



# Australian SCAD Support Group



## A Word from the Editor

It's been a really big year for SCAD awareness. When I first created the Australian Facebook support group in March 2015, I never expected to reach so many survivors so quickly. We have gone from just a few survivors to now having 110 members in our group. Awareness raising by Sarah Ford with the SCADaddles and the media awareness thanks to the Victor Chang Institute have gone a long way to reaching many survivors who we would never have been able to reach otherwise. Here's hoping the next 12 months are just as successful.

*Pamela McKenzie*



### SCADaddle 2016

The SCADaddles in Sydney, Noosa, Melbourne and Hobart arranged by survivor Sarah Ford raised \$9000 for SCAD Research Inc in America.

There were approximately 270 people who walked the Sydney SCADaddle.

These events were successful in reaching more survivors and raising local awareness for SCAD. Big congratulations to Sarah for so effectively organising these events.

### Australian Research updates

A recent study reported on SCAD occurring in mother-daughter, identical twin sisters, sister-sister, aunt-niece and first cousin pairs. In addition, in at least two instances in our 110 members, SCAD affected more than one family member (grandmother-granddaughter and sister-sister pairs). This suggests that SCAD can have a genetic basis and finding the gene(s) involved, as the Victor Chang Institute is trying to do, would be very helpful in understanding the cause of SCAD, predicting if other family members might be affected, and even potentially finding drug treatments to prevent occurrences or recurrences. So please let us know if other members of your family have had a SCAD event, or if someone in your family experienced an unexplained heart attack or (hopefully not) died suddenly.



### Women Against Heart Disease luncheon hosted by the Victor Chang Institute

In June 2016 I attended the 5<sup>th</sup> annual Women Against Heart Disease luncheon in Sydney as their guest speaker for the event.

The media opportunities raised by this, thanks to Georgi at the Victor Chang Institute, have helped us to reach another 50+ survivors that we never would have been able to reach without them.

SCAD survivors can arrange catch up's in their local areas via the Facebook page.

Upcoming catch ups - **Melbourne** – Sunday 17<sup>th</sup> of July.  
Please see the Facebook page for further information.

### Contact Us:

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<https://www.facebook.com/groups/AustraliansCADsurvivors/927438030667724/>