

NSW  
**Women's  
Health Expo**



# Speaker Program

## NSW Women's Health Expo Speaker Program

09:30-10:20	Welcome, introduction and women's health in NSW	The Hon. Bronnie Taylor, MLC, Minister for Women, Regional Health and Mental Health
10:30-10:50	Let's Talk: Breast Cancer	Holly Masters, <a href="#">McGrath Foundation</a>
11:00-11:30	Promoting healthy conversations and healthy behaviours with teens	India Smith, <a href="#">batyr</a> Helen Bird, <a href="#">Butterfly Foundation</a>
11:40-12:00	The Glen for Women	Kylie Cassidy and Jacqui Kelly, <a href="#">The Glen</a>
12:10-12:30	Ministry of Health: Priorities for Women's Health in NSW	Susan Pearce, <i>Secretary, NSW Health</i>
12:40-13:10	Setting the standard: Health empowerment for young women	Anita Dessaix, <a href="#">Cancer Council NSW</a> Trudy Phelps, <a href="#">Cancer Institute NSW</a> Alexis Wolfe, <a href="#">Endometriosis Australia</a> Justine Salisbury, <a href="#">Ministry of Health</a>
13:20-13:40	Navigating miscarriage and early pregnancy loss	Elizabeth Gosch, <a href="#">Pink Elephants Support Network</a>
13:50-14:20	Maternity & motherhood: Support for you and your family	Chris Barnes, <a href="#">Gidget Foundation</a> Sharlene Vlahos, <a href="#">Karitane</a> Julie Borninkhof, <a href="#">PANDA</a> Kelly Stone, <a href="#">Tresillian</a>
14:30-15:00	Women: Having it all? Careers, family and health	Dr Elina Safro, <a href="#">Australasian Menopause Society</a> Trudy Phelps, <a href="#">Cancer Institute NSW</a> Janet Hailes Michelmore AO, <a href="#">Jean Hailes</a>
15:10-15:40	Maintaining good health in later life	Karen Price, <a href="#">ACON</a> Janet Hailes Michelmore AO, <a href="#">Jean Hailes</a> Professor Diane Fatkin, <a href="#">Victor Chang Cardiac Research Institute</a>

### McGrath Foundation

The McGrath Foundation's mission is to ensure that no one goes through breast cancer without the care of a McGrath Breast Care Nurse.

We raise funds to support people with breast cancer by providing specialist McGrath Breast Care Nurses where they are most needed across Australia.

The McGrath Foundation currently funds 177 nurses who provide essential physical and emotional support for free to anyone experiencing breast cancer, and their families, from diagnosis and throughout their treatment.

Breast cancer is the most commonly diagnosed cancer in Australia (1 in 7 women will be diagnosed in their lifetime), and as the rate of diagnoses increases, so too does the need for more McGrath Breast Care Nurses.

Funding for 73 more McGrath Breast Care Nurses is needed to ensure that no one misses out on care.

To find out more and to donate go to: [www.mcgrathfoundation.com.au](http://www.mcgrathfoundation.com.au)



### Holly Masters

Holly Masters is Chief Executive Officer of the McGrath Foundation. She is responsible for leading the organisation to deliver on its mission of ensuring every person experiencing breast cancer has access to the free support of a McGrath Breast Care Nurse, wherever they live in Australia.

Holly has a wealth of experience building and developing brands globally across the FMCG, retails, beauty, media and telecommunications sectors.

Before joining the Foundation, she worked for Estée Lauder Companies where she held a variety of roles over 12 years including Vice President General Manager of Clinique Asia Pacific, based in Hong Kong.

Previously, Holly led brands including Jo Malone London, La Mer and Molton Brown across Australia and co-founded mission21, a marketing and communications agency in London.

