

in a **Heartbeat...**

ISSUE No.5

In this Issue

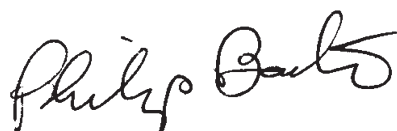
- From the Director's Desk
- News Update
- Recent Research Highlights
- Heart Food Recipe
- Meet the Team

From the Director's Desk

Welcome to the latest edition of *In a Heartbeat*. In this issue you'll read about more of the important research you've helped to make happen in recent months.

You'll also meet another member of the team, Associate Professor Gilles Lambert, a Research Fellow in the Institute's Lipid Research Group. And there's a delicious new recipe from *Heart Food – the Healthy Heart Cookbook*.

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

research Highlights

The Gene Regulation Group has made an important discovery – testosterone treatment leads to increased calcification of blood vessels. A greater understanding of the pathways through which testosterone regulates this calcification may help to ensure the safety of currently used hormone replacement therapies.

The Angiogenesis Research Group has found that the complex Thioredoxin system is strongly implicated in abnormalities of new blood vessel growth in some people with diabetes. This finding is particularly exciting as it suggests that targeting this system will lead to new therapies designed to treat some of the more serious complications of diabetes.

The Free Radical Research Group has shown that oxidation of amino acids by free radicals results in the formation of additional reactive molecules called peroxides that can make the damaged blood vessels even worse. This finding has major implications in strategies designed to prevent atherosclerosis.

News update



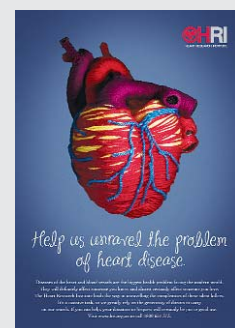
Prestigious Appointment to help children

Dr Raj Puranik, who has just completed his PhD studies in the Lipid and Clinical Research Groups at The Heart Research Institute, has been awarded two important

research fellowship grants. These grants will allow Dr Puranik to work as a post-doctoral researcher at the Great Ormond Street Hospital for Children (GOSH) in London. Fellowships such as these are designed to assist research in clinical areas and to provide full-time training for new generations of physicians.

'Unravel Heart Disease' Ad. wins IPA London 'Best of Health' Award

The Institute of Practitioners in Advertising (IPA), the UK's leading trade and professional body for advertising, media and marketing communications agencies, has given a Bronze Award to our advertisement *Unravel Heart Disease*. Richard Wylie of URSA Communications created this ad free of charge especially for The Heart Research Institute. The IPA Best of Health Awards showcase and reward the best in creativity in healthcare advertising across all media. URSA received this honour for 'Unravel' ahead of over 320 entries in the 'Healthworld Advertising' category.

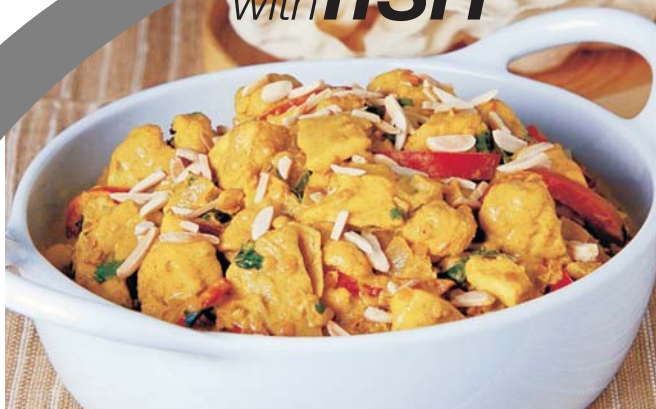


Recent important research collaboration

The Heart Research Institute has recently collaborated with the Department of Public Health and Primary Care, Strangeways Research Laboratory, University of Cambridge concerning LDL cholesterol concentrations.

Results of this important research may potentially provide insight into the biological mechanisms that underlie the regulation of LDL cholesterol and might help in the discovery of novel therapeutic targets for cardiovascular disease.

Lentil & Curry with fish*



Ingredients

- 600g/1lb 5oz boneless white fish, cut into large cubes
- 2 tablespoons peanut oil
- 6 cups (500g/1lb 2oz) cauliflower florets
- 2 medium red peppers, sliced
- 4 medium brown onions, chopped
- 1 cup (185g/6½ oz) red lentils, rinsed
- 2 teaspoons turmeric
- 1 teaspoon medium chilli powder
- 2 cups (500ml/17fl oz) salt-reduced vegetable stock
- 8 small plain pappadums
- 200g/7oz low fat plain yoghurt, lightly beaten
- 1 tablespoon garam masala
- ½ cup coriander leaves, tightly packed
- ⅓ cup (60g/2¼ oz) slivered almonds, toasted

*** Ingredient option**

- Instead of fish make it with:
- **Hard tofu** - cubed
 - **Chicken breast** - thinly sliced
 - **Lean lamb** - thinly sliced

Makes 4 serves.
Each serve contains
5½ serves of vegetables.

Per serve:
2546 kilojoules (609 calories)
57g protein
23g total fat (4g saturated fat)
44g total carbohydrate
(3 exchanges)
15g fibre
665mg sodium

Directions

1. Heat the oil in a large saucepan over a medium-low heat. Add the cauliflower, sliced pepper and onion and cook for 10 minutes, stirring frequently.
2. Reduce the heat to low and stir in the lentils, turmeric, chilli powder and stock. Cover and cook for 20 minutes, stirring occasionally.
3. Add the fish, cover and cook for 3-5 minutes or until the fish is opaque and flakes easily when tested with a fork. Meanwhile, microwave the pappadums following the packet directions.
4. Add the yoghurt and garam masala to the curry and gently stir until hot. Stir in the coriander.
5. Serve sprinkled with almonds and the pappadums.

If you have an interesting story, perhaps about winning a fight with heart disease, or you have some feedback to the newsletter, please e-mail our editor at administration@hriuk.org

If you would like to know 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 email: legacy@hriuk.org or for **Legacy information only**, call 0808 234 4009.

MEET the Team...

Associate Professor

Gilles Lambert completed his PhD in Physiopathology at the University of Paris in 1998 and gained the position of Post-Doctoral fellow at the Molecular Disease Branch of the National Institute of Health (USA). In 2002 he returned to France, taking up a professorial position at the University of Nantes.



From 2002 to 2006, A/Prof Lambert undertook a project into a newly discovered gene called PCSK9, which mutates in a rare form of familial hypercholesterolemia – a hereditary condition where blood cholesterol levels are abnormally high. The sheer quality of his work recently won him the Ross Hohnen Young Achiever Award for the best paper by a Post-doctoral Scientist.

After meeting both Professor Philip Barter and Professor Kerry-Anne Rye (The Heart Research Institute's Director and Associate Director) at the 2005 Atherosclerosis Society meeting in France, A/Prof Lambert decided to join the Institute's Lipid Research Group as a Research Fellow.

A/Prof Lambert is currently studying how PCSK9 inhibits the liver receptor that is responsible for removing LDL (bad cholesterol) from circulation. He will investigate if high PCSK9 levels are detrimental in patients with genetically reduced LDL receptor function and work out the molecular mechanisms by which PCSK9 interacts with the receptor. This study is necessary to understand if drugs that inhibit PCSK9 will diminish the risk of developing heart disease in patients who do not respond well to existing treatments.

Over the last five years A/Prof Lambert has delivered top quality written and oral presentations, highlighting key aspects of his research achievements at several international scientific meetings and has had over 30 peer-reviewed articles published.



Science for Living

www.hriuk.org
administration@hriuk.org