

# YOUR SUPPORT WILL HELP BEAT HEART DISEASE



Grant Octoman, back to living his best life.

In Australia sadly there is one stroke every nine minutes. That's 160 families impacted by the heartbreak of this condition every single day.

Did you know that an underlying heart condition contributes to one third of all strokes?

The good news is, this heart condition is actually reversible!

Thanks to your purchase of tickets in the Hospital Research Home Lottery, leading cardiologist Professor Prash Sanders and his team are developing a new specialised clinic to treat and reverse Atrial Fibrillation (AF), a condition affecting the heart, making it beat out of rhythm.

The i-CARE clinic at the Royal Adelaide Hospital is taking an integrated and collaborative approach to managing AF, treating its common risk factors including high blood pressure, obesity, high cholesterol, sleep apnoea, physical inactivity and diabetes.

This clinic will be lifesaving for patients like loving father-of-two Grant Octoman who was living unknowingly with AF for many years until he suffered a stroke in 2016.

"I was about to watch a football game with my wife Sharron when I began experiencing double vision. We rushed to emergency where I was told I had suffered a mini stroke. At the time doctors couldn't tell me why," Grant said.

That experience changed Grant's life forever. Living in fear he would suffer another stroke and not knowing what caused it, he put significant parts of his life on hold. That was until he met Prof. Sanders who diagnosed him with AF.

Now able to manage his condition through lifestyle factors identified through research, Grant is back to living his best life. Your support will save even more lives!

"We believe our clinic, enabled by funding from The Hospital Research Foundation will reduce hospitalisation and save lives," Prof. Sanders said.

Because of you and your continued support of the lottery we can bring hope and continue to fund more lifesaving research projects that are making an immediate impact on the lives of South Australians.

THANK YOU!



Professor Prash Sanders at the Royal Adelaide Hospital.

 the hospital research foundation

Finding cures and improving care in South Australia's Hospitals.

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