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# ABOUT US

Her Heart is Australia's Peak Body for Women & Heart Disease and the only Not for Profit (NFP) dedicated to the Prevention of Cardiovascular Disease in Women. Established in 2015, Her Heart raises awareness and educates women on the risks of heart disease and empowers them to make important lifestyle changes. Her Heart has 4 Key Pillars of Prevention:

## Four Key Pillars of Prevention

We are leading the way in the design and delivery of projects, programs and campaigns that underpin the four key pillars of PREVENTION:

**Awareness:** Raising awareness of heart disease in women of all ages

**Education:** Educating women around the prevalence, risk factors and symptoms of heart disease in women as well as supporting health professionals

**Research:** Completing research around specific topics that relate to Women & CVDS, including further research around attitudes, behaviours, and uptake on prevention

**Advocacy:** National action on women and heart disease, advocacy, and policy



### LETTER FROM THE CHAIR

I am delighted to present the 2021 Her Heart Annual Report. In what has been yet another complex year for us all living with the global pandemic, our charity has continued to have a strong impact in women's heart health across Australia and around the world.

I would like to acknowledge the tireless work that our Founder and CEO Dr Linda Worrall-Carter has contributed throughout the year. Linda has continued to use her profile as a world renowned researcher in the field of women's heart health to position Her Heart for important government funding and build and strengthen our key partnerships across a wide range of professional and community groups.

A sincere thank you goes out to our outgoing Medical Advisors, Dr Mukesh Haikerwal, Dr Deepak Haikerwal and Mr Andrew Morello, all of whom have been very generous with their support of our work for many years. I would also like to formally welcome our new medical advisors Prof John Beltrame and Dr Monique Watts, both of whom have special interests in women's cardiology. We are very fortunate to continue to have the international support from Dr Noel Bairey-Merz who has supported us since 2015.

Her Heart has had a productive year and I hope you enjoy reading this report which highlights the key achievements from the team this year.

*A/Prof Deanne Riddington, Acting Board Chair*



### LETTER FROM THE FOUNDER & CEO

The global Covid-19 pandemic has continued to pose challenges throughout 2021 and those in the not-for-profit space have not been immune to these issues. As Australia's Peak Body, Her Heart has successfully navigated some of the challenges, given the emphasis on us providing accurate health information in the digital space, specifically around how our community can optimise their heart health.

Along with the Board, I would like to acknowledge our wonderful Advisory members, those who have provided important medical support since we began operations and I look forward to working closely with our new advisors on future projects promoting women's heart health.

In this report you will see that we launched two key reports from a successful Sanofi research grant around women's heart health and the links to both lipid management and diabetes. We have also consistently grown our list of subscribers and I have particularly enjoyed connecting with our community through a new monthly Bulletin called "5 Minutes on a Friday".

Two new Community Ambassadors have joined our team this year, AFLW player - Ms Kate McCarthy and also Ms Lisa Bennett, both of whom have personal experiences with heart conditions. I do hope you enjoy reading about their stories in this report.

Finally, I would like to sincerely thank everyone at the Her Heart team including our wonderful volunteers who have worked hard to ensure we provide contemporary, evidence based information and resources to our community. I would also like to thank our generous donors, supporters and fundraisers, all of whom enable Her Heart to continue to be the go-to place for women who seek accurate information about their heart health.

*Prof Linda Worrall-Carter, Founder and CEO*



# Launch of Research Reports

During 2021, Her Heart commissioned two Research reports in two key areas of Risk Management for Women.

It has been well documented that there is a need for improved gender specific treatment and preventative measures so that more can be understood and implemented to improve outcomes for women with heart disease.

Our Inaugural Report "Lipid management for Women Following Acute Coronary Syndrome" highlighted the current gaps in evidence, care and adherence to treatment and made three key recommendations:

- that sex disaggregated data be reported for all lipid lowering drug trials;
- that there be gender parity in samples for randomised controlled trials, and
- that future research into treatment adherence be sex specific

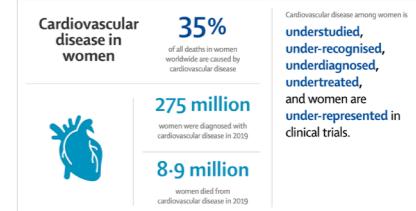
Thanks to the research team, reviewers and Sanofi for supporting these two important pieces of work.