NSW

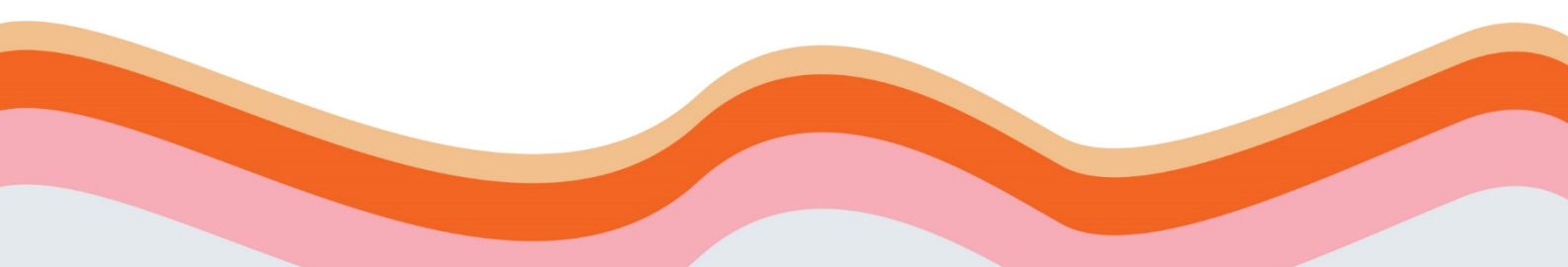
## Women's Health Expo



Today Holly manages a team of skilled professionals at the McGrath Foundation who are focused on helping individuals and families through breast cancer.

She is a Graduate of the Australia Institute of Company Directors, a member of Chief Executive Women and Chair of the Leaders for IMPACT Network: Greater Sydney Hub.

Holly is passionate about building strong and collaborative partnerships, enjoying life to the full and making the most of every moment.





### batyr

batyr is a 'for-purpose' preventative mental health organisation, created and driven by young people, for young people.

In Australia, one in four young people experience mental ill-health (ABS, 2018), and rates of psychological distress have increased in the last decade (Hall et al., 2019). Tragically, suicide is the leading cause of death for young people (ABS, 2020).

Founded in 2011, batyr exists to change this. batyr engage, educate and empower young people to build safe, resilient and mentally healthy communities that are free from stigma. For over a decade batyr have been providing hope and connection to thousands of young Australians, helping to reduce stigma and ensure they are getting the right support and taking charge of their mental health before they are in crisis.

Sebastian Robertson started batyr at aged 25, after experiencing the frustration and isolation of living silently with mental ill-health whilst at university and holding various leadership roles. Sebastian recognised that it was time to open honest conversations about mental health with young people. He founded batyr, naming it after Batyr ('Hero'), The Talking Elephant From Kazakhstan. Sebastian wanted to give young people a voice, and the courage and conviction to share their experiences with mental ill-health in a safe and impactful way.

### India Smith

India is the National Head of Programs at batyr and is responsible for ensuring safe and high-quality delivery of batyr's peer-to-peer programs. India graduated from Exeter University with a BSc in Psychology, after which she completed a Master of Social Work and Systemic Therapy, with her work focused primarily on youth mental health.

Prior to working at batyr, India was a Senior Social Worker and Systemic Practitioner working with young people in London. India has a genuine desire to smash the stigma around mental health, and cares deeply about amplifying the voices of young people to achieve positive change within the mental health sector and equip them with the skills and confidence to lead fulfilling lives.





### Butterfly Foundation

Butterfly Foundation is the national charity for all Australians impacted by eating disorders and body image issues, and for the families, friends and communities who support them.

We change lives by providing evidence-based treatment and support services and resources, by delivering prevention and early intervention programs, and by advocating for the needs of our community. We actively campaign to raise awareness, reduce stigma and encourage help seeking.



Butterfly advocates for improved access to effective and affordable care. Throughout our work we also emphasise the critical importance of prevention and early intervention strategies to limit the impacts of negative body image and eating disorders.

We operate a National Helpline that includes support over the phone, via email and online, reaching around 30,000 people each year. The Helpline is staffed by trained counsellors experienced in assisting with eating disorders and body image issues. We also provide a wide range of programs for service providers and recovery groups and our prevention programs include workshops to schools, community organisations, and workplaces.

