The relief of pain and suffering and the promotion of well-being, through an understanding of the fundamental mechanisms of cardiovascular biology in health and disease.
With donated funds, St. Vincent’s Hospital established the Victor Chang Cardiac Research Institute, which was launched on February 14, 1994.

Foreword

On 1 July 2009, Mary Aikenhead Ministries was established by the Congregation of the Religious Sisters of Charity of Australia, to assume the governance role previously held by the Congregation in relation to various health and aged care, research, education and welfare ministries, including the Victor Chang Cardiac Research Institute.

The name Mary Aikenhead Ministries is both a tribute to, and reminder of, the extraordinary work and ministry of Mary Aikenhead, the Foundress of the Sisters of Charity, who dedicated her life to service of the poor.

Richard Harpham
Chairman, Trustees of Mary Aikenhead Ministries

The Trustees of Mary Aikenhead Ministries would like to congratulate both Steven Lowy and Bob Graham on the continued success of the Institute. The contribution it continues to make to the health and research communities is extraordinary. The Trustees are very grateful that people of great commitment and ability (both Directors and staff) have contributed so much to ensure that the Institute continues to excel, notwithstanding the many challenges it faces.

On behalf of the Trustees of Mary Aikenhead Ministries, I am pleased to commend to you the 2010 Annual Report of Victor Chang Cardiac Research Institute.

Richard Harpham
Chairman, Trustees of Mary Aikenhead Ministries
2010 CHAIRMAN’S REPORT

Steven Lowy
Chairman

Each year this report provides me with an opportunity to put the many activities of the Institute into some context to explain, at a high level, what we do, why we do it, and what have been the results.

It’s also an opportunity to recognise the outstanding contribution so many people make to help us achieve those results.

So let me begin with the big picture.

The Victor Chang Institute is a research institute. We exist to do the hard, grinding work of better understanding the causes of heart disease and to bridge the gap between that understanding and a clinical application that will make a material difference for patients.

I want to emphasise the hard work aspect of the Institute because it is the reality. Big breakthroughs are rare. When they do come, they are usually the result of literally years of toil and hard work aspect of the Institute because it is the reality. Big breakthroughs are rare. When they do come, they are usually the result of literally years of toil and administrative and legal expenses, but also mundane but equally essential services like lighting and telephones.

In Australia the death rate for all major types of CVD has fallen by 80% since the 1960s – an advance due directly to advances in medical research. In 2010, advances like these achieved by the Victor Chang Institute were reported in leading international journals such as Nature and Nature Structural Biology.

In addition to excellence in research the Institute also fulfils an important role in raising awareness of heart disease. In 2010 we launched the Victor Chang Health Check Booth. The booth is designed to encourage people to have their blood pressure, cholesterol and blood sugar levels tested to increase their awareness of cardiovascular risk factors. The booth has been trailed at a number of venues in and around Sydney. This is just one example of how we are continually taking our message to the wider community.

Of course, to undertake our research and community programs the Institute faces an ongoing challenge to carefully manage its budget and undertake a range of fundraising activities.

This challenge is made all the harder by a self-perpetuating problem inherent in the current system of funding for medical research institutes like the Victor Chang. Fundamentally, there is an ever-widening gap between the federal grants received for research and the limited funding available for indirect costs that are necessary to undertake that research. When we receive a much-needed grant to pursue an important research project, we then have to generate new income to fund the essential items to actually carry it out – not just scientific equipment and administrative and legal expenses, but also mundane but equally essential services like lighting and telephones.

In 2010 the Institute welcomed a generous new supporter - Priceline. Priceline donated a proportion of the sale price of every bottle of Nature’s Own and Blackmore’s Fish Oil to heart disease research. Our partnership with Priceline will continue in 2011 when they launch their new ‘Sisterhood’ initiative that will focus on the heart health of women.

We also thank KIA for including the VCCRI in their Ambassador’s Program. Each of their Ambassadors is given the use of a KIA for at least one year and, in our case, we have been able to use it to transport our Health Check Booth from venue to venue. KIA also chose the VCCRI to be their charity partner in a promotion launching their new car.

Our efforts to meet this challenge are ably led by the board’s Appeals Committee, now chaired by new board member, Louise Di Francesco, who took over from John McGugan who served in this role for many years. One of the major fundraising events each year is our traditional ‘Heart-to-Heart Ball’ and last year we were honoured that the Prime Minister, Julia Gillard, made a special effort to attend.

