

22 November 2017



*Season's  
greetings*

Dear Valued Supporter

You may be wondering how your support helps heart and lung surgical patients survive? Meet Jo who at the age of 43 was diagnosed with **CAD (Coronary Artery Disease)**. Within weeks of experiencing chest pains when cycling to work, Jo was in hospital having open heart surgery. CAD is caused by the build-up of fatty material (plaque) in the inner walls of the arteries that supply blood and oxygen to the heart. If the arteries narrow significantly, it can cause temporary chest pain known as 'angina'. If the plaque ruptures, a blood clot forms in the narrowed arteries, preventing the flow of blood to the heart muscle and therefore causing a heart attack.

The support received from each and every one of you over the years has helped Jo, her family and many others. It enables **The Baird Institute** researchers to continue life-saving research into Coronary Artery Disease and the development of innovative surgical techniques: off-pump, robotic and **minimally invasive surgery**; which have had such a significant impact on patient outcomes. Our research into **robotic heart surgery** meant that Jo had small hand-sized incisions, rather than a large chest incision, much less pain and blood loss, fewer complications, a faster recovery and return to work; not to mention an excellent cosmetic result!



In addition to research, **The Baird Institute** is a leader in surgical training. **The Baird Institute** and *Royal Prince Alfred Hospital*, have established the *Robotic Training Institute*, the only one of its kind in the Southern Hemisphere; enabling surgeons to study its use, rather than having to travel overseas. We are working with the *Institute of Academic Surgery*, the primary hub of surgical research and education at RPA; and with the *Charles Perkins Centre* and *University of Sydney* to develop a 'hybrid theatre' supporting our work in **developmental robotics**.

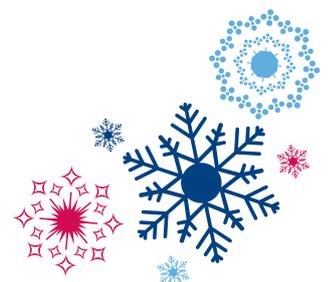
**The Baird Institute** continues to improve patient outcomes using basic science through to research conducted at the bedside. We collaborate globally to share our data and help develop best practice guidelines from our evidence for others to follow.

**The 2017 Christmas Appeal aims to raise \$50,000 for our coronary research program. When we reach our goal, we will provide a PhD scholarship to support a Doctor to conduct active research into coronary disease.** We hope you can support us this festive season so that we are able to give people like Jo a second chance to live a full and healthy life. Few gifts are more precious than that!

Wishing you a safe, healthy and joyous festive season.



Professor Paul Bannon MB BS, FRACS, PhD  
Chair, The Baird Institute



“As a healthy 43-year-old mum of two young boys, heart issues were the last thing on my mind when I started to experience chest pains on my daily cycle to work.”



Pedalling up gentle hills had started to seem so difficult and I found myself having to stop and get off my bike to ease the pain. I thought I was fitter than that!

I checked in with my GP who immediately referred me to a cardiologist, Dr Elizabeth Robertson, who saw in my echocardiogram that something was definitely wrong. I was really surprised to hear that, but it would not be the first time over the next few days I would think to myself, ‘Wow, I was not expecting that!’ An angiogram showed I had a 90% blockage in my LAD, one of three major arteries bringing oxygen to my heart. The blockage’s position at the junction of a smaller artery mean that a stent could not be inserted and that I was looking at open heart surgery for a bypass. I was definitely not expecting that! I had none of the factors normally associated with heart disease – smoking, diabetes or high cholesterol. But I did have a family history of heart disease. Aaaahhh!!!

After a week to digest this news with family and friends (and after watching numerous fascinating YouTube videos of open heart surgery over dinner with my husband, Kyle and the boys!) I met with **Professor Michael Wilson of The Baird Institute** who was to be my surgeon. I was grateful that fate had led me to his door as my research revealed that he was very well regarded in his field and had an interest in really innovative treatments, including the Da Vinci Surgical Robot. Professor Wilson got straight to the point and said I’d be a great candidate for the robotic surgery.

