



**WHAT FACTORS LEAD TO  
HEALTHY AGEING?**



**HELP US TO PIECE TOGETHER THE FACTORS  
THAT DETERMINE HEALTHY AGEING**



### Research partners

- Monash University
- CSIRO
- Menzies Institute (Tasmania)
- Australian National University
- National Cancer Institute (USA)
- Victorian Cancer Agency
- University of Melbourne
- Queen Elizabeth Hospital
- University of Adelaide
- St John of God Pathology
- Healthscope Pathology

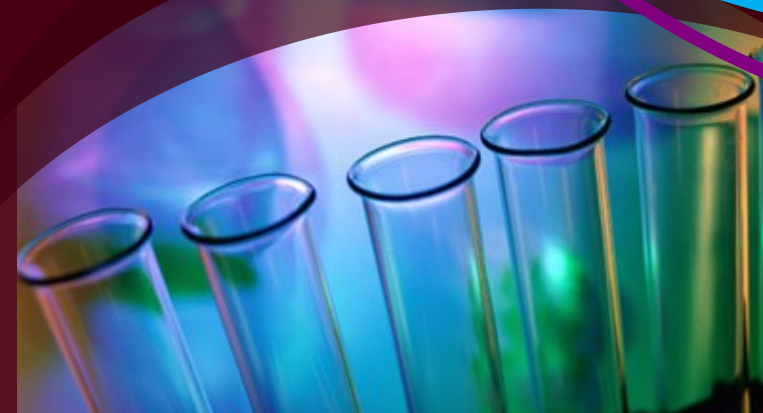


**For further information please call  
1800 728 745 or  
visit the website at: [www.aspree.org](http://www.aspree.org)**

**ASPREE  
Healthy  
Ageing  
Biobank**

**BIOBANK**

*Improving  
the health  
of older  
Australians*



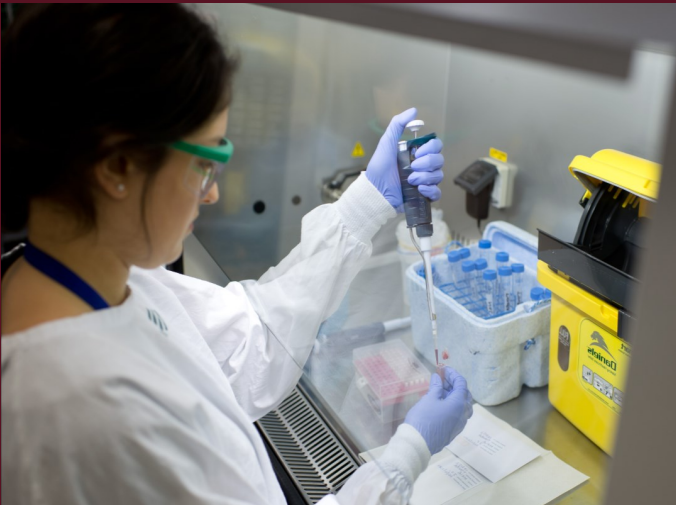


## ASPREE

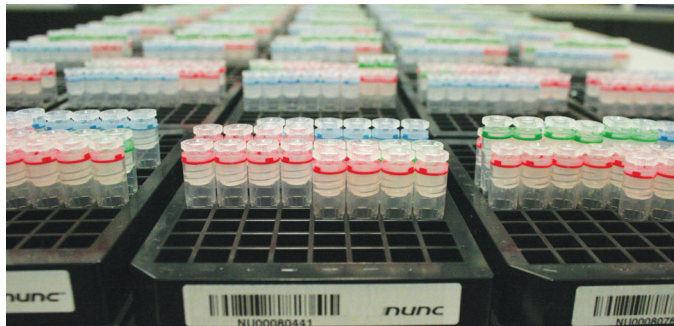
(ASpirin in Reducing Events in the Elderly)

### Healthy Ageing Biobank

- Blood and urine samples will be stored or 'banked' from healthy older people enrolled in the ASPREE study.
- In the future, researchers will test the samples for many different disease traits or predictors of older-onset diseases such as heart attacks, strokes, dementia, colon cancer, diabetes and obesity.
- Biobank samples may underpin discoveries that improve disease detection and treatment. Results of studies using Biobank samples may not benefit the individual donor, but they may improve the health of future generations.



### How can blood samples help research?



Blood is made up of several different components. Separating blood into these components allows researchers to identify potential biomarkers (proteins, genes and DNA) that may be associated with a disease.

Each of us has a unique set of biomarkers, which are present in blood and urine samples. Your samples will be a world-first resource to help researchers learn about which proteins and genes are linked to illness or good health, in older people.

### What happens to your samples?

Samples are barcoded and prepared for long-term storage in special freezers.

Future researchers will need to have human research ethics approval before they can access and analyse samples. Any findings will be reported as grouped results with no individuals identified.

### What is required?

- Voluntary participation from healthy people aged 70 or over enrolled in the ASPREE clinical trial.
- Informed consent to provide blood (~40ml; just like a blood test) and urine (~70ml) at the beginning of the study and at later times such as the 3 year time point and/or at the end of the study.

### Duration of the Biobank?

- Clinical and health data will be collected for 5 years or more in association with the ASPREE clinical trial.
- Blood and other samples are kept for many years in storage in the Biobank.