She spoke about the lasting impact Victor Chang has had on the lives of many Australians and her presence also provided an opportunity to raise some important issues, like the fundraising challenge I just mentioned.

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The Commonwealth Bank generously agreed to print our message about the warning signs of heart attacks, and what to do until help arrives, on the back of their envelopes during 2010.

Another successful event was this year’s Crabfest charity lunch organised by VCCRI Ambassador Cameron Irving and his committee, and the Victor Chang Award for Excellence in Cardiovascular Journalism was launched at the VCCRI ball in 2010. Today Tonight Perth reporter Mark Gibson received the Award for Excellence in Cardiovascular Journalism for his story about a heart attack by having their risk factors checked regularly.

This campaign has a special significance for the VCCRI as our friend and colleague, finance manager Monica O’Loughlin died suddenly of a heart attack. A 51-year-old mother of five, Monica delayed seeing a doctor about some classic symptoms of a coronary artery disease. It is hoped that 2011 will see the start of a yearly lunch to honour Monica, called ‘Women and Heart Disease’, which aims to further raise awareness that cardiovascular disease affects not just men but women too. Four times more women die from heart disease than breast cancer.
I’d like to take this opportunity to acknowledge and thank our longterm friend and supporter, Aldo Santamaria, who staged a very successful Sportsman’s Lunch for the Institute, and to Sharon and Andrew Cooper who are donating part of the proceeds of their book How to Grow Superfoods to the Institute. Despite the difficulties we face to continually win research grants and then find the funds to carry out that research, the VCCRI financial position remains sustainable. We had budgeted for a loss in 2010 of about $2.1 million. However, I am pleased to announce we completed the year with a loss of only $808,596. This performance was driven by better-than-budgeted grant and other income and stringent cost control. I would like to acknowledge the leadership of the chair of the board’s finance committee, John Kean, who has been a tireless contributor to the Institute over many years. It is not possible to thank every organisation and individual that supports our work but it is important for them to know how much we value their contribution. Quite simply, without it the Institute would not be here doing the life-saving work that it does. This support is provided through financial assistance, but also through the provision of services, such as that provided by Anne-Marie Allgrove and Ms Mary Saywell and their team at Baker McKenzie who offer pro bono legal advice to the Institute. Finally, I would like to acknowledge the ongoing commitment, support and advice provided by the Trustees of the Mary Aikenhead Ministries, Board Member Sr Anthea Groves and Appeals Committee Member, Sr Clare Nolan. It has been another successful year for Victor Chang, one in which we have made further inroads into better understanding one of the greatest health challenges of our times. We continue to find answers that make a real difference to people’s lives and this gives us hope and inspiration to continue the work. On behalf of the board, I would like to extend our thanks to the many people and organisations that help us continue our work. All of us at the Institute – the board, our executive team, and research and support staff – value this enormously, and we look forward to working with you into the future.

It has been another successful year for Victor Chang, one in which we have made further inroads into better understanding one of the greatest health challenges of our times.
Every five years the VCCRI undergoes a rigorous and stringent review by an international panel of experts in medical research. These valued consultants exhaustively evaluate our research programs and provide advice on our future research directions and strategy. We sincerely thank our panel for their generous time and advice which ensures our research can continue to be counted amongst the best in the world.

Scientific Advisory Board Members

Professor Doug Hilton, (Chair), Director Walter & Eliza Hall Institute, Melbourne, Research Professor of Medical Biology and Head, Dept of Medical Biology, University of Melbourne, and a fellow Australian Academy of Science.

Professor Witold Filipowicz, Friedrich Miescher Institute Basel, Switzerland. Professor of Biochemistry, member of the European Molecular Biology Organisation and the Academia Europea.

Professor Lily Jan, Dept of Physiology & Biophysics, University of California, San Francisco, USA. Professor Jan is the Jack and DeLoris Lange Professor Physiology & Biophysics, University of California, a member of the Howard Hughes Medical Institute and of the National Academy of Sciences, USA.

Professor Janet Rossant, The Hospital for Sick Children, Toronto, Canada, Professor, Departments of Molecular Genetics, Obstetrics/Gynaecology & Paediatrics, University of Toronto, Chief of Research, Research Institute, Distinguished Investigator, Canadian Institutes of Health Research. Member of the American Academy of Arts & Sciences, USA & Foreign Associate, National Academy of Sciences, USA.