### [Butterfly Foundation](#)

### [Butterfly Helpline](#)



### Helen Bird

Helen has over 25 years' experience working in young people's health promotion within government and not-for-profits in both the UK and Australia.

She has been with Butterfly Foundation for over 7 years and manages their education services in schools and community settings.

This includes specialised prevention and early intervention presentations and workshops to young people, parents and professionals, as well as the annual awareness initiatives, Body Kind Schools and Body Kind Families.

## The Glen For Women

### The Glen

The Glen is an Aboriginal community-controlled residential rehabilitation facility on the NSW Central Coast, providing treatment to men, and now about to provide the same opportunities for women. The Board at The Glen are passionate about delivering a best practice, high quality,

culturally appropriate drug and alcohol residential rehabilitation service for men. We have been doing this since 1994. We have always known that there is a need to offer something similar for women who also suffer from drug and alcohol addiction. In 2019, The Glen secured \$9 million in federal funding to make this dream a reality.

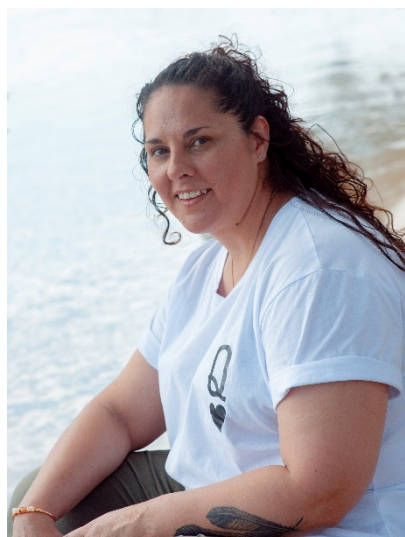
Since then, a lot of progress has been made, with a site for The Glen for Women purchased at Wyong Creek and local construction company, North Construction, building our purpose-built facility. As the construction comes to an end and we onboard our team of staff, our organisation is planning and preparing for clients to reside at The Glen for Women and participate in the program from mid-April.

### Kylie Cassidy & Jacqui Kelly

Kylie Cassidy is a Wiradjuri woman from Central West NSW and has grown up on Darkinjung Country.

Her passionate attitude and connection to her community has created many opportunities to help people grow and strive for change. Kylie was a member of the 2005 Youth Leadership Group. This was made up of 15 Aboriginal and Torres Strait Islander youth from across Australia whose role was to advise the federal government of issues impacting youth.

Kylie has a background in youth work and is an established Aboriginal artist who often uses her art as a tool for therapy and engagement. This love of art and helping people is what introduced Kylie to The Glen art program. Working with the team at The Glen gave Kylie the opportunity to share her artistic skills with stakeholders and friends of The Glen. Kylie was asked to design the 2020 Sydney Roosters Indigenous round jersey, create an art piece for Ward Civil Construction, and, along with her class at The Glen, be involved in painting NRL players boots for the Cultural Choice Indigenous Round Auction.



Kylie has moved through the organisation in Intake and has been involved in planning meetings for The Glen for Women. A genuine passion has been ignited to forge a career path in this sector and Kylie is very excited to be involved with The Glen for Women rehabilitation centre in her role as Chief Operating Officer.

The most rewarding and challenging aspect in her personal life is that Kylie is a mum and kinship carer to 6 children, aged 21, 15, 13, 12, 9 and 7.

As a personal interest and passion to create opportunities for young people, Kylie has co-created and is one of the principal artists in The Voices of The Land Aboriginal art exhibition, regularly giving up and coming Aboriginal artists in the Central Coast community the opportunity to showcase their work.



Jacqui is a highly experienced alcohol and other drugs (AOD) professional, with skills and experience in working with mental health and complex support needs. For almost 19 years Jacqui has provided direct case management, as well as individual counselling and group drug and alcohol treatment, to clients and program users from a range of backgrounds and support needs. Jacqui is experienced in working in multidisciplinary teams, including working with nurses, GPs, and psychiatrists, delivering evidenced based treatment.

Jacqui has worked in a number of NGOs and private treatment facilities, including Therapeutic Communities (TCs), Modified TCs and AOD Private Clinics.

