



Help us piece together the factors influencing healthy ageing for older adults

RESEARCH PARTNERS

- Monash University
- Menzies Institute (Tasmania)
- Australian National University
- University of Adelaide
- National Institutes of Health (NIH, in the USA)
- MGH/Harvard University (USA)
- Berman Center for Outcomes and Clinical Research (USA)



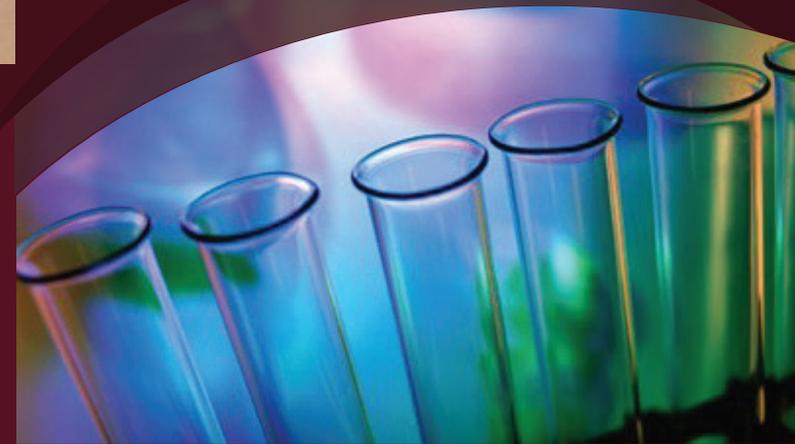
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Health & Ageing Biobank are listed on
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ASPREE Health & Ageing Biobank

*Improving the
health of older
Australians*

3103BANK



ASPREE

ASpirin in Reducing Events in the Elderly

Health & Ageing Biobank

The ASPREE Biobank is a collection of stored ('banked') blood and urine samples donated by ASPREE and ASPREE-XT study participants for medical research.

These samples enable researchers to learn ways to improve detection and treatment of many different diseases, such as cancer, dementia, heart disease and depression.

Most biobanks in the world only study one disease. The ASPREE Biobank is the first to focus solely on the health of older adults.

Results of studies using Biobank samples may not benefit the individual donor, but they will lead to improved health of future generations.



How do blood and urine samples help research?

Blood is made up of several different components. Separating blood into these components allows researchers to identify potential biomarkers (proteins, lipids and genes/DNA) that may be linked to a disease or maintaining good health.

We all have a unique set of biomarkers in our blood and urine. Samples in the Biobank may be linked to the donor's health information (collected as part of ASPREE and ASPREE-XT) using a special code that protects the donor's identity.

Linking health data with samples enables researchers to discover which biomarkers are important for health or for disease as we age.

All projects accessing Biobank samples are vetted by a Human Research Ethics Committee.



Research on the samples

ASPREE Biobank samples have already contributed to major research projects, including the Medical Genome Reference Bank (MGRB).

The MGRB created the very first 'library' of DNA of healthy older persons and has since contributed to dozens of health studies in older adults.

The ASPREE SHOW (Sex Hormones in Older Women) sub-study produced the first 'normal range' of sex hormone levels in this age group.

What is required for the latest collection of samples?

Participants enrolled in the ASPREE-XT study will need to give consent to donate a blood (~40ml; just like a blood test) and urine (~70ml) sample to the Biobank.

Some participants will have donated blood samples previously. For others, it may be the first time. Participation is voluntary.

What happens to your sample?

Blood and urine samples are given a barcode number (so you cannot be identified) and divided into aliquots (smaller volumes in small tubes, pictured left).

The aliquots are frozen at up to -190°C and stored near the ASPREE-XT Co-ordinating Centre in Melbourne (pictured below).

These ultra-low temperatures preserve the Biobank samples for many years.

