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'Dodge your Disease before it Develops'

Internationally renowned cell biologist and medical research advocate, Professor William (Bill) Brinkley says "Imagine if you or your children could walk into your doctor's office, undergo a quick and simple, non invasive test, to determine your most likely serious disease and walk out with a cure, whether it be medication or a new lifestyle What a difference that would make".

Professor Brinkley, Distinguished Service Professor from Baylor College of Medicine in Texas is in Australia for the Australian Society for Medical Research's (ASMR) Medical Research Week® as the honored 2006 Medalist and will be speaking about what we should expect for our health and how we can advocate for the needed funding over the next few decades.

Brinkley says "knowing your disease and curing it before it develops may soon be possible because of the remarkable progress and discoveries in biotechnology and medical research. These include newer and smarter tests to predict your predisposition to disease and better drug designs to attack these problems where they occur in the cell. In some cases, this already happens. People with high cholesterol take lipid-lowering drugs, eg. the statins, to reduce the risk of heart disease."

Cure your disease before it develops!

Predict your disease to live longer and stronger!

Medical research is a form of 'defense.'

Brinkley says "that sustaining a high level of quality health and medical research is a form of 'national defense' against the "enemy" of existing and emerging diseases. We are winning "the war on disease" and Australians are living proof of that, with life expectancy increased 8 years".

But Brinkley cautions that "living longer could be a blessing or a curse—depending on the availability and affordability of good health care. Advances in medical research over the next few decades will not only extend life expectancy, but could bring new concerns for the care of an aging Australian population. There will be a greater demand for health and aged care spending placing new pressures on government finances, as outlined in the Inter-Generational report commissioned by the Hon. Peter Costello in 2002. However, Professor Brinkley concludes "if a vote were taken today on whether one could live longer and remain healthy or retain the old life expectancy, one would almost certainly vote for the former." Thus, continued development of the most advanced diagnostic tests and treatments will not only save lives and money but will allow Australians to live longer and stronger.

Brinkley applauds the "leadership of the Australian federal government for the additional allocation of \$905 million as an investment in the future of health and medical research, a 5-fold increase over a 5-year period, but warns. 'Don't Stop Now!!'"

Australian health and medical researchers have contributed extensively to the knowledge underpinning disease and new technology, says Brinkley.

He continues, "The recent investment in the health and medical research sector coupled with Australian medical researchers outstanding track record in terms of discoveries and health outcomes will make Australia a 'defense' force to be reckoned with."

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