2026 Annual General Meeting — Voting Form

Monday 16 November 2026 · 6.30pm AEDT (Sydney time) · Online, by video link

Every director retires at this meeting and stands for election, and there are new candidates alongside them. The Board recommends all ten candidates. The Board is also seeking legal expertise; when the right person is found, the directors may appoint them, as the Constitution allows, and that person will stand for election by members at the 2027 AGM. Each candidate's skills, background and declared interests are set out on page 2.

Your details

Full name	
Email address	

Appointment

I am a member of The Australasian Metabolic Health Society Ltd. I appoint the Chair of the meeting to vote on my behalf at the 2026 annual general meeting, as marked below. If I attend the meeting myself, this form has no effect and I will vote in person.

Mark one box for each resolution. You may vote differently on each — you are not required to support every candidate.

Resolution	Standing as	For	Against	Abstain
1. That **Karen Dwyer** be elected as a director	Continuing director	☐	☐	☐
2. That **Deepa Mahananda** be elected as a director	Continuing director	☐	☐	☐
3. That **Alexander McDonald** be elected as a director	Continuing director	☐	☐	☐
4. That **Alex Petrushevski** be elected as a director	Continuing director	☐	☐	☐
5. That **Caryn Zinn** be elected as a director	Continuing director	☐	☐	☐
6. That **Emma Gray** be elected as a director	Continuing director	☐	☐	☐
7. That **Simon Woods** be elected as a director	New candidate	☐	☐	☐
8. That **Leslie Chung** be elected as a director	New candidate	☐	☐	☐
9. That **Jane MacDonald** be elected as a director	New candidate	☐	☐	☐
10. That **Anna Blackie** be elected as a director	New candidate	☐	☐	☐

Signature

Signed		**Date**	

Returning this form. Please email it to **ausmetabolichealthsoc@gmail.com** by **6.30pm (Sydney time) Saturday 14 November 2026**, 48 hours before the meeting. Forms arriving after that cannot be accepted.

You are very welcome to attend the meeting instead, or as well. The video link is in the notice of meeting. If you attend, you vote on the night and this form is set aside.

Candidates for election

In the order they appear on the voting form. For each: the skills they bring to the Board, a short biography, and any interests they declare.



Prof Karen Dwyer

Continuing director · Chair

Brings Clinical, education and academic depth; expert level in clinical practice, research, education and health policy, the broadest mission coverage on the Board. Currently leading the Society's donor cultivation.

Background Director of Nephrology and Kidney Care, Royal Melbourne Hospital; Professor, University of Melbourne. Formerly Deputy Head, School of Medicine, Deakin University; Clinical Director, Kidney Health Australia (continues on its Clinical Advisory Committee and Primary Care Education Committee). More than 120 research articles and numerous awards; an advocate for gender equity in transplantation. Director, and Chair since 4 September 2025.

Declares Current funding through Epworth Medical Foundation and RMH Philanthropy. Has received grant funding from the University of Melbourne, Deakin University, NHMRC, MRFF, Western Alliance, Servier and Abbott. Has received honoraria for the delivery of education and participation in advisory boards from AstraZeneca, Boehringer Ingelheim, Bayer, GSK and Novo Nordisk. Fellow of ASLM; past Education Committee member.



Deepa Mahananda

Continuing director · founder

Brings Expert clinical practice in therapeutic carbohydrate reduction and ketogenic therapies, with depth in education and health policy. Has led AMHS educational events and the training subcommittees for the in-person foundation course and the online course.

Background GP (FRACGP) and Board-Certified Ketogenic Nutrition Specialist (American Nutrition Association); co-founder and co-director of Sydney Low Carb Specialists; Conjoint Lecturer, Western Sydney University. Medical graduate of Western Sydney University (2012); Diploma in Child Health, University of Sydney. Co-founder of the Society and its first Chair; director since June 2023.

Declares Co-founder and co-director of Sydney Low Carb Specialists with her husband, Alex Petrushevski, a fellow director and candidate.



Alexander McDonald

Continuing director

Brings Expert level in finance, strategy and executive oversight. Led the Society's FY27 strategy and is overseeing delivery of the new website.

