



# Welcome

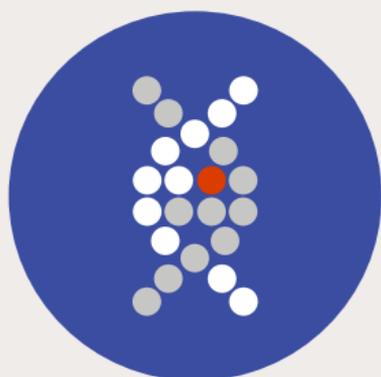
Your support is helping achieve  
medical breakthroughs.



**Garvan Institute**  
of Medical Research

# Thank you

Thank you for choosing to support Garvan. Your recent donation means a lot to me, because it shows that the community believes in the work that we undertake here at Garvan.





**By giving your hard earned dollar to medical research you are supporting life-changing research and better health outcomes by enabling us to better predict, prevent and treat disease. For this, I am incredibly grateful.**

Because of supporters like you, our researchers have the opportunity to explore new ideas that push boundaries, to find the answers to the tough questions, tackling the diseases that have the most devastating and widespread impact.

Imagine a world where our individual genetic code could be used to predict disease, allow us to explore preventative strategies and help us customise patient treatments.

It's happening right now, genomics is and will continue to revolutionise healthcare. You and I are already living in a world where more personalised medicine and treatment is a reality. Where outcomes for patients are improving every day as we gather critical genomic data that helps us to understand and treat disease allowing them to live longer, healthier lives.

Thank you for having the foresight to see the importance of this work.

Our work is ongoing, but we won't stop while there is still disease to fight. With donors like you alongside us, I feel confident that we will be able to achieve the breakthroughs that will mean a longer, healthier life for everyone.

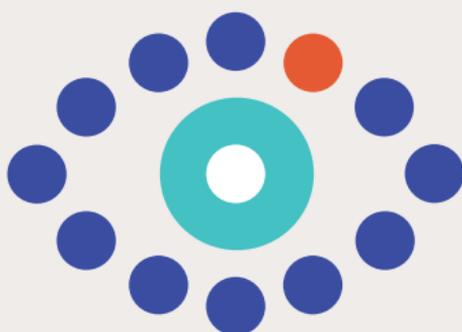
**Professor Chris Goodnow, FAA FRS**

Executive Director, Garvan Institute of Medical Research  
The Bill and Patricia Ritchie Foundation Chair

We see a future where  
people live longer,  
healthier lives.

**It's within reach, thanks to  
generous supporters like you.**

When you attract the brightest scientific minds, have state-of-the-art facilities, and strong community support, you create a medical research centre of excellence. We are uniquely placed to lead the revolution in healthcare through the insightful application of genomics, using the information encoded in our DNA to get a head start on tackling disease.



# We see a future where precision medicine saves more lives.

## **It's within reach.**

**Every year across Australia over 150 children and teenagers die from childhood cancers. Sadly, more children and their loved ones are battling to survive and cope.**

To help end this tragedy, Garvan joined forces with Lions Clubs in Australia, and internationally, to launch **'Genome Power'**.

It aims to radically transform our understanding and treatment of children's cancer.

Across Australia, 400 children with high risk cancer will have their genomes sequenced and analysed. Information from their tumour DNA will be given to their clinicians to assist in identifying the best treatment for each individual child. The program is radically improving patient management and treatment.

In addition, sequencing of the children's DNA is being undertaken to identify what predisposes them to cancer. The difference this could make to these Australian children can't be overstated.

**The potential of 'Genome Power' to forever change the lives of future generations of young Australians is truly remarkable.**



# We see a future where prevention is the cure.

## It's within reach.

One of the things that makes Garvan unique as a research institute is that we work across many diseases and disciplines and collaborate across them all, so what we learn in one area enables us to make advances in another.

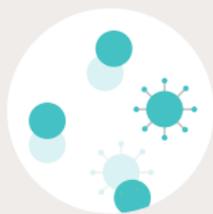
### Some examples of the work we do:



**Cancer:** Cancer remains the leading cause of death across Australia. Our team of over 150 cancer researchers focuses on breast, prostate and pancreatic cancers as well as lung cancer and sarcoma; and 'rare and less common cancers' which sadly account for around half of all cancer deaths.



**Diabetes and obesity:** Our researchers are working on understanding how changes in diet and lifestyle have triggered the recent rapid increase in metabolic diseases, with almost 300 Australians developing diabetes every day.



**Immune disorders:** The key to fighting diseases like rheumatoid arthritis, type 1 diabetes, lupus, multiple sclerosis, asthma and other allergies is researching the way cells and molecules function. Our team is also investigating how the immune system can be harnessed to effectively fight cancer cells.