## Global review of Heart Disease in Women:

THE LANCET

Volume 397 Number 10281 Page 1016-1028 3 June 2021 www.thelancet.com



Editorial  
Paying attention to the COVID-19 pandemic in women  
Articles  
Global prevalence of smoking, tobacco use and cardiovascular disease in 2019  
Articles  
Individual, environmental, and behavioural risk factors for cardiovascular disease in women  
Articles  
Women and cardiovascular disease: the global burden by 2030  
The Lancet Commission  
Women and cardiovascular disease: the global burden by 2030  
Volume 397 Issue 10292

Volume 397 Issue 10292

Her Heart Founder & Director, Dr Linda Worrall-Carter was invited to be a part of the writing and review team representing Australia. This important review was driven by Her Heart Advisor Dr Noel Bairey-Merz and Prof Roxana Mehran who is the Mount Sinai Endowed Chair of Cardiovascular Research and Outcomes, and Professor of Medicine.

## Highlights

On World Diabetes day we launched the Second Research report "Diabetes as a Risk Factor for Coronary Heart Disease in Women". Key recommendations were made around improving the treatment for women living with Type 2 Diabetes.

Thanks to the research team, reviewers and Sanofi for supporting these Research reports.



Her Heart Annual Report 2021



## Kate McCarthy, Women's AFLW player, and Her Heart Ambassador

Kate McCarthy, women's AFLW player for St Kilda joined Her Heart as a Community Ambassador. Kate has shared her story about having seizures as a child, and after diagnosis of an arrhythmia (electrical problem in the heart) she had a pacemaker inserted at 12 years old. She has overcome many hurdles in order to maintain her high performance training to play Women's AFL as well as managing to juggle her role as a teacher. She is an inspiration to many women on how you can manage a heart condition and still do something you love!



## Retail Pharmacy Assistants Magazine April 2021

Prof Karen-leigh Edward was invited to be interviewed around key aspects of heart disease prevention for women. This was featured in the Retail Pharmacy Assistants magazine, which has a significantly high proportion of women..



# Highlights

## Lisa Bennett - Community Ambassador

Ms Lisa Bennett recently joined Her Heart as a Community Ambassador following her own personal experience with heart surgery. Lisa was born with a heart defect and had to have surgery when she was only 2 months old. Last year she had to undergo further open heart surgery that included repair of her cardiac valves and repair of her aorta. As a Community Ambassador, Lisa hopes that sharing her story will help and inspire others and raise awareness of heart health.



Her Heart Annual Report 2021

## World Heart Day

Her Heart supported the World Heart Federation's World Heart Day campaign which was to "Use Heart To Connect". The aim of the campaign was to highlight the power of digital health to improve awareness, prevention and the management of Cardiovascular Disease (CVD) globally. The 2021 theme very much connected to Her Heart's focus on communicating to women, their families and communities about the importance of looking after their heart health, using digital platforms. This was especially important in 2021 during the COVID pandemic with lockdown restrictions and the pressures on the health system.

# Our Board

**Angela  
Wheelton,  
OAM DSJ**  
Director and Chair



Angela Wheelton OAM DSJ is Chair of the Board at Her Heart, she is also a former CEO of an Australian based Swiss company. Angela is also a Director at Wheelton Social Impact which focuses on Women and girls in the Health and the Education space. She is a Director of the Bali Children Foundation Ltd, based in Bali which has a very strong focus on the education of young girls. Former NFP Board positions held include Life Education Victoria, Guide Dogs Victoria, and Evident Foundation.

**Dr. Linda  
Worrall  
Carter**  
Founder and Director



Dr. Linda Worrall-Carter is a recognised world leader in the field of cardiovascular disease in women. Prior to establishing Her Heart she held academic positions and was the Inaugural Director of 3 research centres. During that time she was successful with over 8 million dollars in government funding and authored more than 100 publications. However, Linda felt strongly that research alone would not save women's lives, reduce the economic and societal burden on the Australian healthcare system, nor drive changes in attitude and behaviour. Recognising that a different approach was needed, Linda established Her Heart in order to drive change through creating awareness of heart disease, educating and empowering women with knowledge so they can learn more about how to initiate change.

