

Aussie Heart Hero - an Icebound Explorer



In May this year, 29-year old adventurer and explorer Peter Bland intends to become the first Australian to walk across the North Magnetic Pole. In conquering this incredible challenge, Peter will also become the first Australian to visit both the South and North Magnetic Poles.

What makes Peter's "Polar Trek" even more amazing is that 12 months ago he was recovering from major heart surgery to repair an aneurysm in his heart. This was the second time Peter had faced heart surgery. At age eight surgeons operated to repair a hole in his heart.



Shortly after Peter's South Pole expedition, a chest X-ray for chronic pneumonia revealed the life-threatening aneurysm in his aorta and Peter had to face the biggest challenge of his life.

Peter credits his recovery to his determination, fitness and the role the Heart Foundation has played in funding medical research and education programs for the last 38 years.

Peter has now volunteered to participate in Heart Foundation funded research that looks at the relationship between heart disease risk factors and arterial elasticity. He will also raise funds for the Heart Foundation during his Polar Trek.

Peter will spend 40 days trekking the 550 kilometres across frozen Arctic sea to the North Magnetic Pole. He will carry the flag of his hero, explorer Sir Douglas Mawson, who became the first Australian to reach the South Magnetic Pole in 1909. The flag was recently given to him by Sir Douglas Mawson's grandson.



How you can be part of the Polar Trek

You can sponsor Peter on his history-making Trek. All money raised will go towards the Heart Foundation's research and health promotion programs.

You can help us save lives

The Heart Foundation is an independent Australia-wide, non-profit health organisation, funded almost entirely by donations from Australians. One in three Australian families will be affected by heart and blood vessel disease. Heart and blood vessel disease kills more Australians every year than cancer, traffic accidents and AIDS combined. The Heart Foundation saves lives by:

- Funding research into heart and blood vessel disease, its prevention and treatment;
- Promoting and influencing behaviour which improves heart health.

We conduct health promotion programs for health professionals, people with heart disease and their families, and the Australian community at large.

Polar Trek against Heart Disease

Yes, I want to be part of the Polar Trek against Heart Disease.

Please find enclosed my total tax deductible donation of

\$ _____ : _____

Mr / Mrs / Miss / Ms

Surname _____ Christian Name _____

Address _____

P/Code _____

Phone (h) _____

(w) _____

Please find enclosed my cheque made payable to:

Heart Foundation, OR

Please debit my:

Bankcard Mastercard Visa Amex

Expiry Date _____

Card No: _____

Signature: _____

How to Help

Just fill in the coupon and send, with your donation, to the Heart Foundation, Reply Paid AAA221, National Heart Foundation of Australia, Victorian Division PO Box 149 North Melbourne 3051.

Or telephone **1800 803 156** with your credit card donation.



Heart Foundation