Professor Stephen Vatner, Chairman, Dept Cell Biology & Molecular Medicine at University of Medicine & Dentistry, New Jersey Medical School.

Findings

The Board’s major findings were that: “The Institute has developed to be one of the best known and most highly respected medical research institutes in Australia and has an international reputation for its cardiac research. The VCCRI has an excellent faculty, and support of younger investigators in independent positions is exemplary. The staff and the students of the VCCRI have established a highly collegial research atmosphere, in which there is uniform excitement about being part of an outstanding Institute. Given the challenges that many institutions around the world face in building a translational research program, the VCCRI is doing an outstanding job. In short, the VCCRI has developed admirably and is at the most exciting point in its fifteen-year journey. Major recommendations included recruitment of additional research groups, increasing the Institute’s endowment and enhancing support of core facilities and additional translational research efforts.”
The successful operations of the VCCRI are heavily reliant upon the dedication, commitment and vision provided by the Board of Directors and subsidiary committees.
The Heart and Soul of the VCCRI

Our voluntary Committee Members, Patrons, Life Governors, Ambassadors,
Life Members, Donors and Supporters are the heart and soul of the VCCRI.
Their dedication, commitment and encouragement of our research is uncondi-
tional. We thank them for their generosity, enormous time and
the expertise they provide so willingly and freely.

Patrons

- Mrs. Ann Chang
- The Hon Neville Wran, AC, QC

Past Patron

- The late Mr. Kerry Packer, AC

Honorary Life Governor

- Her Royal Highness Crown Princess Mary of Denmark

Life Governors

- Abigroup
- ANZ Bank
- Mr. Sam Chisholm
- Citigroup
- Mr. John David
- Mrs. Barbara Ell
- Lady Mary Fairfax, AC, OBE
- The late Lady Finley
- The Freedman Foundation
- The Freshest Group
- Mr. Frank Lowy, AC
- Mr. Steven Lowy, AM
- Mr. James Packer
- National Australia Bank
- Mr. Robert Oatley
- Strathfield Group Limited
- Mr. Ziggy Switkowski
- Telstra Corporation
- Mrs. Jennie Thomas, AM
- Mr. Lance Rosenberg
- Mr. Mark Johnson, AO
- The late Mr. Ken Lee
- Mr. & Mrs. David & Diana Ritchie
- The Atlantic Philanthropies
- Ingham Enterprises
- Mrs. Roslyn Packer, AO
- Mr. & Mrs Gerry & Wendy Commerford
- Mr. Lionel Lee

Ambassadors

- Baker & McKenzie
- The Crane Group
- The late Mr. Alan David
- The late Amana Finley
- Mr. John Laws, CBE
- Mr. Ken Laing, AM
- Schute Bell Badgery Lumbby
- Steve Costi Seafoods
- Mr. & Mrs. Scott & Rhonda Gibbons
- Mr. & Mrs. Russell & Julieanne Cooper
- Mr. & Mrs. John & Margaret Ingram
- Mr. & Mrs. Ralph & Lorraine Keyes
- Guinness Peat Group
- Club Marconi
- LK Jewellery
- Mr. Cameron Irving
- Deutsche Bank

Honorary Life Members

- Ms. Fiona Coote, AM
- Mr. Kerry James, AM
- Mr. John Kean
- Mr. John McGuigan

Young Ambassador Award

- Mr. Mark Vincent
New methods found to combat common heart muscle condition

Associate Professor Diane Fatkin and her team in the Molecular Cardiology Division, found two new approaches that could be used to prevent dilated cardiomyopathy (DCM), a common disease of the heart muscle that reduces the pumping action of the heart.

The research revealed that regular moderate exercise from a young age could help prevent rather than contribute to the common genetic heart condition, that can lead to heart failure and sudden death.

As well as a regular exercise program, the beta blocking drug carvedilol, commonly used to treat patients with symptomatic heart failure, was also found to reduce the development of DCM, if taken from a young age.

A/Professor Diane Fatkin, said the results of the study are exciting.

“Rather than dealing with the end stage of heart failure, which places an enormous economic and social burden on our community, we can recommend patient therapies and exercise programs that will slow down the progression of the disease from an early age.”

The study was published in the international journal Circulation Research in February 2010.