Background Director and shareholder of a private family office; Chartered Accountant (CA ANZ). Career in investment banking, trading and investment management, including Macquarie Bank. In 2023, the first person to complete five marathons in five days entirely fasted. Director since March 2026.

Declares A former patient of Alex Petrushevski.



Alex Petrushevski

Continuing director · founder

Brings Expert clinical practice and depth in education, training and accreditation, with a passion for helping clinicians improve their ability to reverse disease. Member of the Scientific Committee.

Background GP (FRACGP) with 17 years in medicine, 10 of them in metabolic medicine; co-founded Sydney Low Carb Specialists in 2019. Foundation member of the Society of Metabolic Health Practitioners and a regular Low Carb Down Under presenter. A founding director of the Society; director since June 2023.

Declares Co-founder of Sydney Low Carb Specialists with his wife, Deepa Mahananda, a fellow director and candidate. Simon Woods, a candidate, is a former patient.



Prof Caryn Zinn

Continuing director

Brings Expert standing in nutrition research and practice, academic credibility, and course design for the Society's training agenda. Member of the Scientific Committee.

Background Professor of Nutrition, Auckland University of Technology; New Zealand Registered Dietitian; Editor-in-Chief, Journal of Metabolic Health. More than 25 years in nutrition research and practice; co-author of the What the Fat? series. Director since March 2025.

Declares Board member of Metabolic Health NZ (NZ Charitable Trust).



Emma Gray

Continuing director · interim Company Secretary

Brings Expert level in finance, strategy and executive oversight, with depth in governance and digital. Listed-company board experience, including audit, risk and remuneration committees.

Background Chair of Beamtree Holdings (ASX: BMT); Director of Bank of New Zealand; Adviser to Future Secure AI. Formerly Group Executive and Chief Data Officer at ANZ, Chief Loyalty and Data Officer at Woolworths, and Partner at Bain & Company. MBA, Harvard; GAICD. Director since July 2026.

Declares Chair of Beamtree, a healthcare data and analytics company.



Simon Woods

New candidate · finance

Brings Practical financial, governance and commercial expertise. Proposed for the Treasurer role, which the new Board fills after the AGM.

Background Chief Financial Officer, Thompson Controls Pty Ltd. CPA with more than 25 years in finance, commercial and governance roles across SMEs and multinationals; previously Company Secretary of ACO Pty Ltd. Has followed a low-carb lifestyle since 2020. Member of the Society.

Declares A former patient of Alex Petrushevski.



Leslie Chung

New candidate · digital and customer

Brings Digital and customer journeys — the first priority in the Society's strategy. Wants to help the Society treat its website and digital presence as a product, with technology driving growth.

Background Director of FSAI Labs, Future Secure AI. A technology, digital and AI leader, previously with Woolworths Group, Quantium and BCG. Member of the Society since September 2026.

Declares No interests or relationships that would give rise to a conflict of interest with the Society. For transparency, previously held a leadership role at Woolworths Group.



Jane MacDonald

New candidate · policy and advocacy

Brings Health policy and advocacy, and a strong lived-experience voice. Has given evidence to the parliamentary inquiry into diabetes in Australia.

Background CEO of the Hearing Business Alliance, representing about 160 independent audiology businesses, and Chair of the Hearing Health Sector Alliance. An audiologist by background; has lived with type 1 diabetes for more than 27 years. Member of the Society.



Anna Blackie

New candidate · diabetes education

Brings Clinical and diabetes-education practice, board experience, and strong relationships with the diabetes educator and diabetes bodies whose professionals the Society wants to reach.

Background Consultant pharmacist and credentialled diabetes educator, Orange Aboriginal Medical Service; Master's in Lifestyle Medicine. Former Board Director and Vice-President of the Australian Diabetes Educators Association (ADEA). Has completed the Society's Essentials course. Member since 2025.

Declares No current interests. Previously on an ADS-led advisory board on diabetes-specific nutritional formulas (one meeting funded by Abbott Nutrition); received an Abbott Nutrition honorarium to present its guideline at APP26. No ongoing relationship.