**Assoc.  
Prof.  
Deanne  
Riddington**

Director & Deputy Chair



Deanne Riddington is the Deputy Chair of Her Heart and has extensive experience as a senior manager and education specialist creating and leading high-performing teams and projects in the healthcare sector. She has previously worked as General Manager of Education and Learning at St Vincent's Hospital. In this capacity, Deanne was an honorary Clinical Associate Professor with the Australian Catholic University. Deanne is a passionate advocate for health workforce education and for public health, with a past career spanning 30 years as a Registered Nurse in Victoria. Her career has transitioned from clinical practice to education and leadership. Deanne led the development of Victoria's first Aboriginal Graduate Nurse Program and was awarded a Fellowship from the Winston Churchill Memorial Trust in 2015 for her work in this field. Deanne is currently the President Elect of the Churchill Fellows Association of Victoria.

**Sally  
Brooks**  
Company  
Secretary  
& Patient Advocate



Sally Brooks has 30 years' experience in the tertiary education sector including leading and managing teams involved in graduate career development & employment, student volunteering & leadership, large scale event and online service delivery. As Vice-President of her Professional Association, NAGCAS, Sally also brings to Her Heart experience in the governance of a "Not for Profit" organisation. In addition, Sally has previously shared her story around her experience with heart disease and as such, is also the Patient Advocate on the Board.

# Our Advisors



## Dr. Bairey-Merz MD

Appointed 2015

Dr. Bairey Merz is Professor of Medicine and holds the Women's Guild Chair in Women's Health. She is also the director of both the Barbra Streisand Women's Heart Center and the Preventive and Rehabilitative Cardiac Center at Cedars-Sinai's Medical Center in Los Angeles. She is a pioneer in the study of women's heart health and preventive cardiology, and a global authority on women's heart health



## Dr. Susan Alberti, AC

Appointed 2017

Dr. Alberti is one of Australia's pre-eminent philanthropists, having donated millions of dollars to medical research and other charitable causes over her successful business career. She is a role model and mentor to many young women and recognised for her long and outstanding contribution to medical research institutions. In 2016, Susan was awarded the Companion of the Order of Australia, Melburnian of the Year in 2017 and Victorian of the Year in 2018 in recognition of her eminent service.



## Professor John Beltrame

Appointed 2021

Professor John Beltrame is a Senior Consultant Cardiologist with clinical, research and teaching roles. He is the Michell Professor in Medicine and the Discipline of Medicine Lead at the University of Adelaide, as well as the Director of Research for the Central Adelaide Local Health Network. He has strong clinical and research interests in coronary heart disease, particularly in relation to coronary artery spasm and coronary microvascular dysfunction, which especially afflicts women. Professor Beltrame also co-founded and co-chairs COVADIS (Coronary Vasomotion Disorders International Study group).



## Cassandra Kelly, AM

Advisor and former Chair & Director Appointed 2017

Cassandra Kelly AM is a global thought leader, speaker and coach to corporate and political leaders and Chair of the Treasury Corporation of Victoria. She previously co-founded The Glass Elevator, an initiative that connects, engages and inspires women in industry and government. Cassandra was awarded the Member of the Order of Australia (AM) in the 2019 Queen's Birthday Honours List. Cassandra has previously held the position as Chair of the Her Heart Board and an Advisor since 2016.



## Dr Monique Watts

Appointed 2021

Dr. Monique Watts is a Melbourne based cardiologist who trained in advanced heart failure and cardiac transplantation at the Alfred Hospital. Dr. Watts developed an interest in Women's Cardiology after collaborating with international colleagues about complex cases involving conditions which disproportionately affect women. She has worked with the Alfred Cardiology Department to establish Victoria's first Women's Heart Clinic at the Alfred and is a passionate champion of Women's Heart Health



## James Hutton

Advisor and former Director and Deputy Chair Appointed 2015

James Hutton is a partner with MinterEllison and has practiced for over 25 years in corporate and commercial law. MinterEllison provides Her Heart with pro bono legal advice and assistance under its partnerships program and as part of its purpose to create lasting impacts with its clients, people and communities. James was an Inaugural Board member & Director from 2015-2020 and has also previously held the position as Deputy Chair..