Putting the brakes on bacterial infection

Drs Daniela Stock and Lawrence Lee, in the Structural and Computational Biology Division, made an important discovery that may help stop bacterial infection in its tracks, by revealing the first clear picture of how the tiny motors that drive bacteria operate.

The tiny motors, called flagellar, are the most energy efficient motors known, and allow bacteria to manouvre quickly towards nutrients and away from toxins, which is crucial to the spread of bacterial infection.

Scientists around the world have been trying to determine how these tiny motors worked for around 30 years, making the discovery a massive coup for Victor Chang scientists, led by Dr Stock. The study was published in the prestigious scientific journal Nature, in August 2010.

The finding could have significant implications for the treatment of potentially life-threatening diseases such as bacterial endocarditis that destroys heart valves, and rheumatic fever that causes inflammation of heart muscle.

Professor Bob Graham said of the research:

“This work really unifies the results of decades of international scientific study, and is a coup for Australian science. The fact we can now understand how these bacteria generate movement and change direction is of critical importance, not only for biologists around the world, but for the future design of nano-machines as well.”
Busy mums urged to ‘take heart’

On the first anniversary of the passing of former colleague and finance manager Monica O’Loughlin in May, Australian women were urged to recognise the early warning signs for heart attack and have their risk factors checked regularly.

On average, heart disease kills almost 30 Australian women each day or around 204 women each week. Putting this in perspective, Australian women are 4 times more likely to die of heart disease than breast cancer.

Spokesperson Associate Professor Diane Fatkin, said that educating women about the warning signs of heart attack and getting regular blood pressure and cholesterol tests, is just as important as getting a regular mammogram or pap smear, particularly if you have a family history of heart disease.

“We need to change the perception that only old, overweight men die of heart attacks. The reality is, just as many women die of heart disease, and they are often tragically taken at the prime of their life, leaving behind husbands, children and families.”

In 2011, the Monica O’Loughlin Women and Heart Disease Women’s Lunch will be inaugurated.

Victor Chang Awards for Excellence in Cardiovascular Journalism

These awards are the first in Australia to reward excellence in reporting and raising awareness about heart disease. The inaugural awards were presented in 2010 at the Victor Chang Annual Ball and despite being the first year, a large number of entries were received. The Regional Media Award was presented to 85 year old Fred Witsenhuysen for his article published in Queensland’s Sunshine Coast Daily, “Facing up to heart disease”. The Metropolitan Media Award was presented to 7 Perth Today Tonight’s Mark Gibson for his story on MIX FM announcer Ian Blackley’s heart attack on air. An honourable mention went to Fairfax Journalist Ms Janet Hawley for her article “Could it Happen to You?” which appeared in the Good Weekend.


Letters to the Editor


Namisavayam M, Adji A, O’Rourke MF. Aortic stiffness and cardiovascular events: the framingham heart study*. Circulation. 2010; 122:e121. [author reply 918].


O’Rourke MF, Nichols WW. Microvascular angina or “vis a tergo”. J Am Coll Cardiol. 2010; 55:611.


O’Rourke MF, Safar ME, Roman MJ. Letter by O’Rourke et Al regarding article, “Aortic stiffness and cardiovascular events: the framingham heart study*. Circulation. 2010; 122:e121. [author reply 918].
AWARDS & ACHIEVEMENTS 2010

Leah Cannon
Awarded a Travel grant to attend the ISHR XXth World Congress, Kyoto, Japan.
Professor Bob Graham
Elected as a foreign member of the Royal Danish Academy of Sciences and Letters in their Natural Sciences Class.
David Ma
Awarded the David Walsh Memorial Scholarship, Faculty of Medicine, UNSW.
Natalie Stunnell
Will attend the 2010 AALAS National meeting.
Professor Richard Harvey
Awarded the Lemberg Medal and Oration, Australian Society for Biochemistry and Molecular Biology.
Dr Romaric Bouveret
Awarded the Australian and New Zealand Society of Cell and Developmental Biology Postdoctoral Award.

Dr James Chong
Inaugural winner of the Fulbright New South Wales Scholarship and Representing the UNSW Faculty of Medicine 3 minute thesis competition.

Dr Lawrence Lee
Awarded a full travel grant by the Journal of Cell Science at the University of Oxford.

Li Sze Yeo
Received a Postgraduate Research Student Poster prize at the UNSW Faculty of Medicine Research Day.

