

IMmedical. Newsletter - April 05

Health news and business updates from IM Medical

(ASX:IMI)

Dear shareholders and friends,

Welcome to the first issue of the IM Medical newsletter, a free information service for friends and shareholders.

Every second month, we will keep you informed of the corporate, commercial and product developments at IM Medical specifically relating to the **Intelliheart Cardiovascular Diagnostic System**. In addition, we'll provide you with a range of topical information and useful links relating to health, fitness and the prevention of cardiovascular disease.

IM Medical has had some changes to its Board. Dr Laurie Williams joins as Non-Executive Director and Mr Richard Revelins and Mr Jeremy Cooper have stepped down from their positions. Both Richard and Jeremy were instrumental in establishing the current business and the early agreements that raised the necessary funds for the purchase of Intelliheart technology. We thank them for their pivotal role in helping to establish IM Medical.

Dr Williams is a Specialist Medical Practitioner and has experience commercializing technological products in the medical community with Sync International. We welcome Dr Williams to the Board of IM Medical and the company looks forward to working with them to commercialise IM Medical's products.

We're delighted to report on the progress of the Intelliheart franchise, which is on target to achieve a number of key milestones in the next couple of months. The Phase II units will be available for placement in May as planned and the team is actively recruiting medical practices and health facilities for placement of the Intelliheart devices and involvement in a clinical trial. Regular information sessions are being conducted to inform GPs and health professionals of the benefits of Intelliheart and how to incorporate the Intelliheart system into their practices. (See article below).

With corporate health assessments identified as an important market, IM Medical has secured the services of Rhett McLennan. Rhett is an experienced exercise physiologist with an established profile in corporate health and is focused on securing further corporate business and ongoing partnerships with corporate health assessors. Corporates are encouraged to contact Rhett to organize a comprehensive CVD assessment for their teams. (See Oakley Thompson article below).

IM Medical has launched a new website at <http://www.immedical.com.au>. In the future we anticipate this will be a valuable resource for prospective patients, clinicians and investors. Patients will be able to search for an Intelliheart testing site and complete patient questionnaires online.

Please contact us at IM Medical to make an appointment for an Intelliheart cardiovascular assessment or for further information. Don't forget to spread the word about cardiovascular disease prevention.

Sincerely

Andrew Batty
Chief Executive Officer
abatty@immedical.com.au

Rhett McLennan
Business Development Manager
rmclennan@immedical.com.au

Upcoming Events

- National Heart Week (May 1-7)
- World Health Day (April 7th)
- Intelliheart Info Session (April 19th)
- Intelliheart Info Session (May 11th)
- Men's Health Week (July 13th - 19th)

Tip of the Month

Like aspirin, eating two kiwifruit a day promotes heart health.

<http://www.kiwifruit.org/NewNutrition/heart.htm>



Intelliheart News



New Intelliheart System now in Perth

Intelliheart is now being offered at Metabolic Medicine, a specialist immunology, internal medicine and obesity centre located in Perth and directed by specialist physician Dr Anish Singh. The system is being utilised across a range of applications including the management of obesity and cardiovascular disease.

<http://www.immedical.com.au/default.aspx?id=5C269922-4C61-40FF-A5FF-905858A4B6FA>



Law firm leads the way with Intelliheart (cardiovascular risk) test

Retaining valuable staff is a challenge for many practices, as is maintaining staff health and productivity. One legal practice is leading the way - taking proactive steps to alert staff to the risks of cardiovascular disease and helping them to address that risk. Oakley Thompson & Co - Solicitors & Consultants (OT) recently offered their executive team a comprehensive cardiovascular health assessment utilizing the new Intelliheart system. The system is simple, non-invasive and quick, yet it is able to detect the early signs of cardiovascular disease and provide information about a person's risk of having a heart attack or stroke.

<http://www.immedical.com.au/default.aspx?id=9B0643A7-16C5-4B58-8CA3-46933B815044>

New Intelliheart System out to Chadstone

IM Medical has just placed a new Intelliheart system at Complete Health in Chadstone Shopping centre. The clinic is located on level one, Chadstone Plaza, Shop 151. To increase awareness promotional activities will take place in the coming weeks. Look out for some introductory offers and information brochures out at Chadstone on World Health Day, Thursday April 7.

<http://www.immedical.com.au/patient/default.aspx?type=find>

Health & Wellness Information



10 Ways to Maximise Cardio Workouts

You know you have to do cardio. But the thought of spending a significant part of your evening sweating on a machine, under fluorescent lighting, while staring at a boring TV show, leaves something to be desired. Being sympathetic to this, I've compiled a list of ways to optimize your cardio time and maximize your results, so that you can spend less time on the treadmill and more time watching sports from your couch.

<http://www.intelliheart.com.au/default.aspx?id=4F6276AB-26BA-4C89-82A5-5291AAA23CCA>



Heart Health for a Lifetime: Sound Exercise Choices

Craving the couch over exercise is bad for your heart. According to the American Heart Association, inactive people have a much higher risk of a heart attack or other heart problems than those who are physically active.

How do you lower your risk of heart disease? Well--get off the couch! A lifetime of good exercise habits will do wonders for your heart, but you can start at any age. This article will help you begin. Remember, too, that eating a low-fat diet and avoiding high-risk behaviors like smoking are also crucial.

<http://www.intelliheart.com.au/default.aspx?id=4014F478-F56F-47CD-9509-B983720FA17B>

Q & A: Too Much Tuna, Sodium & More

What's the deal with trans fats? Why is sodium so bad for you? Can you eat too much tuna? What the heck are nitrates? Read on to find out all the answers to these burning questions and more.

<http://www.intelliheart.com.au/default.aspx?id=358C451D-581A-455C-97A6-80A98B1B789E>

Antioxidant Answers

It seems like the more things change, the more they stay the same. For decades, dieticians told you to eat a balanced diet of a variety of foods and to eat in moderation. Then came news that antioxidants may help your body function better, prevent certain diseases, and relieve muscle damage and soreness after exercise. Dieticians wondered if eating whole foods was not enough and whether you should supplement your diet with antioxidants.

<http://www.intelliheart.com.au/default.aspx?id=70CF17BF-8FBF-4B2B-9F44-D100D2167447>



Did you Know?

Brushing your teeth reduces your risk of stroke and heart attack.

Most of us know that brushing our teeth can reduce plaque, prevent cavities and freshen breath. And a new study shows that good dental care can also reduce heart disease and stroke risk.

Over the years evidence has mounted to show that bacteria in the mouth that cause periodontal disease may make their way to the bloodstream and cause changes that narrow arteries supplying the brain and heart. The bacteria stimulate the immune system, and this process can then cause inflammation that can lead to blood vessel wall thickening called atherosclerosis, a major cause of stroke and heart attack.

Brushing your teeth and tongue will reduce the amount of bacteria in your mouth by 75 percent. Regular tooth care and frequent visits to a dentist can help prevent the progression of periodontal disease and perhaps lower your risk of heart attack and stroke.