Jacqui is staff and client-centred, empowering and collaborative. Jacqui is particularly experienced in working with, supporting and leading teams of caseworkers, including through change processes. Jacqui has significant experience working within community sector organisations, implementing and integrating values and sense of mission into programs and services.

Jacqui takes a holistic approach to AOD residential treatment. Jacqui understands that one-size does not fit all, so treatment really is client-centred, and treatment responses need to be based on the needs of the client.

Jacqui currently works at The Glen for Men and The Glen for Women and is passionate about delivering culturally responsive and evidence-based treatment to clients.





### Cancer Council NSW

Cancer Council NSW is the State's leading cancer charity, working across every area of every cancer.

Every day, we support families affected by cancer when they need it most, speak out on behalf of the community on cancer issues, empower people to reduce their cancer risk, and find new ways to better detect and treat cancer.

Cancer Council NSW works to reduce the impact of cancer by providing information and support services; funding and conducting research towards a cancer free future; working within communities to prevent cancer and advocating for policies and laws to improve the outcome for people affected by cancer.

Find out more on the [Cancer Council NSW website](#).

Click [here](#) to learn more about cancer prevention.

### Anita Dessaix

As Director Cancer Prevention & Advocacy, Anita is responsible for leading strategy and program efforts in the two Cancer Council NSW strategic priority areas of Prevention and Advocacy.

The Division's focus is on reducing the burden of cancer and reducing cancer risk across NSW communities, through targeted programs, policy, advocacy and retail stores.

Anita holds a Master of Arts in Communication Management from the University of Technology Sydney and a Master of Public Health from the University of Sydney.



She has more than 15 years' experience within the NSW public health sector, with 12 years in cancer prevention specifically. Anita has held a number of senior management positions in public health, having previously worked in organisations such as the Cancer Institute NSW, the NSW Ministry of Health, as well as private consulting.

### Cancer Institute NSW

The Cancer Institute NSW is a pillar organisation of [NSW Health](#), providing the strategic direction for cancer control in NSW. We work across the health care system to promote better:

- [cancer prevention](#)
- [early detection](#)
- [diagnosis, treatment and care.](#)

Driven by the goals in the [NSW Cancer Plan](#) the Institute works in partnership with all involved in the cancer community to end cancers as we know them.



## Cancer Institute NSW



### Trudy Phelps

Trudy Phelps works for the Cancer Institute NSW in her role as Relationship Manager for the BreastScreen NSW program.

Trudy has worked across health and higher education for many years and is passionate about access to health services for all women in our community.

### Endometriosis Australia

Endometriosis Australia is a nationally accredited charity that endeavours to increase recognition of endometriosis, provide endometriosis education programs and to raise funding for endometriosis research.



Endometriosis is a common disease that 1 in 9 women, girls, and those who are gender diverse suffer with at some point in their life, with the disease often starting in teenagers. The disease is reported to cost Australian society \$9.7 billion annually.

We represent over 830,000 Australians who have endometriosis, by engaging in a strong awareness campaign to inform the medical community, business, media and the public about endometriosis, and providing professional education programs for those with endometriosis, communities, schools, healthcare professionals, businesses and individuals involved in improving health outcomes for people with endometriosis.

We work with health professionals who treat the condition and with researchers working to find solutions and raise funds for research in Australia into the causes, treatments and, ultimately, prevention, of endometriosis.



### Alexis Wolfe

Alexis' passion and notable leadership qualities led to her appointment as CEO of Endometriosis Australia in May 2021. Previously holding senior roles in the not-for-profit and corporate sectors, Alexis has led successful and determined teams to raise over \$50M.

Alexis is a mentor with the Fundraising Institute Australia and is a Board Member for the Public Fundraising Regulatory Association.

As an Endo Warrior herself, Alexis is driven to deliver on Endometriosis Australia's objectives to increase awareness, education and research for the disease.

### Ministry of Health – Centre for Population Health



The Centre for Population Health leads the development, implementation and evaluation of policies and funds programs and services to improve health and reduce the burden of chronic disease in NSW.