David Wang
Awarded a 2010 Dean’s List Award for his BSc (Med) Hons work.

David Ma
Awarded the best ILP/ Honours Student Grand Rounds Presentation, St Vincent’s Clinical School, UNSW Faculty of Medicine.

Dr Lawrence Lee
Awarded the NARF (National Association of Research) Young Investigator Award.

Professor Jamie Vandenberg
Promoted to Conjoint Professor, UNSW Faculty of Medicine. Elected President, Australian Society for Biophysics.

David Szekely
Awarded the Australian Society for Biophysics Young Biophysicist award.

Juliane Heide
Awarded the Student’s Poster Award Runner-up prize for the Australian Physiological Society.

Jennifer Croylene
Awarded the Outstanding Postdoctoral Presentation Award for her talk at the inaugural NSW Epigenetics Alliance meeting.

Paul Korner Seminar Series
Alistair Stewart Winner, Liz Yeo and Chu-Kong Liew, Joint Runners Up and the Paul and Staff Choice Winner David Szekely.

Degrees 2010

Sharon Chih
Awarded a PhD, UNSW

Andrew Jabbour
Awarded a PhD, UNSW

Mark Perrin
Awarded a PhD, UNSW

International Symposium

To stay at the forefront of cutting-edge research, the VCCRI hosts an annual international symposium, incorporating the Princesses’ Lecture – named after the late Diana, Princess of Wales and Crown Princess Mary of Denmark.

In 2010, we were extremely fortunate to have Professor Matthias Hentze, Associate Director of the European Molecular Biology Laboratory (EMBL) Germany, and a recipient of Germany’s highest research award, as our Princesses’ Lecturer, along with 10 other acclaimed keynote speakers from all corners of the globe and around Australia.

Barabara Ell Seminar Series 2010

This seminar series is named after Mrs Barbara Ell, an avid supporter of the VCCRI, a Life Governor and a hard working member of both the Board and Appeals Committee.

Each month the VCCRI invites a renowned Australian scientist to present a lecture as part of the Barbara Ell Seminar Series.

Prof Marilyn Renfree
Laureate Professor Director of ARC Centre of Excellence for Kangaroo Genomics

Ian Potter Chair of Zoology
The University of Melbourne

“Life in the Pouch: Womb with a view”

Prof Sam Berkovic
Director Epilepsy Research Centre Molecular genetics of epilepsy

“Epilepsy, ion channels and the heart—from family studies to basic mechanisms”

Prof Lea Delbridge
Head of Laboratory University of Melbourne Cardiac Phenomics

“Linking the developmental origins of genetic cardiac hypertrophy with perinatal autophagy excess”

Prof Roland Stocker
Professor of Biochemistry in Vascular Medicine
University of Sydney Pathology, School of Medical Sciences

“How heme oxygenase-1 protects against atherosclerosis and related disease”

Prof Jane McCrohon
Cardiology St Vincent’s Hospital

“Assessing the myocardium using Cardiac Magnetic Resonance techniques—current and future directions”

Prof Frances Separovic
Professor University of Melbourne NMR and Structural Studies of Membrane Proteins

“Resolving antimicrobial and amyloid peptides in model membranes”

Prof Merlin Crossley
Dean of the Faculty of Science University of New South Wales

“The Klf Family of Mammalian Transcription Factors”

A/Prof Sam El-Osta
Epigenetics in Human Health and Disease Laboratory

The Alfred Medical Research and Education Precinct (AMREP)

“The Legacy of Hyperglycemic Memory Associated with Epigenetic Changes”

SYMPOSIA AND LECTURE SERIES
### Financials

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<th>Category</th>
<th>2010 ($)</th>
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<td>Fundraising Events Expenses</td>
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<td>Depreciation on building</td>
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<td><strong>Surplus/(Deficit) after non-operating items</strong></td>
<td><strong>(808,596)</strong></td>
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*Includes the cost of 2 cars purchased on behalf of the Freshest Group which they used to fundraise for the VCCRI at their Annual Ball.

### Symposiums and Lecture Series

- **Paul Korner Seminar Series 2010**
  - The Paul Korner Seminar Series is presented weekly, giving young scientists within the VCCRI the opportunity to present some of the groundbreaking work they are carrying out within their individual research programs.

