



IMPACT REPORT 2025



Our Purpose

Our purpose is to support the improved diagnosis, treatment and ultimately prevention of Spontaneous Coronary Artery Dissection (SCAD) Heart Attacks.

We are working together to:



Educate the community about SCAD Heart Attacks.



Raise much needed funds for ground-breaking medical research into SCAD Heart Attacks.



Provide SCAD survivors with up-to-date resources to support their recovery, and opportunities to connect.

Established in 2016, the SCAD Research Inc Management Committee, Grant and Fundraising sub-committee are all unpaid volunteers, striving to beat SCAD Heart Attacks.

To date we've donated over \$337,000 to SCAD Medical Studies



2025 Achievements

We continue to grow SCAD Research Inc Australia with a record number of walkers in our 5k SCADaddle for Research, even more fundraising initiatives and stronger relationships within the medical community.



\$56.8k

Raised for ground-breaking Australian medical research



493

People walked to support SCAD survivors



1,200+

Brochures distributed to educate medical professionals and survivors about SCAD

SCAD Research Information Hub



In 2025 www.SCADresearch.com.au had 7.7k website visitors.



With separate sections for SCAD survivors and medical professionals, the site has the latest best-practice treatment, published research studies and resources.



PAGE TITLE AND SCREEN ...	VIEWS
Home - SCAD Research Inc	3.6K
About SCAD - SCAD Researc...	3K
For Health Professionals - S...	1.4K
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Major Fundraisers: 5k SCADaddle for Research

In 2025 we held 13 centralised 5k SCADaddles for Research across Australia. These aren't just fundraisers, they're also opportunities to generate media coverage to educate people about SCAD, and to connect survivors. These events are possible with thanks to local co-ordinators in each area:

Cairns (organised by Laarni Bagayao),
Sunshine Coast (Michelle Aust)
Brisbane (Leanne Feurer)
Terrigal (Jen O'Neill)
Sydney (Ian Naylor)
Cronulla (Sarah Ford)
Camden (Nadene Hall)
Canberra (Moonbi Taylor & Jo Chilver)
Melbourne (Alison Oliver)
Launceston (Lynne Daniels)
Hobart (Jillian Coe)
Adelaide (Angela Hehir) and our Perth walkers

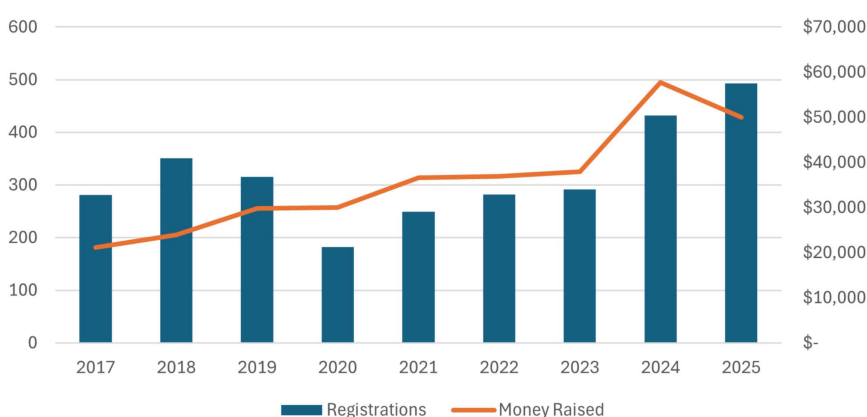


We also had several SCAD survivors walking in their own neighbourhood Australia-wide.

The early bird offer was successful in driving early registrations with the majority of donations in the fortnight leading up to the walks.

We gave a free SCAD cap to each registered adult walker and invested in signage to increase visibility and start conversations with passers-by.

5k SCADaddle for Research



These fundraisers were promoted via social media; Facebook events pages and groups; event listings and email newsletters.

We used the cost-effective MyCause platform, and they generously provided a free upgrade to the event site:
www.scadaddle.com.au.

Additional Fundraising



Our major Fundraiser around Mother's Day, Heart-felt High Teas provide SCAD survivors and their friends and family a way to raise money in their own workplaces, schools and homes.



