



ISSUE 9 FALL/WINTER 2013

# BioNews

> FOR PARTICIPANTS OF THE MAYO CLINIC BIOBANK

**We have been very busy lately here at the Mayo Clinic Biobank!** We are working hard to reach our goal of 50,000 participants. Since the last newsletter, we are excited to announce that our recruitment efforts have expanded to clinics in La Crosse and Onalaska, Wisconsin, both part of the Mayo Clinic Health System. Additionally, we have collaborated with Mountain Park Health Center and Arizona State University to start the Sangre por Salud Biobank in Phoenix, Arizona.

**HELP US ACHIEVE OUR GOAL OF**

# 50,000 PARTICIPANTS

**Since the Mayo Clinic Biobank opened in April of 2009, we have recruited over 35,000 participants!** We are thrilled with this progress and couldn't have gotten this far without your generous contributions. Thank you for your continued commitment to the future of research! The Mayo Clinic Biobank has grown to be an invaluable resource, already enabling over 100 research projects so far. However, there is still more work to be done. We need your help to reach 50,000. You can help spread the word about the Mayo Clinic Biobank. Please take a minute to share in our excitement with the progress that we have made as we look toward the future and get closer to meeting our goal!



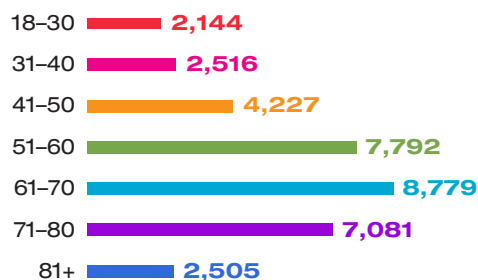
# WHERE IS THE MAYO CLINIC BIOBANK?

Recruitment efforts for the Mayo Clinic Biobank are occurring across the country! We are actively recruiting participants at Mayo Clinic locations in Rochester, Minnesota and Jacksonville, Florida, as well as at the Mayo Clinic Health System in La Crosse and Onalaska, Wisconsin. Additionally, we have started a new collection in collaboration with Mountain Park Health Center in Phoenix, Arizona, the Sangre por Salud Biobank.



## PARTICIPANT RECRUITMENT STATS

### AGE

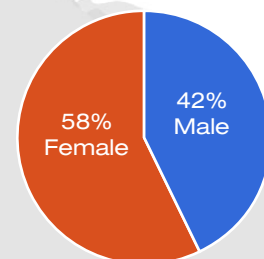


### DEMOGRAPHICS

Olmsted County: **12,750**  
SE MN: **5,078**  
Rest of MN: **5,627**  
Iowa: **2,150**  
Wisconsin: **1,737**  
Dakotas: **612**  
Other US: **7,055**  
Missing: **35**

### GENDER

Total: **35,044**  
Female: **20,383**  
Male: **14,661**



# HOW YOU CAN HELP

Did you know that you don't have to be invited to become a participant of the Mayo Clinic Biobank? The Mayo Clinic Biobank gladly welcomes **volunteers!** The only requirements are that you be over 18 years old and have received care at a Mayo Clinic facility (have a Mayo Clinic number). You can refer your spouse, neighbors, friends, and others to join you in aiding life-changing research by participating in the Mayo Clinic Biobank. If you know of someone who may be interested in participating, have them contact the Mayo Clinic Biobank at: 1-866-613-2386 (toll free), 507-293-0203 (Minnesota), 904-953-2504 (Florida), [biobank@mayo.edu](mailto:biobank@mayo.edu) (e-mail), or visit us on the web: <http://mayoresearch.mayo.edu/biobank> for more information.

By telling a friend or family member about the Mayo Clinic Biobank, you can help us achieve our goal of 50,000 participants that much faster!

## ONLY TWO REQUIREMENTS TO JOIN

OVER  
**18**  
YEARS OLD

YOU CAN REFER YOUR SPOUSE, NEIGHBORS, FRIENDS, AND OTHERS TO JOIN YOU IN AIDING *LIFE-CHANGING RESEARCH* BY PARTICIPATING IN THE MAYO CLINIC BIOBANK.

MAYO CLINIC  
**#**

# FLORIDA REACHES 1,000 PARTICIPANTS!

EXPECTED TO ENROLL AN ADDITIONAL 4,000 PARTICIPANTS IN THE NEXT FOUR YEARS

As you may remember, the Mayo Clinic Biobank began recruiting at the Florida Campus in June of 2012. The Biobank team in Jacksonville, Florida has been working hard and recently celebrated recruiting their 1,000th participant! This Biobank is an extension of the current efforts in Rochester and is expected to enroll an additional 4,000 participants in the next four years.

