

# Your Heart-First **LEGACY**

Understanding the power  
of a gift in your Will



 **HRI**®  
HEART RESEARCH INSTITUTE





# A legacy created Heart-First

Imagine a future without heart disease.

A future where our children, and their children, can live free from the danger of strokes, heart attacks, cardiac arrest and the diseases that cause them. A world where no one suffers from the pain of losing a loved one to heart disease.

It might be difficult to imagine, but this is the future that the Heart Research Institute (HRI) is working tirelessly to turn into a reality.

At HRI, our mission is to prevent death and suffering from heart disease through research. Every day, our passionate researchers are

working to unlock new knowledge and develop life-saving therapies and treatments that cure all forms of heart disease.

We call this research 'Heart-First Science', not just because it protects the hearts of Australians, but because it's driven by passionate researchers who, like you, want to eliminate the threat of heart disease for future generations.

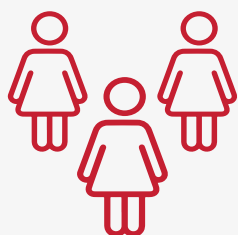
**When you support this research with a gift in your Will to HRI, you are creating a Heart-First Legacy that will ensure this life-saving research can continue. Your gift will save hearts and lives for generations to come.**

# The challenge

Heart disease is Australia's number one killer. Still.

Every 12 minutes, one Australian dies of heart disease. That means 118 people will lose their lives today.

Overall, heart disease is the second-highest burden on the Australian health system, costing the economy around \$11 billion dollars every year. Yet the broad suffering caused by heart disease for families, friends and loved ones is impossible to express.



Heart disease kills **three times as many women as breast cancer.**



**Indigenous Australians are almost twice as likely to die from cardiovascular disease** as non-Indigenous Australians.



One stroke occurs every 19 minutes. Without action, by 2050 this number will increase to **one new stroke every 10 minutes.**

## Your Heart-First impact

HRI is leading multiple innovative research studies that are aimed at developing new therapies for detecting, preventing and treating heart disease. This wouldn't be possible without kind Australians like you, who have chosen to make Heart-First Science a part of their legacy.

**When you leave a gift in your Will to HRI, you will transform the lives and outcomes of people with heart disease in Australia, for generations.**







**OHRI**<sup>®</sup>



# Leading from the heart

With the support of our donors, HRI's research groups are using innovative methods to reduce the burden of heart disease.

Powered by the Heart-First Legacies of visionary Australians like you, we are creating a revolution in Australian cardiac health.

Since HRI was founded in 1989, we've helped drive life-saving research that has reduced the burden of heart disease on Australia and around the world.

We've also helped train and develop the next generation of Heart-First scientists and researchers who will continue to pave the way towards a future free from heart disease.

**80% of our research is  
funded by our community  
of Heart-First supporters.**

Once advancements in heart disease treatment and preventions are made, they can never be undone.

This is why, when you leave a gift in your Will to the Heart Research Institute, your Heart-First Legacy will save lives for generations.

# Timeline of Heart-First breakthroughs

2017

Discovered a molecule that can predict who is most at risk of developing diabetes, 12 years in advance.



TODAY

Developing Australia's first Fluxomics Centre to understand what happens in heart disease at a cellular level to personalise treatments for every heart.

2013

Linked the risks of diabetes with heart disease, in a life-saving world first.





## 2005

Identified the increased risk of low-weight babies developing heart disease in their lifetimes.



## 1989

The Heart Research Institute is founded as an independent research centre to support the very best in Heart-First care.



## 1995

Proved the connection between passive smoking and heart disease, leading to revolutionary changes to prevent smoking in public places.

