

in a Heartbeat...

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From the Director's Desk

In this issue there is a fascinating article on the benefits of olive oil and another delicious recipe from the Reader's Digest publication, *Cook Smart for a Healthy Heart*.

You will also meet a member of The Heart Research Institute team, Dr Martin Ng from our Angiogenesis Group.

I hope you enjoy your newsletter. We look forward to bringing you more news in future editions of *In a Heartbeat*.




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

The Heart Research Institute Mission Statement

The prevention of death and suffering from heart disease through understanding of the biological processes that cause atherosclerosis.

Atherosclerosis is the major cause of heart and blood vessel disease and is a disease characterised by thickening of the blood vessel walls and the build up of fatty material in them. Understanding and overcoming atherosclerosis is one of the most important medical problems in the World and The Heart Research Institute is working tirelessly towards detection, prevention and cure of this disease.

Anti-Inflammatory Compounds *in* Olives

In Search of New Cardioprotective Nutraceuticals

Scientists from the Nutrition and Metabolism Group at The Heart Research Institute, have discovered that the olive flesh usually thrown out during the production of olive oil has anti-inflammatory benefits that could benefit patients with heart disease.

They've found that olive pulp from the production of olive oil contains over 100 antioxidants, several of which may be helpful in preventing the hardening of arteries (atherosclerosis), while also lowering blood pressure and blood sugar levels.

Further research is required to discover if the olive – flesh compounds in particular, one very active component called luteolin – can be used as a heart disease medication. Alternatively, these compounds may need to be combined with previously known compounds to obtain optimum results. It is possible that certain extracts can be developed as nutraceuticals and added back to foods to enhance their health benefits.

"This discovery could open the way for a whole new industry, providing an alternative income stream for the Australian olive industry. At the moment only about 2% of antioxidants in olives end up in the oil, with 98% remaining in the pulp. It's very exciting to discover that a waste by-product could be used to heal" said a leading research scientist.

Group Leader of The Heart Research Institute's Nutrition and Metabolism Group, Dr Jeffrey Cohn added: "Further work needs to be undertaken to assess the therapeutic suitability of olive mill waste, but it's certainly possible that it could be used in the future to prevent and treat coronary heart disease."

Have you ever thought of

a gift in your Will **to The Heart Research Institute...**

Perhaps you are in the process of arranging your personal affairs and would like to continue your support for The Heart Research Institute well into the future.

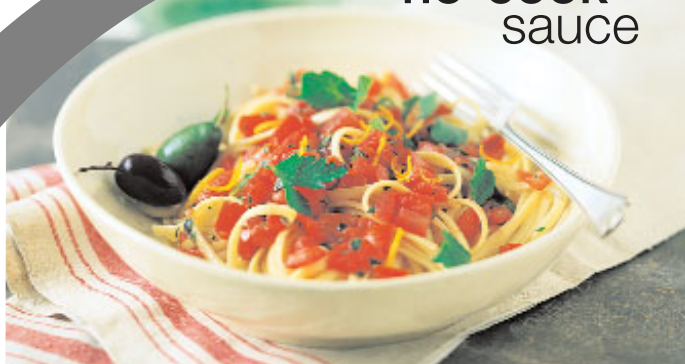
A bequest is a wonderful legacy, not only assisting with more life saving discoveries by the Institute, but also representing part of your own life's work. It's wonderful for family and friends to know that you place a high value on contributing to society, specifically

saving lives by helping future generations in the fight against heart disease.

If you would like to know more about leaving a gift in your Will to The Heart Research Institute, we would be happy to send you our FREE bequest booklet – *Time to Reflect*. To receive your copy, please contact Carol O'Carroll at e-mail administration@hriuk.org or for Bequest information only on Tel: 0808 234 4009.

Linguine

with
**no-cook
sauce**



This quick and easy sauce is bursting with tomatoes and olive oil – foods that will keep your heart pumping strong.

Ingredients

- 750g roma tomatoes, seeded and chopped
- 2/3 cup chopped fresh basil
- 1/4 cup extra virgin olive oil
- 1/4 cup chopped continental parsley
- 2 tablespoons chopped fresh mint
- 2 tablespoons grated orange rind
- 3 garlic cloves, finely chopped
- pepper to taste
- 370g linguine
- 1/4 cup freshly grated Parmesan cheese to serve

*Preparation time approx.
20 minutes, plus standing...
15 minutes cooking time.
Serves 4.*

*Per serve:
1776 kilojoules
12g protein
17g total fat (3g saturated fat)
5mg cholesterol
55g total carbohydrate (3g sugars)
6g fibre
94mg sodium.*

Directions

1. Mix the tomatoes, basil, oil, parsley, mint, orange rind, garlic and pepper in a bowl. Let the mixture stand for between 30 minutes and 2 hours at room temperature.
2. Cook the pasta according to the packet directions. Drain the pasta well and place in a large bowl. Top with the sauce, sprinkle with the Parmesan cheese and serve.

Did you know?

- *The abundance of the monounsaturated olive oil in the Mediterranean diet is thought to be one of the factors responsible for the lower rate of heart disease in Italy and Greece.*
- *90% of British adults have at least one modifiable risk factor for heart, stroke and vascular disease and 25% have three or more risk factors.*
- *Most recent statistics indicate that 40% of deaths in Britain were due to heart disease, most of these caused by clogging of the arteries, atherosclerosis.*
- *In the UK someone has a heart attack every 2 minutes and almost 2.6 million people have heart and circulatory disease.*
- *Physical activity, obesity and diabetes are major risk factors for coronary heart disease.*

THE ANSWER IS RESEARCH The human and economic cost of diseases of the heart and blood vessels is enormous. Atherosclerosis, the major cause of heart and blood vessel disease, is a disease of blood vessels characterised by thickening of the vessel walls and the build up of fatty material in them. It is the cause of heart attack, angina stroke and several other diseases. The disease can develop silently for many years without symptoms. Often serious events are precipitated when a blood clot lodges in the vessel at a site that is already partially blocked by atherosclerosis. Understanding and overcoming atherosclerosis is one of the most important medical problems in the World. **This is our business.**

With Heartfelt Thanks For Your Support

MEET *the* Team...

We'd like to introduce supporters to our latest research group, the **Angiogenesis Group**, headed by **Dr Martin Ng**.



Dr Ng is a cardiologist who completed his clinical training at Royal Prince Alfred Hospital, Sydney Australia and his PhD at The Heart Research Institute. He then spent post-doctoral time at Stanford University, California USA, where he was involved in an exciting new area of research: how blood vessels regrow after they are injured ('angiogenesis').

Angiogenesis is recognised as a fundamental response of the cardiovascular system to injury, including that caused by atherosclerosis. While men have an earlier onset and higher incidence of atherosclerosis than women, by contrast, this gender relationship is reversed with respect to recovery following a heart attack. Compared to men, women consistently have worse outcomes.

Male sex hormones (androgens) have been shown to have beneficial effects in men with heart attacks. Such observations suggest that androgens may play a role in the repair processes that occur after a heart attack. If true, this has important implications in terms of the recovery of older men in particular, in whom the level of androgens is lower.

Dr Ng proposes to test the hypothesis that androgens influence the rate of repair of blood vessels damaged during a heart attack. He will also test the hypothesis that the effects of androgen are different in blood vessels from men and women. These studies have the potential to significantly influence post-coronary treatment. We look forward with great interest to seeing the results.



Science for Living

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