The priorities of the centre are healthy eating and active living, tobacco control, blood borne viruses and sexually transmissible infections (including HIV).

### Justine Salisbury

As a practicing Midwife and Registered Nurse, Justine holds an appointment in the NSW Centre for Population Health as the Senior Project Officer and Maternity Engagement Lead for the Clinical Policy and Engagement Team.

Her expertise lies in Health Promotion activities during pre-pregnancy and maternity care, including healthy conception and gestational weights, smoking cessation and alcohol abstinence, as well as screening for preventable infection and disease of mothers and babies.

Justine's clinical background in rural and metropolitan nursing and midwifery, clinical services management, clinical engagement and education, program implementation, research and health promotion has provided valuable experience in both public and private sectors.

Her passion for maternal and newborn health led Justine to her career high of successfully implementing the state roll-out of the Get Healthy in Pregnancy Program on behalf of the NSW Office of Preventative Health.





### Pink Elephants Support Network

Pink Elephants provides the latest resources, information and peer-support for anyone impacted by early pregnancy loss.

Using evidence, empathy and connection, our unique digital-first approach offers a single source of specialist support, whenever and wherever it's needed – for anyone who has directly experienced it, for family and friends, corporate partners or healthcare professionals seeking proven ways to help.

With so much of the current experience of miscarriage based on old science, outdated perceptions, social anxiety and mistruths, Pink Elephants aims to right the story of early pregnancy loss by smashing the stigma, creating a new narrative, and leading to a healthier experience for all.

Founded in Sydney, Australia in 2016, Pink Elephants is a registered not-for-profit.



### Elizabeth Gosch

A communications professional and former journalist, Elizabeth is passionate about raising awareness of pregnancy loss and breaking down the stigmas and silence which surround miscarriage.

She has been a Pink Elephants Support Network Ambassador for four years and is honoured to be able to speak on behalf of this community.

### Gidget Foundation

Gidget Foundation Australia exists to support the emotional wellbeing of expectant and new parents to ensure they receive timely, appropriate and specialist care.

Providing a range of clinical treatment initiatives, including individual psychological consultations via face to face at one of 18 Gidget House locations in three states, or via Start Talking, Gidget's telehealth service.

The Foundation also provides group treatment and early intervention screening at a number of locations.



### Chris Barnes

Chris Barnes is the Clinical Team Leader at the Gidget Foundation Australia.

Chris has been in private practice for over 25 years, starting her career with severely emotionally dysregulated children and their families, then working with clients focusing on grief, loss, pregnancy and fertility, adoption and foster care. Her passion for women's emotional wellbeing has been a driving force in her career.

In therapeutic work, Chris employs various modalities such as CBT, ACT, DBT, play therapy, attachment theory, and family therapy skills.

After having children of her own, Chris focused on: mediation, trauma work, EAP and training on building resilience, self-care, and stress reduction.

Chris is a registered Supervisor with AHPRA and provides supervision to psychologists within Gidget Foundation Australia and helps coordinate recruitment. She is a member of the APS, and a fellow of the College of Clinical Psychologists.

### Karitane

Karitane is an Australian leader in parenting support services and is a respected and trusted not-for-profit registered charity with a 100-year history delivering evidence-based support services to expectant and new parents during the first 2,000 days of their child's life.

Karitane offer an extensive range of face to face and virtual services to support families. Through its multidisciplinary team of health professionals, Karitane is dedicated to supporting families by enhancing parent-child relationships and building parenting capacity around unique challenges such as sleep and settling, feeding and nutrition, establishing routines, toddler behaviour and perinatal and infant mental health.



### Sharlene Vlahos

Sharlene has been a Child and Family Health Nurse for 20 years and has worked in many areas of child and family health during this time.

Sharlene is currently the Director of Education and Business Development at Karitane and has extensive experience in providing education and support to parents and professionals and is an Adjunct Fellow at Western Sydney University for the Master of Child and Family Health.

Sharlene is the Executive Manager for Karitane's Communities for Children programs and Targeted Early Intervention programs and leads the team of educators supporting parents in the workplace.

