

heart surgery. After everything he's been through, he's managed to get so much out of life through his determined, positive attitude. I hope Angus also feels proud as he grows up."

The Heart Foundation has funded over 40 years of life-saving research, which directly helped to save Peter and Angus. If Angus had had a hole in his heart 40 years ago, he may not have survived.

Despite our advances, **cardiovascular disease is still Australia's number one killer, responsible for more than 1 in 3 deaths.**

Please, help us to stop more people dying needlessly by making a tax-deductible donation to the Heart Foundation today. There is still so much we need to discover.

With more than 1 in 3 people dying from cardiovascular disease, the chances are your gift will help save your life or that of someone you love.

Warm regards

Bruce Carter
President

PS As a thank-you for your tax-deductible gift, you'll receive our 'Managing Life, Managing Cholesterol' booklet. For all gifts \$30 or more, you'll also receive a free Heart Foundation recipe booklet.

Peter Bland's book, 'A Step Too Far', will be available in bookstores from November. For your personally signed copy order from www.polargroup.net. A percentage of the proceeds from the sale of his book will go toward funding Heart Foundation research and prevention programs.



Peter, waving the national flag, after becoming the first Australian to walk 650km to the North Magnetic Pole.

This Bland family: Peter, Julie, Angus and Olivia

Where your money goes.

Life-saving research

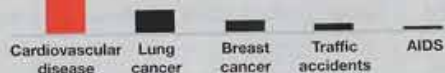
Thanks to our supporters, the Heart Foundation currently funds 97 ground-breaking research projects – the driving force behind many medical advances. Projects include:

- Preventing diseases that lead to irreversible heart damage in both adults and children.
- Establishing how physical activity can provide protection against the negative effects of obesity in children.
- Reversing scarring of the heart, in order to reverse the symptoms of heart failure.

Prevention and health education programs

- The Heart Foundation supports cardiac rehabilitation programs that help people return to their normal activities after the trauma of a heart attack or heart surgery.

More than 1 in 3 Australians die from cardiovascular disease



Cardiovascular disease causes more deaths than breast cancer, lung cancer, traffic accidents and AIDS combined.

- The Heart Foundation ensures patients receive the best treatments by working with health professionals. This includes improving emergency response times when people suffer a suspected heart attack.

The Heart Foundation's national information service Heartline, provides advice to anyone with a heart health issue. Call 1300 36 27 87 (for the price of a local call).

