Inside Baker IDI
Protecting the health of all Australians

CELEBRATING 90 YEARS OF RESEARCH
BAKER IDI AND ARTOLUTION
CRUDEN FARM 2016
Thank you,

Professor Garry Jennings – Achievements over 15 years of directorship.

Baker IDI has been very fortunate to have had an inspiring leader in Professor Garry Jennings, who last year ended his 15 years with the Institute.

A lot has changed during Garry’s time at Baker IDI.

Garry’s major achievements include the establishment of a nationally significant Aboriginal Health program, based in Central Australia. His passion to see this program succeed extended to personally mentoring several Aboriginal researchers, who are now leading figures in the country’s health and medical research sector.

In 2008, Garry initiated and led the successful merger of the Baker Heart Research Institute and the International Diabetes Institute to form Baker IDI Heart and Diabetes Institute. The obesity epidemic created a strong rationale for Australia’s first heart and diabetes institute. As a result, Baker IDI is now one of the leading medical institutes in the country.

Garry’s leadership role in the national and international scientific community should also be noted, with Garry being appointed an Officer of the Order of Australia in 2013.

A special thanks from Professor Garry Jennings AO, Cardiologist and Director of Baker IDI for the past 15 years.

It has been a wonderful privilege to be Director of the Institute for almost 15 years. During that time we have received much kind and generous support from our donors.

We could achieve nothing without them. Please continue your support.

My thanks to you all.

Garry

The Baker IDI Ride for Health Japan is a 10 day cycling adventure giving you the opportunity to ride your bike through some of the most beautiful roads in the world whilst taking in the Japanese culture. The tour is being conducted to raise money for Baker IDI.

For more information, refer to the website www.connectsport.com.au/tourjapan2016/ or contact Bade Stapleton via email at bade@connectsport.com.au or on 0407 114 439.

JEAN HAILES FOR WOMEN’S HEALTH – FREE RESOURCE FOR NEW PARENTS

Did you know?

- Up to 1 in 3 women will experience postnatal depression
- Nearly 1 in 10 women will experience postnatal anxiety
- Around 1 in 10 fathers will experience clinical or psychological distress in the first 5 years of fatherhood

Jean Hailes for Women’s Health is a national not-for-profit organisation dedicated to improving the physical and emotional health and wellbeing of women across the life span. To guide new parents through the first 6 months of a baby’s life, they have recently released an app. The free app is also supported by a moderated blog, visit www.jeanhailes.org.au/what-were-we-thinking

Search for: ‘What were we thinking’
Exciting, new research has found that for people with Type 2 diabetes, adding just a few minutes of exercise each day can lower blood pressure.

As Dr. Bronwyn Kingwell, Baker IDI’s head of Metabolic and Vascular Physiology explains, “It appears you don’t have to do very much. We saw marked blood pressure reductions over trial days when people did exercise equivalent to walking to the water cooler.”

Having both type 2 diabetes and high blood pressure can significantly increase the risk of heart attacks and strokes. This is the first study that looks at the effects of short bursts of exercise on type 2 diabetes patients in a laboratory setting.

Previous research has also found that sitting for long periods of time raises risks of obesity, high blood pressure, high blood sugar, high cholesterol and cardiovascular disease.
BLUE ILLUSION PRESENTS AGELESS STYLE

Style is not defined by age but rather an attitude. This Autumn our friends at Blue Illusion embrace Ageless Style as their fashion campaign and inspiration for the season.

To launch the season, Blue Illusion are holding a National Styling Workshop in stores across Australia & New Zealand on Thursday 3rd March 2016. 7% of the day’s in-store and online proceeds will be donated to Baker IDI.

Blue Illusion celebrates the spirit of women, their passion for life and generosity of heart. This year’s fundraiser will support the work of one of Baker IDI’s leading female researchers Associate Professor Dianna Magliano. The discoveries from Dianna’s important research will help to develop new diabetes treatments and prevention strategies.

Need an excuse to shop? Spend your $25 gift voucher in-store or online on Thursday 3rd March 2016. Together, let’s connect to make a real difference.

THE LINK BETWEEN HEART DISEASE AND DEPRESSION

Heart attack survivors often face a hidden problem as they recuperate – post-recovery depression.

It has been found that 20 per cent of those that suffer a heart attack go on to develop major depression, with many others experiencing feelings of sadness, worry, anger and shock immediately after their emergency.

