good’ HDL-cholesterol, and poor control of blood sugar. Having metabolic syndrome also increases your risk of chronic diseases such as: type 2 diabetes, heart disease and stroke.

How should I change my diet?

It has yet to be found that these food additives have a detrimental impact on human health. Food Standards Australia New Zealand has approved all current additives in the foods we eat.

The most important take away from this new research is the importance of cooking fresh and healthy meals whenever possible, so you have control over exactly what you’re putting into your body.

THE SCARY FACTS BEHIND SALT CONSUMPTION

For many of us, getting into a car seems more risky than consuming a bag of potato chips but in new research, this may not be the case.

It’s not news that we’re consuming too much salt but today almost one in 20 deaths in Victoria is attributable to high salt intake – six times the annual road toll.

Baker IDI is collaborating with state and federal governments in an initiative to reduce the consumption of salt across the country.

Currently, we’re eating more than 15,000 tonnes of salt a year, almost twice the upper limit of what’s recommended. Australia has committed to a 30% reduction in salt intake by 2015 as part of the World Health Organisation’s global targets to prevent and control non-communicable diseases.

How can I reduce salt in my diet?

1. Eat more fruit and veggies which are naturally low in salt.
2. When cooking, substitute salty sauces such as soy and fish sauce for herbs, garlic and pepper.
3. Take the salt shaker off the table.
4. Buy ‘salt-reduced’ products – many breads, stocks and breakfast cereals are now producing lower salt versions.
5. Save takeaway food for a treat and not a frequent meal.
As you’re most likely aware, the research shows that too much sitting raises your risk of heart disease, stroke, diabetes, colorectal cancer and breast cancer.

Recent reviews suggest that relative to people who sit for low amounts during the day, people who sit for high amounts have a 91% increased risk for type 2 diabetes.

In collaboration with Vodafone Foundation Australia, Baker IDI is excited to bring you YoYo – a new app for smart phones, designed to help you sit less by sending regular reminders to keep moving.

The app will be launched later in the year, so keep an eye out in our e-newsletters or register today at www.bakeridi.edu.au/vodafonepartnership and we’ll contact you when it’s released.

YoYo
– a new app for smart phones, designed to help you sit less by sending regular reminders to keep moving.

‘QUIT THE SIT’ WITH BAKER IDI’S NEW SMART PHONE APP!

RUN FOR BAKER IDI

Winter has well and truly hit and for us that means it’s time to run!

We have a Baker IDI team registered in the Melbourne Marathon and everybody is encouraged to be involved. Participating is a great opportunity to improve your own health and give back to the community.

With distances starting at 3km and going through to the 42km full marathon, there’s something for everybody.

EVENT INFORMATION

Melbourne Marathon

Date: Sunday 18 October
Time: Starting from 7am (Check melbournemarathon.com.au for race start times)
Distances: 3km walk • 5.7km run • 10km run • half-marathon • marathon
Where: Start line on Batman Avenue

To find out more or join the team call Dejana Bosevski on 03 8532 1588 or email Dejana.Bosevski@bakeridi.edu.au
In May this year, five of our amazing donors trekked the World Heritage-listed Inca Trail for Hike for Health all in the name of fundraising for medical research.

These amazing donors raised a total of $30,104 which has all gone towards finding life-saving treatments for heart disease and diabetes.

Michael Renzella was our top Hike for Health fundraiser and shares what Baker IDI means to him below:

**Q. What made you first become involved with Baker IDI?**
**A.** I was invited to a Chairman’s Lunch by Robert Nicholson who I believe is on the board and was very impressed with the information provided and, the general good feeling around the room.

**Q. Why do you donate to Baker IDI?**
**A.** I attended an interesting presentation by David Gonski who focused on giving more but to fewer charities allowing oneself the opportunity to be more involved in the distribution of one’s donation.

**Q. What does giving to medical research mean to you?**
**A.** I am a huge believer that without health, one has nothing and over the years have seen amazing advancements in medicine allowing people to lead better lives not only for themselves but minimising the impact on family and friends.

