

in a **Heartbeat...**

Issue 12

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From the Director's Desk

Welcome to the latest edition of *In a Heartbeat*. In this issue you'll read more about the important research you've helped to make happen. There's also news of The Heart Research Institute's remarkable results in achieving prestigious scientific awards and details of an important new alliance with *Karma Currency*.

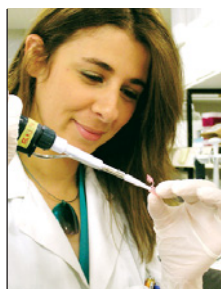
Guy Leech gives you five good reasons for exercising every morning and there's a delicious new recipe for Seafood Paella from Heart Food – *the Healthy Heart Cookbook*. I hope you enjoy this latest edition of *In a Heartbeat*.




Professor Philip Barter
MBBS, PhD, FRACP
Director
The Heart Research Institute

Spread good karma to help the fight against heart disease

We have joined forces with *Karma Currency*, a new fundraising web site – www.karmacurrency.com.au At *Karma Currency*, you can create your own Gift List or spread some good karma to your friends, family or colleagues via a gift voucher that will help fight heart disease. Recipients simply redeem their voucher and pass on their donation to The Institute. Perfect for Christmas, birthdays or any special occasion... you can set up a personalised gift registry and invite your friends and family to donate a gift that will literally help to save lives.



Our research findings presented to the world

A *delegation* of Heart Research Institute scientists presented their research findings at the recent International Vascular Biology Meeting (IVBM) at Sydney's Convention and Exhibition Centre, Darling Harbour.

Scientists from all over the world were able to exchange new findings and ideas in a stimulating and friendly environment. Among them, 16 scientists from our Cell Biology, Clinical, Free Radical, Gene Regulation and Lipid Research Groups, all attended the IVBM to present their discoveries in a series of poster and oral presentations.

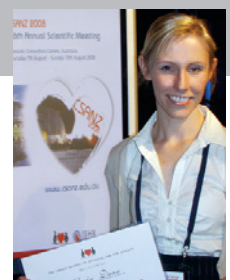
The abstracts for these presentations covered various areas of heart disease and its treatments and risk factors, including Angiogenesis (the growth of new vessels to compensate for blocked ones), diabetes, inflammation, atherosclerosis (the build-up of fatty material within arteries), oxidation, and cholesterol, to name a few.

All of our presenters demonstrated the high quality of their research at the meeting with a few particularly outstanding examples, notably Daniel Sieveking, a PhD Student of the Angiogenesis Research Group, Dr Bronwyn Brown, a postdoctoral scientist of the Free Radical group, Kim Tran, a PhD Student of the Lipid Research Group, Dr Fatiha Tabet, a postdoctoral scientist and another member of the Lipid Research Group and Professor Michael Davies, the leader of the Free Radical Group, together with one of his postdoctoral scientists, Dr Nadina Stadler.

The meeting showcased the latest advances in vascular biology in a series of plenary sessions, workshops, poster sessions and free abstract presentations. To read more about The Heart Research Institute's involvement in the IVBM, visit our newsroom at www.hri.org.au

HRI research Highlights

Louise Dunn Wins
Ralph Reader Award



Dr Louise Dunn, a post-doctoral scientist with our Angiogenesis Research Group, has **won the Basic Science Ralph Reader Young Investigator Prize** for her research into the impaired formation of new blood vessels (a process called angiogenesis) in people with diabetes. This award was presented at the Cardiac Society of Australia and New Zealand (CSANZ) meeting in Adelaide. Our Institute has a consistent history of success in the Ralph Reader Prizes, reflecting the consistently high quality of research within the institution.

The CSANZ Ralph Reader Prize is one of the most prestigious and sought-after national awards for Young Investigators in cardiovascular research. Finalists are selected to present their

work to an international scientific audience at the Annual Scientific meeting of CSANZ. Dr Dunn has discovered that a particular protein, TXNIP, which is present at elevated levels in people with diabetes, acts as a switch to turn off blood vessel formation, which comes as a bodily response to partially compensate for blocked arteries. By stopping this protein at cellular level, Dr Dunn proposes that this may help people with diabetes begin to regain their ability to form new blood vessels, even with the presence of high blood sugar.

"This exciting discovery has the potential to open up new avenues of therapy for people with diabetes and heart disease," said Dr Dunn.