**Our research teams are working to ensure that most chronic diseases can be predicted, prevented and treated.**



**Bone disease:** Garvan's research is focusing on the links between genetic, hormonal and lifestyle influences that can lead to conditions like osteoporosis. 1 in 2 women and 1 in 3 men aged over 60 will suffer an osteoporotic fracture, which is often linked to premature death. They are also researching tumour-induced bone diseases.



**Neurological diseases:** These include neurodegenerative disorders such as dementia and Parkinson's. We're researching the molecular mechanisms that underpin the brain's capacity to learn, think and function; and the way nerve cells communicate with each other. Dementia is the single greatest cause of disability in Australians aged 65 years or older.



**Genomics:** We have the technology and expertise to look at the information encoded within the genome. By studying the interruptions of genomic and epigenetic processes we are learning about how this contributes to cancer and other diseases including diabetes and neurological and immunological disorders.

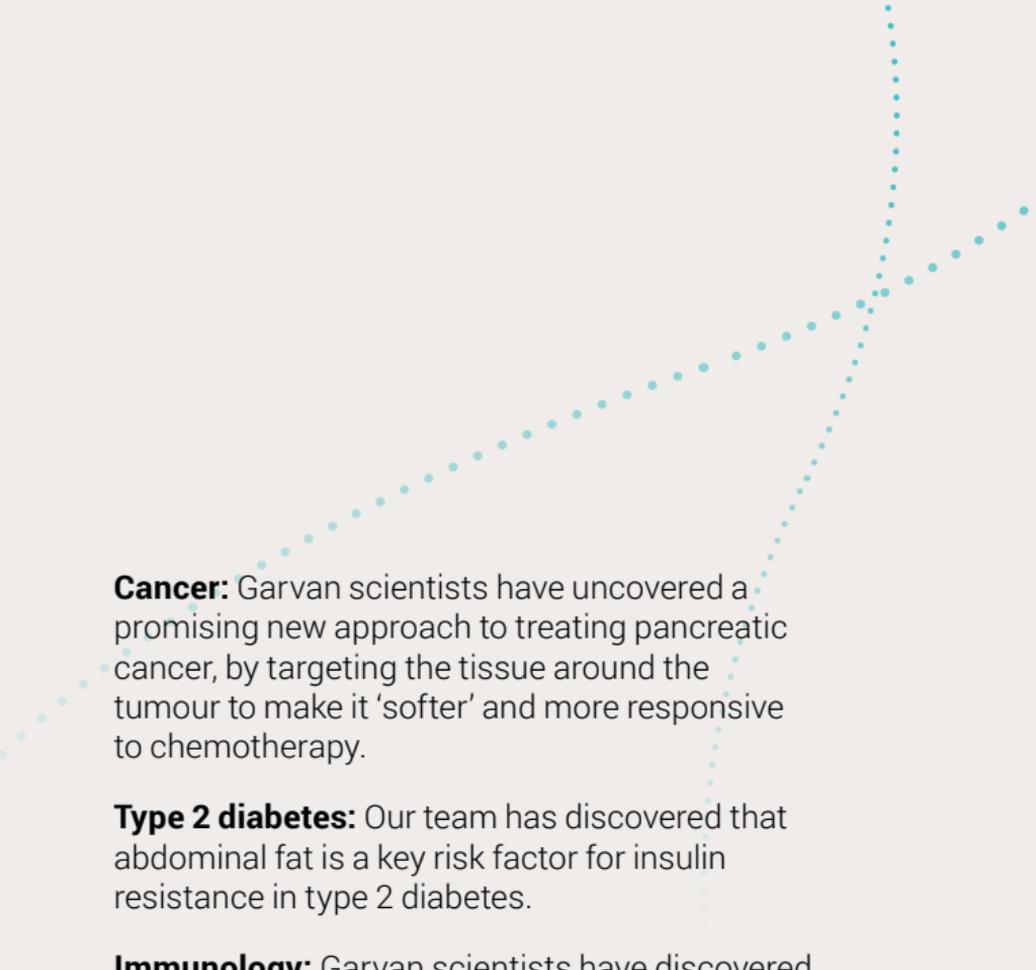
We see a future where  
we're able to stop disease  
before it starts.

**It's within reach.**

Our researchers are working and collaborating on discoveries that will change the future of healthcare and medicine. The breakthroughs we make are all pieces in the puzzle that will help us create the picture of a healthier life for everyone.

Here are just *some* of the most recent breakthroughs achieved with the help of supporters like you . . .