# The future of Heart-First Science

**Dr Sergey Tumanov**

Head of Fluxomics

Centre at HRI

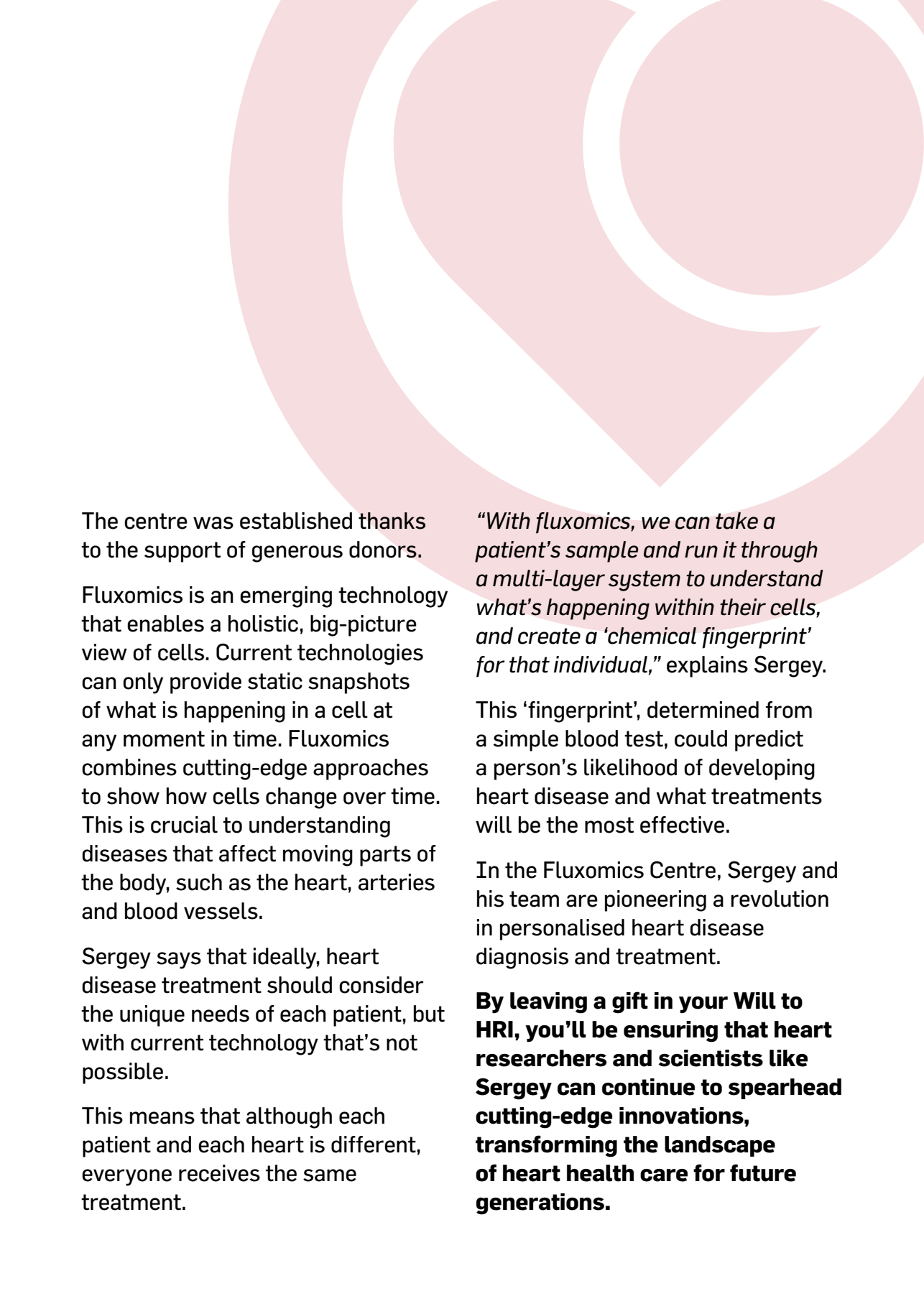


As a researcher, a son and a grandson, Dr Sergey Tumanov understands the importance of Heart-First Science.

Sergey's father had two heart attacks and a heart bypass, and his grandfather died of a heart attack. At the time, only standard treatment was available to them.

In Sergey's lifetime, research has already transformed treatment possibilities and outcomes for people who experience heart disease. Today, Sergey is pioneering the future of heart disease treatment, as Head of the Heart Research Institute's Fluxomics Centre.

This facility is an Australian-first centre that explores the cellular changes specific to each person's cardiovascular disease.



The centre was established thanks to the support of generous donors.

Fluxomics is an emerging technology that enables a holistic, big-picture view of cells. Current technologies can only provide static snapshots of what is happening in a cell at any moment in time. Fluxomics combines cutting-edge approaches to show how cells change over time. This is crucial to understanding diseases that affect moving parts of the body, such as the heart, arteries and blood vessels.