**Q. What is your biggest inspiration?**
**A.** To turn type 1 diabetes into Type NONE!

**Q. What are your hopes for the future?**
**A.** I believe that research will find a cure or reversal of type 1 diabetes and of course continue with the amazing treatments for the complications associated with the disease. Better education in home economics would be of great benefit to all in both health and financially.

**Q. If you could live anywhere in the world, where would it be and why?**
**A.** MELBOURNE! I love the place and everything that it has to offer and often ask myself why I travel overseas so extensively... maybe it’s just to appreciate home more!

**Q. What are you passionate about in life?**
**A.** My family (we have four children), my health and exercise in a sporting format, enjoying my skiing, golf, hikes and bike rides.
YOU'RE INVITED TO OUR CLASSICAL MUSIC CONCERT

On Wednesday 30th September you’re invited to an evening concert of classical music, with a touch of opera featuring pianist Hoang Pham, violinist Anna Da Silva Chen, cellist Eliza Sdraulig and soprano Nicole Wallace.

The concert will be raising money for Baker IDI’s heart and diabetes research, with all proceeds from tickets going towards this important cause.

**Date**  
Wednesday, 30 September

**Time**  
7:30pm

**Where**  
Deakin Edge, Federation Square  
Corner Swanston St & Flinders St,  
Melbourne VIC

Purchase tickets online: [Tix.yt/bakerconcert](http://Tix.yt/bakerconcert)

RIDING 3700KM FOR DIABETES

James Coatsworth was diagnosed with type 1 diabetes 18 months ago when he was 30 years old. Instead of letting this hinder his life, the Wycheproof farmer decided to cycle a solo 3700km from the top of Mount Wycheproof (Vic) to Cape York (Qld) and raise awareness and funds for type 1 diabetes, with all donations going to Baker IDI.

To support James or find out more about his journey, see his Everyday Hero webpage at [https://give.everydayhero.com/au/top-to-tip](https://give.everydayhero.com/au/top-to-tip)

SUSAN ALBERTI MEDICAL RESEARCH FOUNDATION

As one of our special donors, you’re invited to the Susan Alberti Medical Research Foundation (SAMRF) Signature Ball, one of Melbourne’s most prestigious social calendar events.

Since its inception SAMRF has raised and donated millions of dollars to furthering medical research. In 2013 SAMRF joined forces with St Vincent’s Institute of Medical Research, the Walter and Eliza Hall Institute and the Baker IDI Heart and Diabetes Institute to further research and progress towards finding a cure for type 1 diabetes.

The 2015 Signature Ball will showcase world class talent including The Australian Ballet, musical director Chong Lim and his orchestra and a breathtaking feature performance by Tina Arena. The Master of Ceremonies for the evening will be Craig Willis.

**Venue**  
Palladium Ballroom, Crown Towers,  
8 Whiteman Street, Southbank

**Time**  
6:45pm sharp until midnight, Saturday 22 August

**Dress**  
Strictly Black Tie

**RSVP**  
Friday 24 July  
t 03 9560 1595  
f 03 9561 6638

For bookings, email: [info@susanalbertifoundation.org.au](mailto:info@susanalbertifoundation.org.au)

**TICKET OPTIONS**

1. **$380** per head
2. **$3,800** corporate table for 10 guests
3. **$7,000** platinum table for 10 guests

$380 per head  
$3,800 corporate table for 10 guests  
$7,000 platinum table for 10 guests
homyped® DIABETES FOOTCARE PARTNERSHIP

Peripheral neuropathy is a common condition that can affect people living with diabetes. When this occurs, feet are vulnerable to injury due to low or no sensitivity.

homyped has collaborated with Baker IDI since 2006, to ensure their diabetes footwear meets Baker IDI’s engineering and fitting standards. The footwear is designed to help reduce the likelihood of common pressure or friction-related foot ailments in people living with diabetes.

Jump online at homyped.com.au to view the range and step into a pair today by visiting your local homyped stockist.

