



## AAS E-Bulletin

Welcome to the first edition of AAS e-News in 2022, updating you on:

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### New Format: E-Bulletin

Coming out of this pandemic era (fingers crossed!), this year we'll be trialling a monthly E-bulletin format to encourage member engagement. We'd love to hear updates and news from our members - be it a grant or a recent paper or just a lab highlight or achievement (pictures welcomed!). Please send it to [admin@athero.org.au](mailto:admin@athero.org.au). Thank you.

***Dr Denuja Karunakaran, Editor***



### President's Message

I am honoured to once again be President of the Australian Atherosclerosis Society. The first action of this term must be to thank Peter Psaltis for his phenomenal leadership and input as we moved to a "by members, for members" society. While this was largely necessitated by a need to reduce costs, the outcome has been spectacular. Executive Committee members have stepped up and taken on each of the different activities required to run the Society, with Peter guiding and leading these changes. Well done and thank you to each and every Committee member. And I look forward to working with our newly-elected Committee members.

Equally important is to send congratulations to all our recent Rising Star winners and participants - full details are included in this newsletter.

This coming year will be a time of consolidation on the management side, but we now have a chance to plan for activities. Our Scientific Showcase Seminars will continue, and we hope to host a Clinical Masterclass and an FH Summit. With luck, we will also be able to hold an Annual Scientific Meeting. I would encourage all members to make suggestions for activities, speakers, and initiatives of any sort to any member of the Executive Committee.

With my very best wishes for 2022.

***Prof Stephen Nicholls***

Director, MonashHeart

Director, Victorian Heart Institute



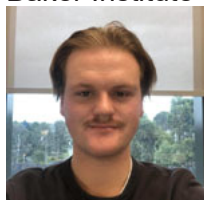
## 2021 AAS Rising Star Award Winners

During this pandemic, for the first time, AAS hosted 'Rising Stars Scientific Showcase'. We had impressive presentations from honours and higher degree research students, as well as early career researchers. AAS committee sincerely thanks our members who served as judges for this seminar series - a challenging task given the high-caliber of presentations. Importantly, the committee also thanks our sponsors Transnetyx, ACvA and CSL for sponsoring the awards. The 2021 AAS Rising Star Award Winners were:

### Transnetyx Honours Rising Star Award

**Lachlan Sim**

Baker Institute



### ACvA PhD Rising Star Award

**Emma Solly**

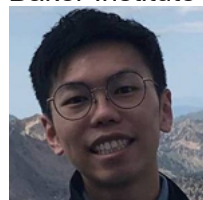
SAHMRI



### CSL ECR Rising Star Award

**Sam Lee**

Baker Institute



Read more about their respective projects [here](#).

## AAS welcomes 2 new Life members

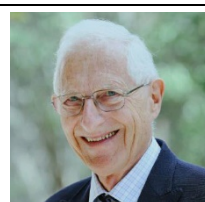
The Executive Committee is delighted to welcome two life-time members to the Society: Professor Phillip Barter and Professor Lawrie Beilin.



**Phillip Barter** graduated in medicine from the University of Adelaide and gained his PhD from the Australian National University. He has held

positions in research institutes and universities in Australia and the US and is now retired. He is a fellow of the Royal Australasian College of Physicians. He was the 2011 recipient of the Anitschkow Award of the European Atherosclerosis Society.

His basic research interests have been plasma lipids and lipoproteins, specifically high density lipoproteins (HDLs), the factors that regulate them and the mechanisms by which they protect against cardiovascular disease. His clinical research has involved participation in clinical trials of lipid-lowering agents. He was a member of the steering committees of the FIELD study, the REVEAL the HPS-3 TIMI-55 trial and the ACCELERATE trial. These latter two large-scale clinical outcome trials assessed the ability of CETP inhibitors to reduce CV risk. He was co-chair of steering committee of the DEFINE study and was chairman of the steering committee of the ILLUMINATE trial. He has published more than 300 peer-reviewed research papers on plasma lipids and lipoproteins, their metabolism, regulation, function and relationship to atherosclerosis. He has also written handbooks on HDL and CETP inhibitors.



**Lawrence "Lawrie" Beilin's** career commenced in London, where he graduated in medicine, completed an MD and became a Fellow of the Royal College of

Physicians. On moving to Australia in the 1970s he became a Fellow of the Royal Australian College of Physicians and a Fellow of the Cardiac Society of Australia and New Zealand. Since then Lawrie has developed a research team at The University of Western Australia (UWA) that has been responsible for major advances in understanding the role of diet and lifestyle in people who have high blood pressure and cardiovascular disease. Under his leadership, the group pioneered the application of randomised drug trial methods when studying the effects of nutrition and lifestyle factors on blood pressure predisposition to heart attack and stroke. Lawrie's current research interests encompass nutrition, lifestyle and genetic interactions, the developmental origins of cardiovascular disease and two major primary prevention trials (ASPREE and STAREE) in the elderly. Through national and local leadership roles with the International Society for Hypertension, the World Hypertension League, the Australian High Blood Pressure Council for Research and the Heart Foundation, he has actively promoted research about the importance of lifestyle and appropriate treatment in the prevention and management of cardiovascular disease. Much

Recognizing that atherosclerosis has become a major global epidemic, he is committed to the development of atherosclerosis research and education programs in countries beyond North America and Western Europe, including South and Southeast Asia, South and Central America, the Middle East and Africa.

