



PROFESSOR CLARA CHOW

is a clinician-scientist (Cardiologist) and Director of the Cardiovascular Division at The George Institute. She is a Professor of Medicine, University of Sydney and Program Director of Community Based Cardiac Services at Westmead Hospital. She also holds honorary posts as the Academic co-Director of the newly formed Charles Perkins Centre Westmead (2016) and the co-lead of the Cardiovascular stream of the Sydney Health Partners Advanced Health Research & Translation Centre. In the community, she currently co-Chairs the National Secondary Prevention Alliance, is on the Board and is Honorary Secretary of the Cardiac Society of Australia and New Zealand.

Prof. Chow has extensive experience in the design, development, management, analysis, interpretation and reporting of large-scale epidemiology and clinical trial studies. Her work in cardiovascular disease prevention is recognised both nationally and internationally. She has a PhD in cardiovascular epidemiology and international public health from the University of Sydney, and a Postdoc in Cardiac Imaging and Clinical trials and Epidemiology from McMaster University, Canada. She has been supported by the NHMRC through consecutive fellowships since her PhD and now holds a NHMRC CDF and National Heart Foundation Future Leader Fellowship, Level 2 (2016-20).

Prof Chow's research program is inspired to identify and evaluate simple and scalable strategies to prevent CVD. She leads the NHMRC-funded Quartet trial that is examining an innovative ultra-low dose combination therapy approach to blood pressure-lowering and currently leads a number digital health intervention trials. This includes the NHMRC-funded TEXTMEDS (TEXT messages to improve MEDication adherence and Secondary prevention), a multi-centre randomised to evaluate an innovative secondary prevention support program delivered via mobile phone text message. TEXTMEDS follows the TEXT ME (Tobacco Exercise and diet MESSAGES) randomised controlled trial (*JAMA*. 2015;314(12):1255-1263) that won **The most impactful publications in 2015, Award from Lifestyle and Cardiometabolic Health Council of the American Heart Association**. Prof. Chow was Team leader of TextCare that recently won the 2016 **Google Impact Challenge Award** - The Google Impact Challenge supports non-profit innovators using technology to tackle the world's biggest social challenges. www.text-me.net