Sharlene is a facilitator of Circle of Security, Tuning into Kids and Family Partnership training.



## PANDA

PANDA – Perinatal Anxiety & Depression Australia – supports the mental health of parents and families during pregnancy and in their first year of parenthood.

PANDA operates Australia's only national helpline for individuals and their families that provides access to counselling and information to assist with perinatal anxiety and depression recovery.

We amplify the voices of people who have experienced perinatal mental health challenges to influence government, health advocates, healthcare providers, employers and the wider community to support people experiencing perinatal mental health challenges and work towards an Australia in which stigma, shame and barriers to treatment and support no longer exist.



**PANDA**  
Perinatal Anxiety &  
Depression Australia



### Julie Borninkhof

Julie is the Chief Executive Officer of PANDA and brings significant experience to the organisation as a recognised leader in the primary health sector.

Julie is a Clinical Psychologist who has worked across primary and tertiary settings, namely with people from vulnerable and diverse communities.

She is passionate about ensuring that people's lived experience informs the development of progressive services and supports.





### Tresillian

Established over 100 years ago, Tresillian is Australia's largest parent-support organisation for families with a baby or toddler.

Our Nurses and Allied Health team support parents to help their baby grow and thrive with gentle guidance and reassurance.

Parents feeling anxious and overwhelmed often call the Tresillian service 'life-changing'.

Our services include virtual and face-to-face consultations along with 4-night/5-day in-patient stays.

For parenting advice or to ask about self-referral, call the Tresillian Parent's Help Line on FREECALL 1300 272 736. Tresillian's trusted resources include several parenting books, the free SleepWellBaby App that tracks baby's sleep and feeds and a parent focused [website](#).

### Kelly Stone

Kelly Stone is a Nurse Educator at Tresillian. She is a Registered Nurse, Registered Midwife, Neonatal Nurse and Child and Family Health Nurse.

She has over 20 years' experience working with women and families.

She has been working at Tresillian for 7 years, supporting families in the early years of their child's life.



### Australasian Menopause Society

The Australasian Menopause Society (AMS) is the peak body for education, information and resources for clinicians and their patients in Australia and New Zealand about menopause and midlife women's health.



**AUSTRALASIAN  
MENOPAUSE  
SOCIETY**  
EMPOWERING MENOPAUSAL WOMEN

The mission of the AMS is to achieve the best possible health and wellbeing for women during and after menopause.

The AMS brings together doctors, nurses, allied health professionals, researchers and community workers who want to participate in communication and scientific discussions for the advancement of knowledge about menopause and women's midlife health.

The AMS develops information sheets for clinicians, fact sheets for patients, provides webinars and face-to-face educational events, including the Annual AMS Congress and provides education to employers on supporting women going through menopause in the workplace.

For more details and to access AMS resources, please go to [www.menopause.org.au](http://www.menopause.org.au).



### Dr Elina Safro

Dr Elina Safro has a background in general practice and family planning, with an abiding interest in all things women's health.

She works clinically at Family Planning NSW metro and regional clinics, where she is actively involved in GP and GP Registrar education. Dr Safro is Visiting Medical Officer at Royal Prince Alfred Hospital Sexual Assault service.

Elina coordinated the contraception unit of study at the Postgraduate Program in Sexual and Reproductive Health at the University of Sydney and is currently clinical lead for the Reproductive and Sexual Health in the Australian Context course for overseas-trained doctors at Family Planning NSW.



### Jean Hailes

Founded in 1992 in honour of an extraordinary medical practitioner, Dr Jean Hailes, [Jean Hailes](#) for Women's Health reflects the enduring legacy that she made to women's health.

Jean had a far-sighted vision to improve the quality of women's lives and give them information based on the best available evidence. She is credited with being the pioneer of menopause management in Australia.

Jean Hailes for Women's Health is a national not-for-profit organisation dedicated to improving women's health across Australia through every life stage.

They translate research and medical evidence and produce practical and easy-to-understand information for women and for health professionals, delivered in different ways to suit diverse audiences.

