

## The Baker IDI Biobank

- ❖ The Baker IDI Biobank (formerly the Alfred and Baker Gene Bank) was established in 2000 to develop a repository of well-characterised samples to support our research.
- ❖ Participation involves a small blood donation (30ml, just over a tablespoon) and consent for your data and blood sample to be used for research.
- ❖ The Biobank needs a broad range of samples from healthy people, those with risk factors for disease and those with cardiovascular disease and/or diabetes.
- ❖ Our researchers use these samples to study the human genes and biomarkers related to obesity, diabetes and cardiovascular disease.
- ❖ The use of samples and data from the Biobank for research must be approved by the Human Research Ethics Committee before research begins.
- ❖ Donating blood to the Biobank is a good first step if you are interested in being more involved in health research.
- ❖ These Biobank samples could one day enable our researchers to make discoveries that improve disease detection and treatment which would dramatically improve the health of our nation.



## The Baker IDI Heart & Diabetes Institute

From two of Australia's most influential research groups, the Baker Heart Research Institute and the International Diabetes Institute, we have formed Baker IDI.

Our new organisation will have the single most powerful influence on diabetes and cardiovascular disease, two insidious and complex diseases wreaking havoc on families everywhere. This is our promise and our commitment.

We are proud of our pledge to improve the quality of life for people now and safeguard the health of future generations. This mission drives everything we do.

### For more information or an appointment contact:

#### The Baker IDI Biobank

Heart Centre, 3rd Floor WS Philip Block  
Alfred Hospital, Commercial Road,  
Melbourne VIC 3004 Australia

**T** (03) 8532 1543

**E** [biobank@bakeridi.edu.au](mailto:biobank@bakeridi.edu.au)

Appointments can be made from 9am-5pm Monday to Friday. No referral is required.

For more information about free cardiovascular disease and diabetes health checks contact:

#### The Healthy Hearts Clinic

**T** (03) 9076 3398

**E** [HealthyHeartsClinic@bakeridi.edu.au](mailto:HealthyHeartsClinic@bakeridi.edu.au)



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# Biobank

Help us make discoveries  
to improve health



**In Australia, cardiovascular disease (including heart disease and stroke) causes over 50,000 deaths each year, and over 1 million adults have diabetes.**

Both diseases are associated with risk factors (like obesity) and genetics. The Biobank collects and stores blood samples for research providing scientists with an invaluable store of biological material that provides a “snapshot” of health and disease over time, and across different generations.

### **How can blood samples help research?**

Blood is made up of several components including plasma and several types of cells. Separating blood into its component parts allows researchers to look at molecules called biomarkers. Biomarkers include DNA, lipids (fats) and proteins that can provide scientists with a greater understanding of how diseases develop and progress. Studying biomarkers can potentially enable earlier diagnosis and treatment of disease or provide new targets for treatment.

### **Why test DNA?**

Deoxyribonucleic Acid, commonly known as DNA, is the chemical that genes are made of. The DNA in your genes is a code that directs and controls how your body develops and functions. The mix of genes you have can sometimes mean you are likely to have, or be more prone to develop, particular medical conditions.



### **What will I have to do?**

- 1 Answer a series of questions to assess lifestyle factors and your medical history
- 2 Allow measurement of your blood pressure, height and weight
- 3 Provide a 30ml blood sample from a vein (just like a blood test)
- 4 Read the participant information sheet and sign a consent form to allow use of your sample in research

The visit, including all paperwork, should take 30 to 45 minutes.



### **Who can participate?**

- 1 People with any heart condition
- 2 People with disease risk factors such as high cholesterol, high blood pressure, diabetes, overweight or obesity
- 3 People with no disease and no sign of disease

### **Everybody should participate – nobody is excluded.**

You can also donate to the Biobank during a visit to the Baker IDI Healthy Hearts Clinic. This clinic offers free cardiovascular disease and diabetes health checks.

### **What information will be collected?**

To make the best use of your sample the Biobank needs to collect detailed medical and family history information. We also ask for permission to link your details to the health statistics database of the Australian Institute of Health and Welfare, to help maintain accurate records.

### **What will Biobank do with the information collected?**

Your health information will be stored in a secure database. Your personal information will remain confidential and will only be used for the purpose of approved research projects. All research projects must be approved by the Human Research Ethics Committee and you can withdraw your sample at any time. Samples are given to researchers in a way that individuals cannot be identified unless specifically approved by the Ethics Committee.

More details about the information collected and how it is used are provided in the Participant Information Sheet. Please read this document before you provide your consent to participate.



### **Contributing to better health**

Volunteers are vital for advances in medical research because they provide data about Australia's health. Participating in research at Baker IDI can vary from a simple blood donation and questionnaires, through routine cardiovascular tests like an ECG to more involved procedures. You control your level of involvement by choosing a project that matches the time you have to give and the tests you're prepared to have.