- Jennifer Clancy
  - ‘How microRNAs repress gene expression’

- Jane Yu
  - ‘Simple or complex mechanisms involved in induction of hypertrophy in response to pressure overload’

- Evgeny Petrov
  - ‘Mechanosensitive ion channels as a biophysical tool’

- Amita Limaye
  - ‘Role of SATB1 as a chromatin organizer in T cell differentiation and development’

- Ming Li
  - ‘Mast cell chymase limits the cardiac efficacy of Ang 1-convertase enzyme inhibitor therapy’

- Martin Oti
  - Evaluating disease gene candidacy using shared protein domains

- Duncan Sparrow
  - ‘Scoliotic spines and holey hearts: Why acute gestational hypoxia is bad news’

- Alastair Stewart
  - ‘Thermus thermophilus H+-ATPase/synthase’

- Alex James
  - ‘Defining the role of Notch4 in angiogenesis’

- Simon Keam
  - ‘Pivvi and piRNAs: A role in somatic gene silencing?’

- Dhakshinari Hulugalle
  - ‘Computational investigation of the association between zinc sites and redox active disulfides in proteins’

- Mardi Moradi
  - ‘Using advances interfecross line for high resolution mapping of quantitative trait loci affecting patent foramen ovale’

- Cheryl Li
  - ‘Epigenetic programming in response to maternal nutrition’

- Leah Cannon
  - ‘Mechanisms of Left Ventricular Hypertrophy and Regression’

- Sara Balloz
  - ‘Computing, complexity and commonality: a holistic approach to understanding the molecular mechanisms of complex diseases’

- Liz Yeo
  - ‘Evaluation of mechanisms of contractile dysfunction in Lamin A/C-deficient mice’

- Gavin Chapman
  - ‘Ligand-induced trafficking of the Notch1 receptor’

- Jessica Chaston
  - ‘Structural investigation of the TF55 Chaperonin from Sulfolobus solfataricus’

- Inken Martin
  - ‘Do fish fibrillate? Modelling human cardiac arrhythmias in zebrafish’

- Stuart Archer
  - ‘Investigating the mechanisms of eukaryotic translation initiation’

- Chu-Kong Liew
  - ‘Towards the structure of a serpentine receptor: A game of snakes and ladders’

- Orit Wolstein
  - ‘Dosage of sensitivity of T-box transcription factors and congenital heart defects’

- Andy Ng
  - ‘Structure and function of hERG N-terminal tail and PAS domain’

- David Szekely
  - ‘The Virtual Heart: Efficient and Interactive Simulations of Cardiac Electrical Function’

- Naisana Asli
  - ‘Investigating the complexities of MicroRNA target interactions in Cardiac Biology’

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  - ‘Investigating the complexities of MicroRNA target interactions in Cardiac Biology’
In 2010 the VCCRI introduced a Health Check Booth—its mission:

To encourage employers to invest in the Heart Health of their employees and enhance their well-being by providing a service to increase awareness of the modifiable risk factors for Cardiovascular Disease.

Purpose

The nature of occupational illness and workplace legal liability is changing. Health conditions, stress, fatigue and the increased incidence of heart disease present new challenges to work health practices.

The Victor Chang Health Check Booth has been created to:

- Increase the understanding of cardiovascular disease risk factors
- Promote healthy lifestyles and reduce obesity and other risk factors
- Enhance employee well-being and reduce work related fatigue and stress
- Invest in the heart health of employees
- Raise awareness of the VCCRI and its research

The Health Check Booth Service, available for hire during office hours from Monday to Friday, provides:

- confidential assessment testing
- information of immediate risk factors
- blood pressure measurements
- blood sugar measurements
- cholesterol measurements

Tests are conducted by a NSW Registered nurse in a private, branded and fully equipped booth.

Tests take 10 minutes and results are provided directly to the participant.

Cardiovascular Disease (CVD) Facts

The health and economic burden of Cardiovascular Disease exceeds that of any other disease—more than 3.7 million Australians have a long term cardiovascular condition.

- Heart disease is an Australia wide issue; it is our number 1 killer, responsible for 1 in 3 deaths or more than 48,000 people every year.
- CVD does not discriminate, it strikes young, old, male, female and directly affects 2 in 3 families.
- Women are 4 times more likely to die of CVD than cancer. It is Australia’s greatest yet least highlighted health concern.