A percentage of sales helps support Baker IDI and our important research into diabetes and heart disease.

HAPPY BIRTHDAY THELMA!

Thelma Spicer MBE, who is a long time friend and supporter of Baker IDI Heart & Diabetes Institute, recently celebrated her 99th birthday in the company of some very special friends and family. Olive Thurlby, her younger sister who organised the gathering, also celebrated her 95th birthday in May.

Some of Thelma’s past students showed their thanks and respect by providing a collage of photos of themselves as preschoolers aged between 2-6 years. Thelma played a significant role in their lives as the Director of the Princess Elizabeth Kindergarten in Burwood, teaching the hearing impaired preschoolers.

Thelma was recognised for her innovative and groundbreaking teaching methods in 1952 when she was awarded an MBE. Prior to her teaching work, Thelma served in the RAAF during the second world war and became an officer.

Baker IDI is extremely grateful to Thelma as a long standing supporter of over 26 years. She has made a difference in the past with her support, and by leaving a gift in her Will she will be part of our future success.

Everyone at Baker IDI would like to take this opportunity to wish both Thelma and Olive happy and healthy times ahead.

If you wish to leave a gift in your Will or would like to talk with Viv Talbot regarding this matter please call Viv on 03 8532 1513 on Tues, Wed, Thurs or email vivian.talbot@bakeridi.edu.au

BAKER IDI LIFE RIDE

Baker IDI contributes to better health by promoting awareness of the optimum prevention and management of disease within communities of interest, such as cycling.

Launched in 2015, Baker IDI has formed a cycling group to communicate with this interest group called Life Ride.

If you’re interested in being kept up to date with all the latest events and included in these emails, please email fundraising@bakeridi.edu.au, with your name, email and donor number.
Zucchini, feta and ricotta fritters

Feta and zucchini co-star in this café brekky favourite. Here, they are bound together by ricotta, which gives a lovely lightness that fritters often sadly lack. Make extra so you have some left over for lunch.

Recipe from the book The Baker IDI Healthy Cholesterol Diet and Lifestyle Plan by The Baker IDI Heart and Diabetes Institute and photography by Chris Chen, published by Penguin RRP $35.00.

You can use low-fat cottage cheese instead of ricotta, if you prefer.

1 Preheat the oven to 180°C (160°C fan-forced). Line 2 baking trays with baking paper.

2 Place the tomatoes on one of the prepared trays with the thyme and garlic, then roast for 15–18 minutes or until the tomatoes start to split. Reduce the oven temperature to 100°C (80°C fan-forced) and leave the tomatoes in the oven.

3 Meanwhile, for the fritters, place the zucchini in a colander and squeeze out as much liquid as you can. Whisk the ricotta, buttermilk and egg yolks in a large bowl until combined. Sift the flour and baking powder over the ricotta mixture, then whisk until just combined. Stir in the zucchini, feta, spring onion and mint.

4 In another large bowl, using an electric mixer on medium speed, beat the egg whites and a pinch of salt until stiff peaks form. Using a large metal spoon or spatula, gently fold the egg white into the batter.

5 Heat a large non-stick frying pan over low–medium heat. Working in batches, spray the pan lightly with oil and scoop ⅛ cup (125 ml) measures of fritter mixture into the pan. Cook for 3–4 minutes on each side or until puffed, well browned and just cooked through. Transfer to the second baking tray, cover with foil and keep warm in the oven until ready to serve. (Makes 8.)

6 Serve 2 fritters per person, with one-quarter of the roasted tomatoes, a little of the garlic, the spinach and relish, with lemon cheeks to the side, if desired.

NUTRITIONAL ANALYSIS

| Energy (kJ) | 421 |
| Protein (g) | 22 |
| Total Fat (g) | 11 |
| Saturated Fat (g) | 5 |
| Carbohydrate (g) | 39 |
| Fibre (g) | 6 |
| Soluble Fibre (g) | 1 |
| Sodium (mg) | 557 |

SERVES PREP COOKING

| 4 | 20 mins | 30 mins |