Again, I was not expecting that! It sounded like science fiction and I had no idea this less invasive technology could be available to me. I took very little convincing and was fully supported by my geeky, technology loving husband who assured me that this would be an amazing opportunity.

And so, a few days later I was prepped for surgery at Macquarie University Hospital. I was still in a bit of shock that things were happening so quickly, and that I was about to have a heart bypass, taking advantage of the most advanced robotic surgery in Australia. I was incredibly fortunate that the surgery went extremely well and that after reviewing my CT scan a few days post-surgery, Professor Wilson assured me it should last a good 50 years or more. That was certainly good enough for me!

Five weeks on from my surgery I am well on the path to recovery... still taking it easy as I heal, but out and about in my community, walking my boys to school and living a fantastic life. I’ve just started rehab sessions at RPA which are helping me regain my strength, and I’m keen to get back on my bike which was so instrumental in helping bring the problem to light.

“I cannot begin to express the gratitude I feel at having benefitted from Professor Wilson’s expertise. The work he and other surgeons associated with **The Baird Institute** are doing is inspiring and ground-breaking. The direct impact on patients like me – and my young family – has been profound and, indeed, life-changing. Please support them today. *Jo Dean*”

## What Are the Symptoms of CAD?

Many people do not know that they have Coronary Artery Disease until they experience chest pain (angina) or have a heart attack. The signs and symptoms are often seen in the advanced stages of the disease. If you are experiencing any of the below symptoms, talk to your Doctor. However, if the symptoms are sudden, it is important to call 000 as you may be experiencing a heart attack.

Typical symptoms include:

- Chest pain or discomfort
- Dizziness or light headedness
- Nausea
- Heartburn and indigestion
- Heart palpitations
- Tightness or pressure in the throat, jaw, shoulder, abdomen, back or arm
- A burning sensation in the upper body

## How to Prevent CAD?

There are many things which, when combined, can increase your chance of developing Coronary Artery Disease. Some of these risk factors can be changed and some cannot. Although age and family history cannot be changed, a healthy diet and lifestyle will help to reduce and reverse many of the risk factors.

Ways to prevent Coronary Artery Disease

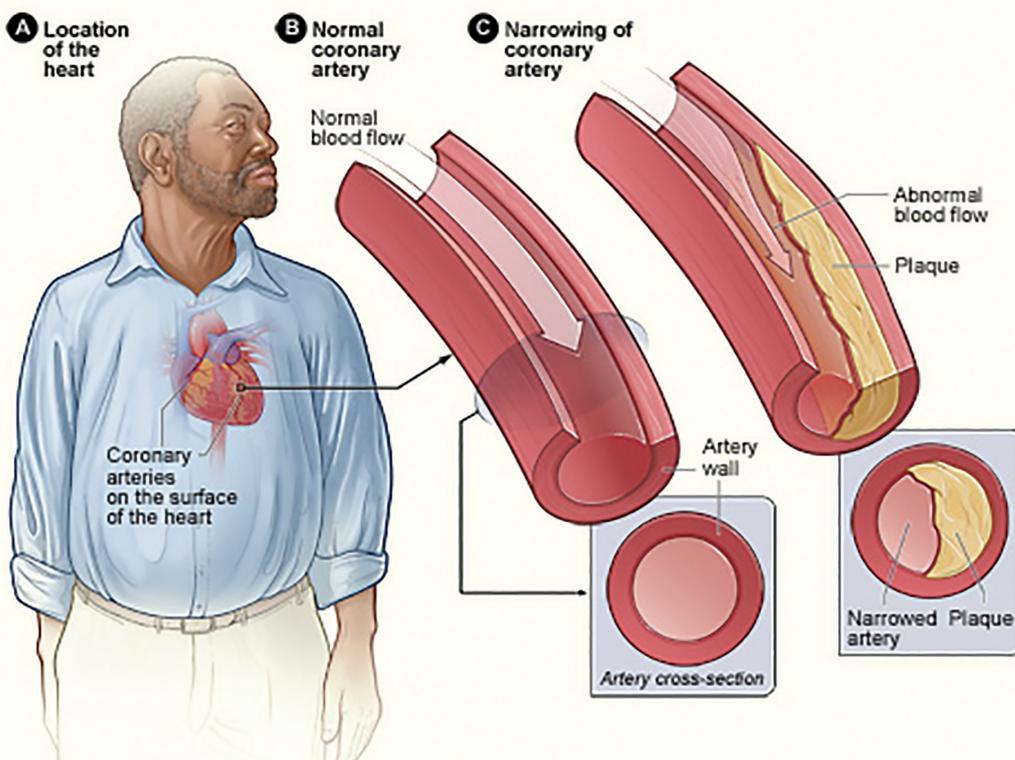
- Eat a healthy, balanced diet
- Exercise each day and keep active
- Maintaining good social networks
- Not smoking
- Lower your blood pressure where possible
- Lower your cholesterol where possible

