

Frequently asked questions

What happens to the information?

The information you give us is protected and kept in locked files at Menzies School of Health Research and only available to researchers on this project. The results will be fed back to health professionals and other researchers.

Is my information confidential?

All the information you give us will be kept private and you will not be identified.

How long does it take?

Completing all of the procedures usually takes about 1½ to 2 hours.

What do I need to know?

We will explain each test in detail when we meet and then ask you to sign a consent form if you are happy to take part in the study. We will also explain each procedure while you are doing it. We are happy to answer any questions at the clinic or afterwards.

Do I have to answer all of the questions?

No. You can choose to answer which questions you feel comfortable with.

What happens with my blood and urine samples?

The blood and urine tests are done in laboratories interstate e.g. Adelaide and Brisbane. This means that, with your consent, we will store your blood and urine in freezers at Menzies until sent to the laboratories.

You can talk more about this with

Belinda Davison
Project manager
Menzies School of Health Research

Phone: (08) 8922 8701
or text "TEC" to 0458 543 765
Email: belinda.davison@menzies.edu.au

If you have any concerns or complaints regarding the ethical conduct of the study, you are invited to contact Ethics Administration, Human Research Ethics Committee of the Northern Territory Department of Health and Menzies School of Health Research on

(08) 8922 7922 or (08) 8922 8705 or email ethics@menzies.edu.au

This is for you to keep



discovery for a healthy tomorrow

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John Matthews Building (JMB)



Top End Cohort Study

Working together towards a healthier tomorrow



Information Brochure
This is for you to keep



What is the Top End Cohort study?

In 2008-2009 you were part of an exciting study examining the health and wellbeing of adolescents born in Darwin during 1987 to 1991: The Top End Cohort Study.

We would like to again thank you for being part of this study and invite you to participate in the next exciting health check.

The aim of this study is to monitor your health over your life span. This study will help identify early those most at risk of developing chronic diseases such as

- diabetes
- cardiovascular (heart)
- renal (kidney)
- and mental health

**Make your booking for your
free health check today**

Call Belinda on 89228701

Or text yes to 0458 543 765

Or email belinda.davison@menzies.edu.au

Join the study facebook group

<https://www.facebook.com/#!/groups/11942117>

[9007/](#) "Top End Cohort Study"

Why do we want to do this?

We want to try to find out if small babies and small preterm babies grow up differently to babies who are born at the right time and the right size. Some studies in other countries have shown that being born early or small can affect your adult health. That is why we asked for your birth records to see how big you were as a baby.

Other people believe adult health may be due to living conditions, emotional well-being and physical health of the children as they grow up.

We know that too many adults die before they are old from heart problems, kidney disease, lung problems and diabetes.

If we can get the answers to these research questions we can plan ways to prevent these chronic diseases and reduce the number of people dying prematurely.

What's involved?

If you agree to continue to be part of this important study we would like to see you at one of our clinics.

At the clinic we will provide you with more information on all items that make up this health check.

Some of the things we offer are

- body measurements
- blood pressure
- ultrasounds of kidneys, thyroid and carotid (artery in your neck)
- blood and urine testing
- emotional well-being and reaction time

What will you get out of this?

From this health check we will be able to check your growth, nutritional status, blood pressure and general health.

We are also assessing if you are at risk for heart disease or diabetes in later life.

With your consent, any abnormalities or problems in the areas examined will be sent to your nominated GP or health clinic.

You may not get that much out of this study personally but you will be helping researchers gain knowledge that may help the future health of your community and you will learn more about your own health.

What are your options?

You can agree to do all of the study and continue to be part of a special group who are helping researchers understand how to prevent disease.

You will then be asked to attend a health check in your community. At the health check you can agree to either.

- Do all of the procedures offered
- Choose which procedures you participate in.

You can refuse to be part of this study or withdraw at anytime. This will not affect medical advice in the management of your health, now or in the future.