# THE MAYO CLINIC BIOBANK HAS EXPANDED TO THE MAYO CLINIC HEALTH SYSTEM!

Beginning in August of 2013, the Mayo Clinic Health System (MCHS) began enrolling participants into the Mayo Clinic Biobank in La Crosse and Onalaska, Wisconsin, and we expect to enroll at least 5,000 participants in the next three years.

These collections are an extension of the current efforts in Rochester, with the goal to further diversify the population of Biobank participants and extend the biobanking effort to other Mayo campuses.

Participants who enroll in the Mayo Clinic Biobank are asked to grant access to their medical records, complete a 12-page lifestyle questionnaire and donate a blood sample from which DNA and serum are extracted and stored for future use. Just like the Biobank in Rochester, participation in the Biobank is currently limited to people who receive health care at Mayo Clinic or MCHS. The expansion of the Biobank to MCHS will more fully support Health System researchers.

Started in 1992, Mayo Clinic Health System is a family of clinics, hospitals and health care facilities serving over 70 communities in Iowa, Georgia, Wisconsin and Minnesota. As part of Mayo Clinic, MCHS offers a full spectrum of health care options to local neighborhoods, ranging from primary to highly specialized care.

“ We’re really excited about the opportunity to be involved in a project of this magnitude,” says Terri Pedace, Research Operations Supervisor at Mayo Clinic Health System in La Crosse. “The Biobank is a very rich resource that will enable researchers to access a large sampling of specimens. Participating patients will be contributing to scientific discoveries and the development of new therapies to manage difficult diseases.”



◀  
**Terri Pedace**  
Research Operations Supervisor  
Mayo Clinic Health System in La Crosse

# MAYO CLINIC HAS OPENED A NEW BIOBANK IN ARIZONA

*We are also pleased to announce that Mayo Clinic has expanded its biobanking efforts by establishing a biobank in Phoenix, Arizona!*

The Sangre por Salud (Blood for Health) Biobank began enrolling participants in June of 2013 and expects to enroll at least 2,000 participants over the next four years. Mayo Clinic is collaborating with Mountain Park Health Center and Arizona State University to increase research efforts in the Latino population. The participants enrolled in Arizona will be part of a separate collection from the samples collected in Rochester, Florida, and Wisconsin. This new biobank will support studies in obesity, metabolism and diabetes, all areas of special concern in the Latino population.

*“ We want to do everything we can to involve the Latino population in biomedical research so we can focus on their specific health issues and expand the diversity of patient populations in research. And while there’s been a lack of access to research opportunities, there certainly isn’t a lack of interest. People are willing to participate. ”*

**Lawrence Mandarin, Ph.D.**  
Mayo Clinic Biobank Director in Arizona

A goal of the Sangre por Salud Biobank is to offer research opportunities to patients from Mountain Park Health Center, which operates several clinics in the greater Phoenix area. While the biobank will support all types of medical studies, a special emphasis will be given to projects on cardiometabolic risk and obesity – the single largest health burden to the population. Patients, ages 18 to 85, are enrolled regardless of their health background. Participants who are registered Mountain Park Health Center patients learn about the biobank from their clinical providers.

*“ We’re excited to collaborate with Mayo Clinic in this effort that will advance research and contribute to the well-being of our diverse patient population. This collaboration allows us to identify appropriate interventions for medical problems diagnosed through the biobank enrollment. ”*

**Davinder Singh, M.D.**  
Co-investigator from Mountain Park Health Center



# ROCHESTER PARTICIPANTS - **DID YOU SEE US ON TV?**

Some of you may have seen our commercial on a local Rochester television station. In an effort to spread the word about the Mayo Clinic Biobank, we created a commercial to air on television. This commercial features real participants and researchers of the Mayo Clinic Biobank. For those of you who may have missed it or are not local to Rochester, you can view our commercial here: <http://tinyurl.com/mcbiobank>

**Remember, tell a friend or family member about the Mayo Clinic Biobank and help us get to our goal of 50,000 participants!**



# VISIT US ON THE WEB

[mayoresearch.mayo.edu/biobank](http://mayoresearch.mayo.edu/biobank)

As always, if you have any suggestions or feedback on our website, please contact us!



Use your smart device to scan the code to access the website

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If you have questions or need information about the Mayo Clinic Biobank, please contact us at:

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