Jean Hailes has been the Australian Government's national digital gateway for women's health and wellbeing since 2016 and aims to inspire positive change in women, girls and diverse people by improving their physical health and wellbeing.

### Janet Hailes Michelmore AO

The daughter of the late [Dr Jean Hailes](#) and a passionate advocate of women's health. Janet was instrumental in bringing to life the first national [Women's Health Week](#) in 2013, which has seen thousands of women across Australia take part in a week of online activities, videos, resources and information each year since.

Following an early career in education, Janet has established a reputation of successfully working and collaborating with numerous stakeholders including researchers, clinicians, educators, consumer groups and governments at a national and state level.

Working on a variety of committees and working parties, including most recently, as a member of the official group overseeing the National Action Plan for Endometriosis (2018).

In 2001, Janet's contribution to the women of Australia was recognised in the Australia Day Honours when she was appointed an Officer of the Order of Australia (AO) for her services to women's health.



In 2003, Janet was awarded a Centenary Medal for her outstanding contribution to women's health and wellbeing. In 2013 she was inducted into the Victorian Honour Roll of Women and in 2015 she was made a Fellow of Monash University.

Janet also serves as a Director of Sugarbyhalf, a not-for-profit that encourages and educates people about reducing their sugar consumption.



## ACON

ACON is Australia's largest health organisation specialising in community health, inclusion, and HIV responses for people of diverse sexualities and genders. Established in 1985, ACON works to create opportunities for people in our communities to live their healthiest lives. We are a fiercely proud community organisation, unique in our connection to our community and in our role as an authentic and respected voice.



Members of Australia's sexuality and gender diverse communities experience health disparities when compared to health and wellbeing outcomes experienced by the total population. They may also face significant barriers to accessing traditional healthcare pathways. These health disparities are often the result of stigma and discrimination, and as a result, we are committed to protecting everyone from discrimination, equally.

We recognise that members of our communities share their sexual and gender identity with other identities and experiences and work to ensure that these are reflected in our work. These can include people who are Aboriginal and Torres Strait Islander; people from culturally, linguistically and ethnically diverse, and migrant and refugee backgrounds; people who use drugs; mature aged people; young adults; and people with disability.

## Karen Price

Karen Price has over 20 years' experience in the health sector in government, non-government and university sectors.



Karen has experience across LGBTQ health, HIV and sexual health; cancer screening and prevention; mental health; aged care; illicit drugs and alcohol; and anti-doping in sport. Karen is the Deputy CEO for ACON – Australia's largest community-based HIV and LGBTQ health organisation – and has been with the organisation since 2013.

Karen has extensive experience in policy development, advocacy, innovative service design, program management and regulatory roles. Karen has represented the Australian Government at the United Nations, served on a number of advisory and governance boards, and has been involved in a number of national research projects in an investigator and advisory capacity.

### Victor Chang Cardiac Research Institute

Australia's Home of Heart Research

The [Victor Chang Cardiac Research Institute](#) is dedicated to finding cures for cardiovascular disease through world-class medical research. Renowned for the quality of its scientific breakthroughs, the team at the Institute is working urgently to discover better ways of diagnosing, treating and preventing the onset of heart disease.

Founded in 1994, the Victor Chang Cardiac Research Institute was established in honour of the legendary heart transplant surgeon, Dr Victor Chang AC. It now has over 250 scientists, doctors and staff working together across 21 laboratories across the country and is regarded as Australia's home of heart research.



## Victor Chang

Cardiac Research Institute

### Professor Diane Fatkin

Professor Diane Fatkin runs a laboratory at the Victor Chang Cardiac Research Institute which focuses on two of the most common types of inherited heart problems: dilated cardiomyopathy, which causes the heart to enlarge and weaken; and atrial fibrillation, an electrical problem with the heart.

She's also a clinical cardiologist who looks after families with heart disease.

She's spearheaded a number of major research breakthroughs and was recently awarded a \$1 million grant to accelerate research into atrial fibrillation which one in three Australians are at risk of developing during their lifetime.