## How is Coronary Artery Disease Treated?

It is not possible to cure Coronary Artery Disease but lifestyle changes along with treatment can reduce your symptoms and significantly lessen the risk of further complications. Medications can be prescribed by your doctor to treat CAD and its risk factors, but everyone's situation is different. Your doctor will advise you on your specific needs.

For more serious cases of CAD, the following surgical approaches may be advised:

- **Angioplasty:** A procedure which opens blocked arteries by inflating a tiny balloon inside the artery so as to restore normal blood flow to the heart muscle.
- **Stents:** Like angioplasty, a tube (made of metal or plastic), is inserted into the blocked artery. Once placed in it is expanded and left there to keep the artery open.
- **Coronary artery bypass grafting (CABG):** This is a procedure where your surgeon will stitch (graft) a piece of healthy blood vessel, from elsewhere in your body, to bypass the blocked artery.



“Coronary artery disease is the most common form of heart disease and is the leading cause of death in Australia. 54 Australians die each day from CAD which is equivalent to one Australian every 27 minutes!”

# CAN YOU HELP US REACH OUR GOAL OF \$50,000?

This Christmas we want to give hope to Australians battling heart disease. Your donation means that we can continue to work on improving our knowledge of Coronary Artery Disease and minimally invasive surgery.

Your support during this festive season of giving and reflection will enable more people like Jo to have another chance to live a full and healthy life.

## WAYS TO GIVE QUICKLY AND EASILY

### Web

Give online anytime via our secure website  
[www.bairdinstitute.org.au](http://www.bairdinstitute.org.au)

### Mail

Complete the form below and return it in the enclosed reply-paid envelope.

### Phone

Call us on 02 9550 6669

### EFT

The Baird Institute Ltd  
Commonwealth Bank  
BSB: **062 198**  
Account No: **1068 9483**

## MY DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Please do **NOT** publish my name in your donor listings

Please complete the below so that we can be sure we have your current details.

Email	Phone	D.O.B.
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*On occasion we will send you email updates about our work, while your date of birth helps us to distinguish donors with the same name*

## MY GIFT

Yes, I would like to make a gift to support The Baird Institute Research and Training Program

Single donation Amount **and/or**

Regular Monthly Donation Amount \*

\$50  \$100  \$200  \$ \_\_\_\_\_

\$ \_\_\_\_\_ (minimum \$20 a month)

\* A **regular** tax-deductible donation of \$20 or more **per month** entitles you to become a **Partner in Research**. Your regular gift will ensure that we have the necessary funds available to help ordinary people as they battle unexpected, life threatening diseases of the heart and lungs. As a **Partner in Research**, you will receive Baird Institute newsletters and invitations to special events. For more information, contact Catherine on 02 9550 2350

## I WILL MAKE MY GIFT BY:

Cheque / Money Order  EFT (see bank details above)  Credit Card (please complete details below)

Card Number	Name On Card
Signature	Expiry

## A GIFT IN YOUR WILL:

If you would like to be sent information on leaving a gift in your will, please tick here

If you would like to advise us that you have already left a gift in your will, please tick here

*Please contact Catherine on 02 9550 2350 for further information or a confidential discussion*

*Personal information is collected to process donations, issue tax receipts & send updates on our work. Please contact us if you wish to limit the use of your personal information or stop receiving marketing material. Our privacy policy is available at [www.bairdinstitute.org.au](http://www.bairdinstitute.org.au). ABN: 38 096 746 806*