In 2025, Mark Green registered *SCAD Research* with recycling programs nationwide. Now, every time someone nominates *SCAD Research*, 10 cents from each recycled bottle, can, or plastic drink container goes towards life-saving research



SCAD Research Inc was grateful to receive support from Activity Matters Physiotherapy and Climax Airconditioning on behalf of clients and SCAD survivors



Initiated and managed by Jillian Coe, much-loved Australian children's author and illustrator Alison Lester has designed a series of beautiful cards which are [sold on our site](#) and through her store. In 2025, we also introduced branded bags and badges to our online store to further support *SCAD Research Inc*.



We continue to partner with JoinUs who donate \$15 for every referral we generate. JoinUs works to match volunteers with relevant medical research programs.



Thank you to the very generous SCAD supporters who donate throughout the year, including those who make set monthly donations; request donations in lieu of gifts; or make an EOFY tax-deductible contribution.



Community Grants

Our hard working volunteer Grants team secured the following grants in 2025:

IMB Community Foundation Grant

This grant will enable SCAD Research Inc to translate SCAD resources into other languages. With thanks to Angela Hehir for expanding support to more SCAD survivors and their families as they seek answers and adjust to a new normal.



2025 Volunteer Grant

Awarded by the Honourable Simon Kennedy MP, *SCAD Research Inc* was awarded a Volunteer Grant. These funds helped to cover administration costs (insurance, website hosting) to help ensure that donations can go to SCAD medical research.



QANTAS Side-by-Side Community Grant

With thanks to the generous team at QANTAS and SCAD survivor and QANTAS Pilot Dale Bastin, this grant will fund SCAD t-shirts for our 2026 5k SCADaddles for Research.



Community, Government and Business grants help fund SCAD resources and cover our admin costs such as insurance for our walkers, so that money we raise can go straight to SCAD research.

SCAD Education

Educating Medical Professionals:

- Through the generosity of Dr David Lim, the team at Healthed and Prof Jason Kovacic at Victor Chang Cardiac Research Institute, (VCCRI) we launched a podcast for GPs and healthcare professionals with all they need to know about Spontaneous Coronary Artery Dissection. Our launch post reached over 65k people alone. This popular education series reaches over 25k doctors and frontline medical professionals and will create a real step-change in SCAD understanding and education.
- The team at Healthed also invited us to the Adelaide Women's and Children's Health Update. A huge thanks to SCAD survivors and advocates Kate Bergamsco and Suzanne Bresatz for so generously speaking with local medical professionals about Spontaneous Coronary Artery Dissection and handing out our SCAD brochures.
- In 2025, we also developed new flyers with women's heart attack symptoms on one side and information about SCAD on the other, these complement our SCAD survivor brochures and flyers for medical professionals. We continue to send these out to new SCAD survivors, cardiac rehab centres and hospitals on request.



Educating SCAD Survivors and the community:

On Saturday 18th October, the VCCRI team hosted the third annual SCAD Research update, this time covering FMD as well. We really appreciate Professor Jason Kovacic, Professor Bob Graham, Associate Professor Eleni Giannoulatou, Dr Siiri Iismaa, Dr Lucy McGrath-Cadell, Dr Ingrid Tarr, Dr Nicole Bryce, Dr Barb Murphy, overseas guest speakers Pamela Mace, Dr Santhi Ganesh and to Julia Timms for making the day such a success.

Recorded for those who couldn't attend, this update was very well-received by the survivor community and a great opportunity to meet with the researchers and their team.

Supporting SCAD Studies

We are proud to provide non-financial support for new local and global research studies into SCAD Heart Attacks. Each of these studies have ethics approval and are affiliated with respected universities, research facilities or established hospitals:



Jen O'Neill is representing SCAD patients on A/Prof Sarah Zaman's work to better support patients for 'Heart Disease in Women: Overcoming Health Inequities in Care'.



We are proud to contribute to the Australian Centre for Heart Health SCAD Program, where Dr Barbara Murphy is piloting a groundbreaking evidence-based support program designed to improve emotional recovery and quality of life for SCAD survivors.



Sarah Ford is representing SCAD Research Inc Australia and local SCAD survivors in the collaborative international 'Arise' initiative looking to improve SCAD patient support and leverage global learnings.



We recruited SCAD survivors for Dr. Matthew Hollings initiative investigating evidence/consensus for returning to exercise/physical activity after a SCAD event.



SCAD survivor Suzanne Atkins is supporting a study being led by Dr Marie-Claire Seeley at the University of Adelaide which aims to better understand non-cardiac symptoms in individuals diagnosed with a cardiac condition (including SCAD) who have experienced chest pain, and whether the autonomic nervous system has a role in chest pain.