Sergey says that ideally, heart disease treatment should consider the unique needs of each patient, but with current technology that's not possible.

This means that although each patient and each heart is different, everyone receives the same treatment.

*"With fluxomics, we can take a patient's sample and run it through a multi-layer system to understand what's happening within their cells, and create a 'chemical fingerprint' for that individual," explains Sergey.*

This 'fingerprint', determined from a simple blood test, could predict a person's likelihood of developing heart disease and what treatments will be the most effective.

In the Fluxomics Centre, Sergey and his team are pioneering a revolution in personalised heart disease diagnosis and treatment.

**By leaving a gift in your Will to HRI, you'll be ensuring that heart researchers and scientists like Sergey can continue to spearhead cutting-edge innovations, transforming the landscape of heart health care for future generations.**

# My Heart-First Legacy

Joan Gray was someone who understood the lifelong impact of heart disease more than most. Her generosity to HRI was born out of her experience of nearly losing her son Lindsay.

When Lindsay was born in the 1950s, he was diagnosed with a hole in his heart. At the time, the family struggled to find a surgeon who would operate on him. He finally underwent surgery when he was around six years old.

*"Lindsay struggled for all his life," recalls Jane Ann, Joan's daughter-in-law. "Joan basically had to fight for her son's life. The family had to move to a different location because of Lindsay's health. He couldn't go to certain schools. The whole family suffered – there was a huge community impact and cost. So having cures for heart disease, and a very good medical research system, is very good for society."*

Lindsay was never expected to survive, but the family cherished



Joan's son Lindsay (middle row, third from left) after his life-saving operation in 1957, pictured with Dr Henry Bahnson and other young hospital patients.

him for 53 years more than they expected. When Lindsay passed away, Joan decided that his portion of her estate should go to the Heart Research Institute. This gave her peace that Lindsay's legacy, and her own, would be connected to life-saving heart disease research.

Joan was a generous donor to HRI throughout her life, and contributed to the purchase of new equipment and the funding of research studies. Her single-minded mission was to support the research that would end unnecessary suffering for families everywhere.





*"Joan gave to HRI because she didn't want another family to go through the agony, the stress and impact of what she went through. She wants families in the future to be able to keep their babies safe."*

*"The heart is not well-known, but it should be well-known. It is a vital organ and research needs to go into what it does, how it works and how to recognise issues with it so they can be addressed."*

*"I'm sure Joan would have dreamed that all those things would one day be possible," says Jane Ann.*

**When you leave a Heart-First Legacy as Joan did, you will be saving lives and keeping families together for generations to come.**

# Your questions, answered



## What type of gifts can I leave?

When leaving a gift in your Will, there are three main options to choose from. You can leave:

**A residuary gift:** meaning a remainder (or a fraction of) your estate, after your loved ones have been taken care of and your debts are settled.

**A pecuniary gift:** a gift of a set dollar amount you choose.

**A specific gift:** a gift of a specific item, such as property or shares.



## I already have a Will – can I change it?

Yes you can – in fact it's important to regularly review your Will as your circumstances change, to ensure it accurately reflects your wishes. If your circumstances change significantly, it is possible to create a brand new Will. You will need to speak to your solicitor about whether a new Will or a Codicil (a short legal amendment to your Will) is needed. You should never change your Will by crossing out information.

Your Heart-First Legacy will transform the future of heart health for thousands of Australians.



### **Can I leave a gift of any size?**

At HRI, we are grateful and humbled by gifts of any size. Once your loved ones are looked after and your debts are settled, even a small residual gift will contribute to lifesaving Heart-First Science.

### **Can I specify where my gift goes?**

Because research needs and breakthroughs are constantly changing, the best way to make an impact with your gift is to leave it for 'general purposes'. This will ensure that it will be used for the area of greatest need when the time comes.



### **I'd like more information on leaving a Heart-First Legacy. What should I do next?**

Simply complete the pledge form provided, and a member of our giving team will be in touch with more information and to answer any questions you have.

# **Your Heart-First Legacy will help cure heart disease**

Heart Research Institute  
7 Eliza Street  
Newtown NSW 2042  
Australia

ABN 41 003 209 952