# Our Team



## Linda Worrall-Carter | Founder

Dr Linda Worrall Carter is Founder & CEO of Her Heart, she is also Director and provides a leadership role to the Her Heart Team.



## Claire Ristovski | General Manager Operations

Claire joined Her Heart in 2021 and brings extensive senior management and leadership experience in the acute healthcare sector. Claire has a background in Critical Care Nursing, has a Masters of Business Administration and is passionate about improving women's heart health.



## Sally Brooks | Company Secretary/Snr. Administrator

Sally Brooks is the Company Secretary for Her Heart but also volunteers support to Her Heart through taking on a range of projects and tasks as Snr. Administrator.



## Ailish Barry | Social Media

Ailish Barry is the Social Media Lead and is an enthusiastic and dedicated marketing professional with a background in healthcare administration, marketing and social media.



## Hazel Prosser | Graphic Design

Hazel offers Her Heart graphic design and website support, she has a Diploma of Graphic design as well as a Certificate in Web design.



## Kereni White | IT support

Kereni is the Creative Director of White Sites Website Development and has over 15 years' experience specialising in web development and maintenance. Since 2015, Kereni has provided Her Heart with website and IT support.

### We would like to acknowledge the support of:

Prof Karen-leigh Edward – Acting CEO

Hannah Wood – Social Media

Michelle Clancy - Graphic Design

# Our Network

Her Heart's professional network facilitates the important connections between different professional communities which showcases the latest research and creates targeted awareness and prevention programs to our community of women

- Australasian Cardiovascular Nursing College (ACNC)



- Australian Cardiovascular Health and Rehabilitation Association (ACRA)



- Heart Support Australia



- Australian Cardiovascular Alliance



- Hitnet



- Susan Alberti Medical Research Foundation (SAMRF)



- Heart Health NSW



- Womens Health Victor



- Glass Elevator



- Team Women Australia



# Supporters

We thank our supporters who generously provide resources and services to help raise awareness of Her Heart and women's heart health.

MinterEllison Lawyers

OneLedger Accountants

Redback Solutions

White Sites Website Development

National Australia Bank (NAB)

Wheelton Philanthropy

# Funding

Australian Government



Victorian Government



# Get involved

To continue Her Heart's work, there are a number of ways you can contribute.



## Partner/Sponsor us

Let's collaborate and together we can dream big and get results. If as an organisation you are looking to expand your social responsibility or would like to explore sponsorship opportunities, we want to hear from you. Contact us to discuss further and begin making a difference..



### Spread the word

Connect with us and spread the word through sharing, subscribing to our social channels, mentioning us in your workplace, or starting a conversation with your friends and family about the importance of heart health.



## Sponsor a program

We understand that not everyone can give an ongoing monetary donation. We have a range of individual initiatives that require funding support. These range from programs and campaigns to initiatives that help make our organisation more robust.



### Giving Program

You can raise awareness and support Her Heart by inviting your staff be part of a giving program. With an opt-in giving program, staff can donate a few dollars each month from their pay to a worthy cause. This will make your organisation socially responsible, help inform women, and prevent heart disease.



## Donate

Make a heartfelt donation and help make a long-lasting impact on women's heart health. Encourage others to help spread the word or to pledge a charitable monetary gift.



### Share your story

Are you or a loved one living with heart disease? Are you a carer or health professional with a story to tell? We would love to speak with you and hear your story. Every story is precious and can help save lives.

**To donate immediately  
please scan the QR code**





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We acknowledge the traditional custodians of the land, waters and knowledge for the places where we gather to collaborate and strengthen communities. In our work, we recognise the importance of Country – not just as a place, but how it also maintains community, family, kin, lore and language.

We pay our respects to Elders past and present. This always was, always will be, Aboriginal land.

We support the Uluru Statement from the Heart.