Paella with Seafood*



Ingredients

- 2 tablespoons olive oil
- 2 small white onions, chopped
- 2/3 cup (160g/5 1/2 oz) medium grain brown rice
- 1/2 teaspoon sweet or sweet smoked paprika
- 1/2 teaspoon turmeric
- 4 small tomatoes, chopped
- 2 medium carrots, finely sliced
- 4 large cloves garlic, sliced
- 1 1/2 cups (375ml/13fl oz) water
- 1 1/2 cups (375ml/13fl oz) white wine
- 1 cup (250ml/9fl oz) salt-reduced chicken stock
- 600g/1 lb 5oz fresh seafood marinara mix
- 1 cup frozen peas
- 1/3 cup chopped dill
- 1 lemon, cut into wedges

*** Ingredient option**

Instead of seafood make it with:

- Chicken breast strips
- Fish - cut into cubes
- Hard tofu - cut into cubes

Makes 4 serves.

Each serving contains 3 serves of vegetables.

Per serve:

- 2093 kilojoules (499 calories)
- 39g protein
- 14g total fat (2g saturated fat)
- 45g total carbohydrate (3 exchanges)
- 8g fibre
- 616mg sodium

Directions

1. Heat the oil in a large saucepan over a medium-low heat. Add the onion and cook, stirring occasionally, for 1-2 mins.
2. Add rice, paprika and turmeric and stir constantly for 2 minutes before adding the tomato, carrot, garlic, water, wine and stock.
3. Reduce the heat and cook uncovered, stirring occasionally, for 20-50 minutes or until the rice is tender and the liquid is almost absorbed. Add more water if needed.
4. Add marinara mix and peas, stir gently for 3-5 minutes or until cooked. Stir through the dill and serve with lemon wedges.

Hint: If using mussels or pippies in the shell, add them for the final ten minutes of rice cooking.

HEALTH BEAT

- Look for the lowest sodium vegetable stock you can find – ours contained 210mg /100ml.
- Seafood is a good source of satisfying protein and heart-friendly omega-3 fats.
- Brown rice is a wholegrain food.



To receive a FREE copy of our new booklet, *Executors Information Register*, or continue your support well into the future, via a bequest, please email bequest@hri.org.au or phone (02) 9241 4300 for a FREE bequest booklet.

If you are interested in attending one of our **FREE Director's Talk & Tour of The Heart Research Institute** (including a light lunch) please call **(02) 9241 4300** or e-mail events@hri.org.au

With Heartfelt Thanks For Your Support

5 reasons
to exercise every morning

Guy Leech's

Fitness Forum



I don't think it will come as too much of a surprise that the No. 1 excuse for not exercising on a regular basis is: "I don't have the time". Well I reckon you do... plenty of it... in fact, 168 hours a week. Is it really that hard to give just 3 or 4 of those hours every week to improve your health and quality of life?

Improved energy boost for the day: People who get up earlier and get it done have a far better chance of building a habit that will continue for the rest of their lives. Once you break through those initial body aches, you'll find you actually start liking the whole experience. Imagine that!

Better performance at work: It's no secret that an early morning workout decreases our stress levels. When we begin our day by exercising, the reduction of stress, however slight, can make us more focused, more energised and ready to tackle the day's responsibilities. Working out increases blood flow to the brain and gives us a more alert mind, so morning exercise is great preparation for helping us successfully get through our day.

Increased metabolism throughout the day: Exercise causes our metabolic rate to increase – meaning our bodies burn calories more quickly and efficiently – for approximately four to eight hours after a workout, depending on what you do and the intensity with which you do it. This boost could be more beneficial in the morning because the spike lasts throughout the day. If you exercise at night, you'll still reap the benefits of the boost, but for a shorter period (because you'll probably be sleeping relatively soon after). Not only that, but people who exercise in the morning also tend to make better choices regarding food throughout the day.

Money in 'the health bank': The likelihood of the day getting away from us and missing a workout is fairly common. People who exercise at the end of the day have to contend with just that – meetings going overtime, unexpected hassles popping up during the day. Get in the habit of setting the alarm clock a little bit earlier and getting a session done before work. There is strength in knowing you have completed the workout at the start of the day. It's something that I always do!

A happier outlook: One reason that exercise reduces stress is because it releases endorphins – chemicals that elevate mood and decrease pain levels. It's like a natural dose of morphine... our body's way of compensating for the stress we put on it while exercising. Think of it as a reward. Ever heard of 'runner's high'? Some consider the rush of endorphins to be a euphoric experience, while others feel a general calmness after working out. Starting out the day with an energy boost and higher spirits will have even more positive, lasting effects on the rest of the day. I train groups every morning during the week. One area of commonality I notice from the hundreds I train in the morning is their improved attitude to the day.

For more information go to www.guyleech.com

Guy Leech



HEART RESEARCH INSTITUTE

Science for Living

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