As anxiety can contribute to another heart attack, doctors want patients to be aware of the link and be given more information on how to cope.

Baker IDI’s Dr. Arup Dhar said there are various reasons why someone may develop depression after a heart attack.

As Dr. Dhar explains, “Any adjustment after a major life event can lead to depressive symptoms and your risk increases significantly if you have major mental illness.”

Dr Dhar believes that screening patients for depression before they are discharged from hospital would help to give sufferers the information they need on what to do if they’re affected.

The facts:
- 20 per cent of those that suffer a heart attack go on to develop major depression
- Men are more likely to experience a heart attack but women are over-represented in depressive cases
- Silence around the topic can increase a person’s suffering
- Patients that develop depression post heart attack take longer to recover and are more likely to have another heart attack

WELCOME TO

Foundation 49

Foundation 49: Men’s Health has now joined Baker IDI. Foundation 49 has been operating for 14 years and we’re happy to have them join us at our headquarters in Melbourne.

What is Foundation 49?
Foundation 49 is an initiative that works to enable men to live longer and healthier lives through providing resources to further their health knowledge and encouraging health checks.

Why men?
Every hour in Australia four men die from conditions that are potentially preventable – that’s 35,000 men a year. At all ages men experience higher mortality rates than women for cancers, diabetes, and diseases of the circulatory system. 74% of alcohol related deaths occur in men and more than two thirds of Australian men are overweight or obese. 1 in 8 men experience depression at some stage in their life.

Want to know more?
Visit the website:
www.49.com.au

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HOW DOES THE WEATHER AFFECT OUR HEALTH?

Summer is here and you may have noticed that the change in season can also bring about changes to your health and mood.

Professor Merlin Thomas has highlighted some common symptoms that are noticed.

**Arthritis**: As the weather warms, those with arthritis or chronic back pain often find that their symptoms improve.

**Headaches**: People prone to headaches report less occurrences in summer or winter as opposed to the more unpredictable weather in spring or autumn.

**Mood**: The sensors in our eyes process sunshine and have a positive impact on our alertness and mood.

**Skin**: Our skin uses the ultraviolet radiation in sunlight to make vitamin D which also has important vital functions for health and well-being.

**Allergies**: Pollen and dust, more common in Australia at this time of year can be an irritant to eyes, noses, lungs and those with allergies. Warm and moist conditions also promote the release of fungal spores which can set off allergies.

**Breast and prostate cancer**: These cancers are more commonly diagnosed in the warmer months, however this is probably more due to behaviour.

Baker IDI works closely with the Western Desert Dialysis headquarters in Alice Springs to improve the lives of those living with kidney disease, a common consequence of diabetes.

Earlier this year, Baker IDI engaged with artist, Max Levi Frieder founder of Artolution. Max believes that communities can be empowered through collaborative art making and is passionate about using this creative expression to inspire unification across generations.

The Baker IDI project was painted with local Alice Springs youth from the ideas of the dialysis patients. The elders and children gathered around a fire where kangaroo tail was being cooked and discussed the importance of bush tucker and representing the stories of the native animals. The group was made up of different mobs but shared a camaraderie of values.
Making a lasting difference
You too can be like the Medwin’s, leaving a legacy for your children, grandchildren and great grandchildren, who will benefit from the support of this vital research.

Please call Viv Talbot, Relationship Manager – Bequests on 03 8532 1513 Tuesdays, Wednesdays and Thursdays only, if you wish to discuss leaving a gift in your Will.

CRUDEN FARM 2016
Join us at Cruden Farm, Australia's most famous private garden for the Baker IDI Open Garden Day 2016. 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.

ENTRY FEE $25 (FREE FOR UNDER 18’S)

You're invited
Baker IDI Crudem Farm
Open Day 2016
• Sunday 17th April 10am-3pm •
Crudem Farm, Cranbourne Road,
Langwarrin, Melway Ref 103 G6
Book online at

JOAN AND BARRY MEDWIN
Joan and Barry Medwin found each other 22 years ago after losing both their respective partners. They consider themselves lucky, being rich with life, not material things. They have been supporters of Baker IDI Heart and Diabetes Institute since 2004 and their interest in research is paramount. Both Joan and Barry and families have a history of heart disease, hence their dedicated support of vital research. Recently they wrote

“Our dream is that there will be enough money available for research into cardiovascular disease so that nobody needs to suffer from cardiac arrest or heart failure.”
The Australian Institute of Health and Welfare recently released a report showing heart disease is still the most common cause of death in Australia, and has been the single largest cause of death for the past five years.