For further information about the Health Check Booth, please contact the Fund Development Office on (02) 9295 8600.

Cardiovascular Risk Factors

<table>
<thead>
<tr>
<th></th>
<th>AUSTRALIAN ADULTS...</th>
<th>AUSTRALIAN ADULTS...</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAVE ONE OR MORE RISK FACTORS</td>
<td>90%</td>
<td>51%</td>
</tr>
<tr>
<td>HAVE HIGH BLOOD CHOLESTEROL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HAVE HIGH BLOOD PRESSURE</td>
<td>30%</td>
<td>8%</td>
</tr>
<tr>
<td>HAVE DIABETES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ARE OVERWEIGHT</td>
<td>60%</td>
<td>54%</td>
</tr>
<tr>
<td>ARE NOT SUFFICIENTLY ACTIVE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SMOKING DAILY</td>
<td>20%</td>
<td>10%</td>
</tr>
<tr>
<td>DRINK AT HARMFUL LEVELS</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
RESEARCH DIVISIONS

DEVELOPMENTAL BIOLOGY

Professor Richard Harvey
Division Head
A/Professor Sally Dunwoodie
Lab Head

MOLECULAR CARDIOLOGY & BIOPHYSICS

Professor Robert M. Graham AO
Division Head
Professor Boris Martinac
Lab Head
Professor Jamie Vandenberg
Lab Head
A/Professor Diane Fatkin
Lab Head

CARDIAC PHYSIOLOGY & TRANSPLANTATION

Professor Michael Feneley
Division Head
Professor Anne Keogh
Lab Head
Professor Peter Macdonald
Lab Head
A/Professor David Muller
Lab Head
Professor Michael O’Rourke
Lab Head

STRUCTURAL & COMPUTATIONAL BIOLOGY

Dr. Daniela Stock
Acting Division Head
Dr. Merridee Wouters
Group Leader

MOLECULAR GENETICS

A/Professor Thomas Preiss
Acting Division Head
Dr Catherine Suter
Lab Head
The Victor Chang Cardiac Research Institute School Science Award has been developed to foster and encourage an interest in science among secondary school students with a view to promoting science as a profession that provides a worthy and interesting career path.

Year 11 students from over 100 schools were awarded the Victor Chang School Science Award in 2010. From Campbeltown and Bankstown, Penrith, Blacktown, and new in 2010, the Illawarra and South-East regions, students were presented the award at special ceremonies throughout November.

Awardees are nominated by their teachers as demonstrating the highest achievement in scientific studies throughout the year. With a dramatic decline in the number of school students pursuing science as a tertiary education option, as well as pursuing science as a career path, the Awards were created to foster and encourage an interest in science among secondary students.

Associate Professor Sally Dunwoodie, who attended the inaugural ceremony in the Illawarra Region, said the Awards give great hope for the future of Australian scientific research.

Time and time again words such as ‘motivated’, ‘enthusiastic’ and ‘dedicated’ have come up to describe these students. These are all words that resonate strongly with the legacy of Dr Victor Chang himself, so it’s exciting to think that our next Dr Chang could be right here amongst us.

Each recipient was presented with a framed certificate, and given the opportunity to attend a ‘hands-on’ work experience day in December with researchers at the VCCRI.

"The Victor Chang School Science Awards are about recognising our brightest young minds for their commitment, passion, and achievement in science throughout the year.

"Time and time again words such as ‘motivated’, ‘enthusiastic’ and ‘dedicated’ have come up to describe these students. These are all words that resonate strongly with the legacy of Dr Victor Chang himself, so it’s exciting to think that our next Dr Chang could be right here amongst us.”
FUNDRAISING

From Masterchefs getting ‘Mudcrabby’ at the Crabfest, to sporting glory at the Golf Day and Sportman’s Lunch, to ‘Pulse’ the steer stealing the limelight at Sydney’s Royal Easter Show –The Chang fundraisers in 2010 were not only fun, but fabulous!

A special thank you to the wonderful members of the Victor Chang Appeals Committee, led enthusiastically by Louise Di Francesco and her predecessor John McGuigan, as Chairs in 2010.

The VCCRI is incredibly fortunate to have the support and generosity of so many talented and dedicated supporters who work tirelessly to bring a calendar of fundraising events to the Institute each year.