Supporting Australian SCAD Research

In addition to their ground-breaking SCAD study, the Victor Chang Cardiac Research Institute have recently been awarded grants to undertake new research into SCAD.



The Victor Chang Cardiac Research Institute is leading Australian research into SCAD to try and understand the cause of this disease. Through the VCCRI team, it is also possible to join the international SCAD registry (iSCAD) with VCCRI being the only Australian site enrolling patients to this global effort.



Dr Lucy McGrath-Cadell has been awarded a The Royal Australasian College of Physicians Research Establishment Fellowship to investigate why a subset of SCAD patients, in particular younger women and those with pregnancy-related SCAD, are at greater risk. Her project will analyse genetic factors and how they influence responses to medications – with a goal of delivering better care and treatments. This is a significant step forward towards safer, personalised care for people impacted by SCAD.



Professor Eleni Giannoulatou was awarded a Medical Research Future Fund grant that will allow her to utilise computational biology techniques to identify more genetic risk factors associated with SCAD. It's hoped the grant will provide more insights into the disease mechanism and potential targeted treatment, while also delivering a better risk prediction for at-risk individuals.



Research Assistant Ingrid Tarr received a Heart Foundation postgraduate scholarship to explore the role of rare variants, identify additional common variants, investigate the interaction between rare and common variants, and gain insight into genetic differences between men and women experiencing SCAD. The outcome of this work will be an advanced genetic understanding of disease.

Strategic Plan

OUR PURPOSE:

To support the improved diagnosis, treatment and ultimately prevention of SCAD Heart Attacks.

OUR VISION:

To work together with SCAD Researchers, the medical community, survivors and their families to BEAT SCAD Heart Attacks

EDUCATION

Educating the community and health professionals about SCAD Heart Attacks so that patients seek medical advice early and are met with understanding and world-class SCAD treatment

Raise awareness of SCAD in the broader community

Provide resources for medical professionals

Partner with VCCRI, ACRA, NHF

- Leverage existing training channels for medical professionals
- Create PR opportunities
- Website hub with latest information and resources
- Create & disseminate information packs
- Signage to drive visibility at events

FUNDRAISING

Raising much needed funds for high-calibre medical research so that they can continue to investigate the underlying causes, optimal diagnosis, treatment & prevention of SCAD Heart Attacks

Mother's Day Fundraiser and 5k SCADaddle for Research

Pursue Grants

Create additional fundraising opportunities

- Promote and support Fundraisers with packs & communication
- Organise & run 5k SCADaddles for Research across Australia
- Apply for grants to fund education and support initiatives.
- Promote & sell Greeting Cards
- Promote Workplace Giving, Birthday Giving, EOFY & In Memorium donations

SUPPORT

Supporting SCAD survivors in their recovery by providing resources, connections and community

Provide resources to support recovery

Connecting survivors & family with support groups

- Share information and encourage sign-up to SCAD studies
- Distribute Survivor Brochures
- Encourage survivors to join Cardiac Rehab
- Promote online support groups
- Invite survivors to fundraisers & events



Supporting and Building Our Community

We continue to support SCAD survivors by putting them in touch with support groups and cardiac rehab providers; providing survivor information and FAQs; and creating opportunities to connect with others who have been through the same experience.

As at the end of 2025, SCAD Research Inc has 2.7k Facebook followers; 1.34k Instagram followers; 205 LinkedIn followers and 800 followers on X.



In 2025, SCAD Research posts had 481.8K views, generating 4.2k clicks through to the SCAD Research Inc website, event information and SCAD studies and 12.2k visits to the @SCADResearchAu Facebook page



On Instagram we generated 90.1k views across the year, reaching 15.9k people.



Sharing personal SCAD stories continues to be a powerful way to educate people about SCAD – and every time we post another person realises that they are not alone.



Throughout 2025 we sent a series of emails (EDMs) to our database of 1.8k SCAD survivors, supporters, and cardiac nurses across Australia. Social Media and targeted email newsletters and updates continue to be a highly effective way to engage and mobilise our network of support.



We acknowledge the Traditional Owners of Country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respect to Elders past, present and emerging & to the Dharawal people on who's land we meet.



**We're proud to be a volunteer
run, for-purpose registered
Australian health charity**

Partner with Us:

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