Baker IDI run a free risk clinic called the Healthy Hearts Clinic in Prahran, Melbourne. The clinic aims to help people identify and address their risk of developing cardiovascular disease.

**How is your risk assessed?**
A nurse will assess the following factors, to calculate your absolute risk of a major cardiovascular event, such as a heart attack, in the next five years.

- Risk of developing diabetes
- Smoking status
- Blood cholesterol and other blood fats levels
- Blood pressure
- Excess weight
- Physical inactivity level

**What does a Healthy Hearts check involve?**
A trained nurse will:

- Ask you a series of questions to assess lifestyle factors and your medical history
- Measure your blood pressure, height and weight
- Take a small finger prick blood sample for cholesterol and blood sugar level measurement.

**The visit should take 30 – 45 minutes.**

**Healthy Hearts Clinic Information:**

**Operating hours:** Monday – Friday, 9am – midday
**Telephone:** (03) 8532 1999
**Email:** healthyheartsclinic@bakeridi.edu.au
**Location:** The Alfred Centre
Level 4 (via the B lifts),
99 Commercial Road
Melbourne VIC 3004

To find out more or join the team call Dejana Bosevski on 03 8532 1588 or email Dejana.Bosevski@bakeridi.edu.au
Crispy chicken with raw beetroot relish and apple slaw

Walnuts are a terrific source of omega-3 fatty acids and eating a small handful a day helps to reduce blood cholesterol levels. Scattering them in your slaw not only adds texture and interest, but also complements the tanginess of the beetroot relish.

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

CRISPY CHICKEN
• 1 large egg, lightly beaten
• ½ cup (45 g) rolled oats
• 2 tablespoons psyllium husks
• 400g chicken tenderloins
• 1 tablespoon plain flour olive oil spray, for cooking

RAW BEETROOT RELISH
• 2 tablespoons malt vinegar
• 1 tablespoon chopped flat-leaf parsley
• 1 teaspoon soft brown sugar
• 1 beetroot, peeled and grated

The beetroot relish can be made a day or two ahead and stored in the fridge.

APPLE SLAW
• 2 tablespoons lemon juice
• 2 tablespoons extra virgin olive oil
• 2 teaspoons honey
• 1 teaspoon dijon mustard
• 1 bulb fennel, shaved
• 2 celery sticks, thinly sliced on the diagonal
• 1½ cups (120g) finely shredded red cabbage
• 1 green apple, cored and cut into thin slices
• 2 tablespoons walnuts, toasted

NUTRITIONAL ANALYSIS

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SERVES | PREP | COOKING
---     | ---  | ---
4       | 10 mins | 35 mins
plus 30 minutes standing

1 For the beetroot relish, combine the vinegar, parsley and brown sugar in a glass bowl and stir until the sugar has dissolved. Add the beetroot and stir well. Season to taste with a little sea salt and freshly ground black pepper. Set aside for 30 minutes or longer, stirring occasionally, for the flavours to develop.

2 Whisk the egg and 1 tablespoon water in a shallow dish, then combine the oats and psyllium husks in another shallow dish. Pat the chicken dry with paper towel. Put the chicken into a large zip-lock bag with the flour. Shake the bag to coat the chicken.

3 Working with one piece of chicken at a time, dip the chicken into the egg mixture, shake off the excess, then dip it into the oat mixture. Press the chicken firmly into the oat mixture to coat well. Place on a baking tray lined with baking paper, cover with plastic film and refrigerate until required.

4 For the slaw, place the lemon juice, olive oil, honey and mustard in a jar. Seal with the lid and shake until emulsified. Season to taste. Combine the fennel, celery, cabbage and apple in a large bowl. Drizzle over the dressing and toss to coat, then sprinkle with the walnuts.

5 Heat a large heavy-based non-stick frying pan over low–medium heat. Spray the chicken lightly all over with olive oil and cook for 4–5 minutes on each side or until browned and just cooked through. Be careful of the temperature; the chicken needs to be cooked slowly so that it cooks through and the crust doesn’t burn, so reduce the temperature if necessary.

6 Divide the chicken, beetroot relish and slaw evenly among 4 plates, then serve.