01  'Pulse' the steer, with Murrumburrah High School students & Mrs Ann Chang at the Sydney Royal Easter Show
02  Marcus Chang & group playing at the Victor Chang Golf Day at Terrey Hills Golf Course
03  Pei Wei Wilson at the Victor Chang ‘Heart to Heart’ Ball
04  Chefs Sean Connolly, Massimo Molo and Justin North with MC Deborah Hutton at the Victor Chang ‘Crabfest’
05  Chefs Christine Manfield, Massimo Molo and Martin Boetze getting 'mudcrabby' at the Victor Chang 'Crabfest'
06  The Delltones at the Victor Chang Annual Ball
07  Prime Minister Julia Gillard and partner Tim Mathieson at the Victor Chang Annual Ball
08  Guests at the Victor Chang ‘Heart to Heart’ Ball at the Sydney Convention Centre
09  Victor Chang Young Ambassador, Mr Mark Vincent, singing at the Victor Chang Ball
**Fundraising**

### Fundraising and Donations

Whether you belong to the corporate or private sector of our community the VCCRI needs your support.

If you would like to help the VCCRI win its fight against heart disease there are a number of ways in which you can help.

01 Attend/support VCCRI fundraisers
02 Make a donation to the VCCRI
03 Leave a Bequest to the VCCRI in your Will
04 Instead of sending flowers, ask for donations to the VCCRI
05 Instead of presents at a party, be it a birthday, anniversary or some other celebration give a donation to the VCCRI in that person’s name
06 Hold your own fundraising event
07 Sponsor someone in a fun run or marathon

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**Bequests**

Today, bequests are becoming a more important source of funding. However small or generous a bequest may be, you can be confident that it will assist the VCCRI in its quest to solve the mystery of heart muscle disease.

The following is a guideline as to how you can leave a legacy to the VCCRI.

**What is my estate?**

A first step is to list all the possessions that you own. Your property (home, car, furniture, collections, etc.) savings, pension and annuities. All of these things make up your ‘Estate’.

Then add up the estimated present value of these things you own. Subtract what you owe in the way of mortgage and debts. The net amount is your Estate.

**Who will benefit?**

This is up to you. You need to decide to whom you wish to leave your assets – your family, and/or friends. These people are called the Beneficiaries of your Estate.

You may also wish to leave money to a charity(s), once all your family and friends are cared for. We hope that you will consider the VCCRI.

**Who should prepare my Will?**

Your solicitor or a trustee company. This is the best way to make sure your Will is legal, and does what you want it to do.

The best way to ensure that your Will remains valid is to have it checked by your solicitor or trustee company every few years. Any change in your personal circumstances may make a change in your Will necessary or desirable.

**What is an executor?**

An executor is someone you appoint in your Will to see that your wishes and instructions are carried out after your death. Many people choose a family member, a friend or a solicitor.

**How can I add to or change my existing Will?**

If you have a limited change to make to your Will – to add a bequest to a charity for example, you don’t need to start all over again. You can do so quickly and easily by adding a codicil. A codicil is an instruction which becomes part of the Will. Your solicitor or trust officer should advise you.

**What wording should a solicitor use?**

If you are considering a bequest to the VCCRI, the following forms of wording, depending on the type of bequest, are as follows:

“... to be used for the purposes of research and I direct that the receipt of the Executive Director of the VCCRI shall be sufficient discharge to my Executor(s).”

For further information you can telephone The Fund Development Office on: (02) 9295 8600 or 1300 VICTOR.

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01 Steve Quinn and the ‘Paceline’ crew, who raised over $45,000 in 2010 for the VCCRI, exhausted but smiling on top of Lavers Hill, en route in October 2010.

02 The Westfield Team, who cycled around Lake Taupo, New Zealand, raised over $80,000 for the VCCRI in 2010.
<table>
<thead>
<tr>
<th>Distance per Day that the Blood Travels Around the Body</th>
<th>19,000 Kilometres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia's Number One Killer</td>
<td>CVD</td>
</tr>
<tr>
<td>Australian Strokes per Year</td>
<td>40,000</td>
</tr>
<tr>
<td>Percentage of Water in Blood</td>
<td>78%</td>
</tr>
<tr>
<td>Life Expectancy of Men</td>
<td>77 Yrs</td>
</tr>
<tr>
<td>First Heart Transplant</td>
<td>1968</td>
</tr>
<tr>
<td>First Heart Lung Transplant</td>
<td>1986</td>
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