

ASPREE STUDY AIMS

ASPREE

(ASpirin in Reducing Events in the Elderly) is a large clinical trial of low dose aspirin versus placebo in people aged 70 years and over.

The study will investigate whether aspirin prolongs healthy lifespan. The benefits of aspirin will be weighed against the risk of bleeding.

ASPREE participants (following an initial Baseline and Enrolment phase) will have Annual Visits for 5 years. These visits will assess the health and well-being of participants and in addition cognitive function, an area that has largely been ignored in previous studies of aspirin.

ASPREE New Headquarters

At the start of May, the ASPREE National Co-ordinating Centre moved into a new facility on the ground floor of the Burnet Building (close by the Alfred Hospital). The move



A view of the reception area where participants are greeted

was essential for staff to coordinate recruitment of Australia's 12,500 people to ASPREE and to provide clinical trial facilities for Melbourne's ASPREE participants.

The new facilities include a fully equipped, state-of-the-

art laboratory for the sub-study 'ASPREE Healthy Ageing Biobank'. The laboratory currently houses a -80°C freezer and will include -180°C nitrogen tanks for long term storage



The new Biobank laboratory

of large numbers of samples. Clinic rooms for ASPREE participants include one with a retinal vascular imaging (RVI) camera for use in the sub-study ENVIS-ion. The headquarters has a call centre currently phone screening potential participants and responding

to GP queries from Melbourne, regional Victoria and Tasmania.



A clinic room for retinal vascular imaging

The new headquarters saw its first ASPREE participants walk through the doors on the 2nd June. These participants were involved in ASPREE and the sub-studies Biobank and ENVIS-ion. The success of these studies is contingent on the generous support and involvement of our participants and GPs.

ASPREE BioBus on the move

The ASPREE mobile laboratory, the ASPREE BioBus, has attracted publicity in its travels across Melbourne and regional Victoria. In late June the BioBus travelled to Nagambie in northern Victoria. This inaugural event was filmed by WINTV (Shepparton) describing Biobank and ASPREE and the importance of these studies

to the health of older Australians.



ASPREE BioBus outside a clinic

In Melbourne, the BioBus has also collected and processed



Biobank staff inside the bus

samples from ASPREE participants in Prahran, Essendon and Mount Waverley.

ENVIS-ion This Night

On the 4th of August, the ASPREE National Co-ordinating Centre in Melbourne is holding a special invitational event for GPs in the inner metropolitan regions. "ENVIS-ion This Night" will promote the sub-study ENVIS-ion (Elderly Neuro-Vascular Imaging Study) with guest specialists from Monash University, the Centre for Eye Research Australia (CERA) and the Alfred Hospital attending.

GPs will engage with these specialists throughout the evening, covering topics such as dementia and cognitive decline

in the community, retinal vascular imaging (RVI) and MRI technology.



An image of a healthy retina

The RVI camera will also be on display with a qualified technician for any attending guests curious to find out about the state of their eyes!



A patient undergoing an MRI

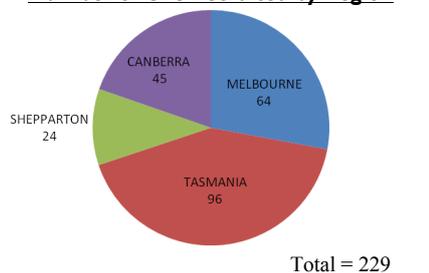
For more information on this event or the ENVIS-ion study please call:

1800 728 745
or email us at:
aspreegp@monash.edu

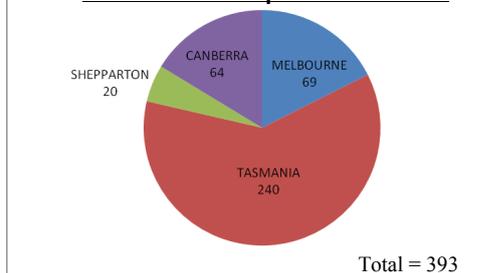
Recruitment Update

Recruitment is accelerating in all centres

Number of GPs Recruited by Region



Number of Participants Randomised



To date ASPREE has featured in:

- The Canberra Times
- Monash Magazine
- Medical Observer
- Australian Family Physician
- Good Practice
- WINTV Shepparton/Bendigo

WEBSITE

WWW.ASPREE.ORG

FREE CALL

1800 728 745

Collaborating Organisations:

Monash University, Australian National University, University of Melbourne, Menzies Research Institute (TAS), Berman Centre for Outcomes and Clinical Research (Minneapolis)

Funding Organisations:

National Institute on Aging (NIA/NIH in the USA), National Health and Medical Research Council of Australia (NHMRC), CSIRO, Victorian Cancer Agency (VCA)

Aspirin in the news

March 2010: Efficacy of aspirin in treating breast cancer

Breast cancer patients taking aspirin were less likely to have a recurrence of the disease and less likely to die from it than those who did not take aspirin.
(<http://jco.ascopubs.org/cgi/content/abstract/28/9/1467>)

June 2010: Equipoise emphasises the need for ASPREE

A recent meta-analysis of aspirin's effects to prevent cardiovascular disease (CVD) events in people with diabetes did not show significant benefit of the treatment. Despite this, the authors of the meta-analysis (the Am Diabetes Assn, Am Heart Assn and the Am Coll Cardiol) recommended aspirin use in diabetic patients who have a 10 year risk of CVD events over 10% (men over 50 and women over 60).
(<http://care.diabetesjournals.org/content/33/6/1395.extract>)