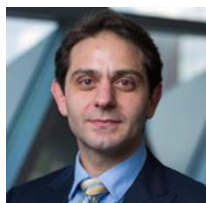
He has had a long-term and ongoing involvement in both the Australian Atherosclerosis Society (founder, President, Treasurer and Executive member) and the International Atherosclerosis Society, including a term as its President.

of the public health and medical advice about non-drug measures for the prevention and management of hypertension stems from painstaking factorial design trials by his research team. This world-leading group continues to explore the myriad ways issues such as weight control, fruit and vegetable consumption, alcohol moderation, dietary fish oils and physical activity impact blood pressure. Lawrie was appointed an Officer of the Order of Australia (AO) for contributions to Medical Research and Education

Lawrie Beilin has been a long-standing member of the AAS, encouraging many of his team to also actively participate. The strength of the Western Australian atherosclerosis research and clinical community is a testament to his leadership.

## Additions to the Executive Committee 2022

We received four nominations for general membership to the AAS Executive Committee in 2021, and after voting, all four members were welcomed to the Committee. Re-appointed members include:



**Peter Psaltis**  
*Past President*

New Executive members are:



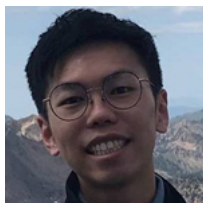
**Joanne Tan**  
*Program Coordinator*



**Waheed Khan**  
*Social Media*



**Stephen Nicholls**  
*President*



**Sam Lee**  
*Program/Seminars + Seminar Support + Social media*



**Denuja Karunakaran**  
*Newsletter Editor*

Continuing executive members include:

- Secretary - Kristen Bubb
- Treasurer - Natalie Ward
- Program/Seminars - Carl Schultz, Blake Cochran
- Sponsorship - Judy de Haan
- Membership - Helen Williams
- Social media - Helen Williams
- Website - Jennifer Seabrook
- FHAN - Gerald Watts
- Clinical Council - David Sullivan
- Governance - Jennifer Seabrook

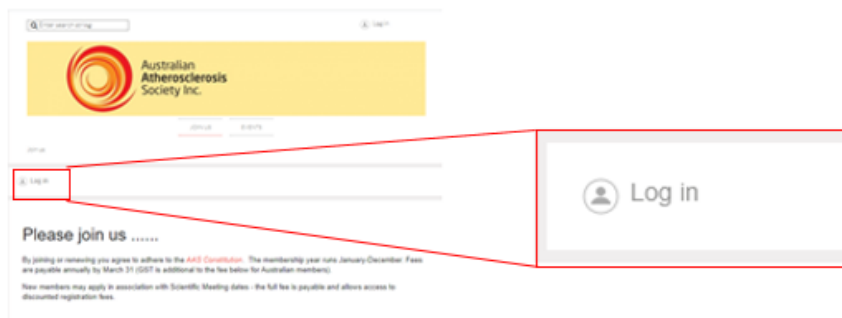
## Regular reminders

Membership renewals – reminders and lapsed membership notices will be sent automatically each year on March 01.

Please note: membership fees were increased to \$100+GST for full members at the 2021 AGM. No change to student fees.

Members are entitled to AAS travel grants (closing dates: April 30, Nov 01). Click [here](#) for information and application.

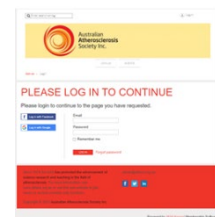
Log into member-only [portal](#) to access member information and seminar videos.



You'll get to this page <https://ausatherosoc.wildapricot.org/Sys/Login>.

Login will require your email address and a password. If you have not set up a password, click the 'Forgot Password' link and follow the prompts.

Please make sure you allow emails from [admin@athero.org.au](mailto:admin@athero.org.au) into your email system, so you don't miss any important news. There is also an app – Wild Apricot for Members, downloadable from Google Play or the Apple store.



## AAS on Social Media

AAS have been actively interacting with AAS members and friends of AAS in the cardiovascular research community over social media platforms such as Twitter, Facebook, and LinkedIn.

We now have 301 followers on Twitter, 98 connections on LinkedIn, and 153 followers on Facebook. We have been regularly advertising our weekly seminars over these platforms to reach out to as many Cardiovascular researchers as possible.

We would like to further engage our members through social media, so please add your Twitter handle to your profile in the Members Portal. And tag us in your posts ([@atheroaussie](#)).

We love to see what our members are up to. Got a new paper or other exciting news? Let us know over social media and we'll help get the word out.