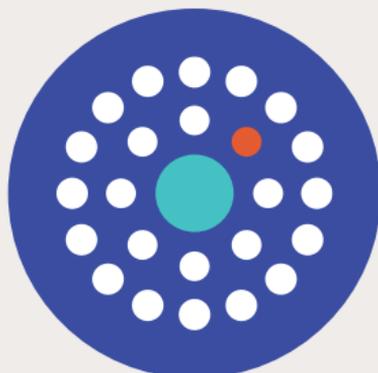
**Cancer:** Garvan scientists have uncovered a promising new approach to treating pancreatic cancer, by targeting the tissue around the tumour to make it 'softer' and more responsive to chemotherapy.

**Type 2 diabetes:** Our team has discovered that abdominal fat is a key risk factor for insulin resistance in type 2 diabetes.

**Immunology:** Garvan scientists have discovered a group of cells believed to trigger autoimmune disease, as well as the molecular 'trigger guard' that normally holds them in check.

**Osteoporosis and Bone Biology:** Garvan teams made the discovery that the brain hormone, Neuropeptide Y (NPY) regulates bone growth and density. The joint project (with the Neuroscience Division) could lead to the development of new treatments for osteoporosis.

**Neuroscience:** The team has developed methods to culture adult nerve stem cells capable of generating new brain cells, giving hope that some neurodegenerative diseases could be reversed.



# We see a future where health is transformed.

## **It's within reach.**

We know how much you care about medical research, and the impact it has on improving health across our community. Below are a few other ways you can get involved.

### **We would love to meet you**

We host regular free tours and public seminars at the Institute in Darlinghurst, Sydney, throughout the year. As a valued supporter, you're invited to join us and see first-hand our state-of-the-art facilities, and meet some of our researchers. You'll get to know more about the technologies and insights that are enabling Garvan's medical research to accelerate so rapidly. To confirm your booking, please email or call us.

If you're unable to visit us, you can join us on social media, our handle is @GarvanInstitute. We're always updating the community on the latest research and encourage you to participate in the conversation. All of our public seminars are live streamed and available on our website, so you won't miss out.



## **Leave a lasting legacy**

Many of the remarkable breakthroughs at Garvan have been made possible by the generosity of supporters who have chosen to leave us a gift in their Will. As one of our Partners for the Future, you can dedicate a specific sum or a percentage of your estate to the area of greatest need, or to research of your choice. Partners for the Future are changing the future of medicine for generations.

## **Become a Partner for Discovery**

Our monthly donors provide an ongoing source of income which allows us to plan our research, safe in the knowledge that projects will be funded through to the breakthrough stage. Becoming a Partner for Discovery means you will get regular updates on the impact of your support and the opportunity to attend exclusive invite only events. Making your monthly gift couldn't be easier: an automatic deduction from your bank account or credit card is simple and convenient. You can call, email us or visit [www.garvan.org.au/regular-giving](http://www.garvan.org.au/regular-giving).

## **Join our team and fundraise for medical research**

You can decide to make your next event one for the future of medical research. Donors sometimes like to nominate Garvan as the beneficiary of their birthday or next social event. If being healthy and fit is important to you, maybe you would like to run your next race or obstacle course for Garvan. You can learn more by getting in contact with us. We look forward to hearing your fundraising ideas.



# We see a future where precision medicine saves more lives.

## It's within reach.

**You are helping to create a better and healthier future for all of us. Thank you!**

To make a donation or for further information about supporting Garvan please contact us via the below details. We would love to hear from you.

All donations \$2 and over are fully tax deductible.

 **Call:** 1300 73 66 77 (Monday - Friday 9am-5pm)

 **Email:** [foundation@garvan.org.au](mailto:foundation@garvan.org.au)

 **Online:** [garvan.org.au/give-now](http://garvan.org.au/give-now)

Garvan Research Foundation is the marketing and fundraising arm of the Institute and all cheques to Garvan should be made out to Garvan Research Foundation.

### **Your privacy**

The Garvan Institute of Medical Research and Garvan Research Foundation are committed to ensuring the privacy and confidentiality of your personal information. Garvan complies with relevant Privacy Laws in relation to the management of personal information.

Garvan only collects the personal information that is necessary for our work; for example to send you receipts and to keep you informed. We send two to three appeal letters a year as well as four issues of our newsletter 'Breakthrough'. We also occasionally send information about our free seminars and e-news. You may choose the type of information you receive from us at any time. Simply get in contact with our Supporter Services team.

From time to time Garvan may share your contact details with other like-minded charities in order for them to contact you with fundraising materials. In return they help us to inform more people about the value of medical research. If you do not wish to receive communication from another charity, please call us on 1300 73 66 77.

For a full copy of our Privacy Policy contact us or visit [garvan.org.au/privacy](http://garvan.org.au/privacy)



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