

Collaborations:

ASPREE-XT (eXTension) is an international, community based, observational study.

In Australia, ASPREE-XT is led by Monash University in collaboration with the Menzies Institute for Medical Research (Tasmania), the University of Adelaide, the Australian National University and more than 2000 GPs in south eastern regions of Australia (below).



In the U.S., ASPREE-XT is co-ordinated by the Berman Center for Outcomes and Clinical Research, part of the Hennepin Healthcare Research Institute, Minneapolis.

Funding:

National Institute on Aging and National Cancer Institute (within the National Institutes of Health in the U.S.)



Information Brochure

A STUDY OF THE
LONG-TERM EFFECTS
OF ASPIRIN AND OTHER
FACTORS ON HEALTHY
LIFESPAN

ASPREE-XT
Aspirin in Reducing Events in the Elderly – eXTension

For more information
please contact:

1800 728 745
(toll free from a landline)

Visit: www.aspree.org

Email: aspree@monash.edu

Staying in touch with our participants is important to us. If your circumstances change, please let us know.



Improving the health of older people

More than 19,000 people (16,703 in Australia and 2411 in the U.S.) mostly aged 70+ years, participated in the world-first ASPREE (ASpirin in Reducing Events in the Elderly) clinical trial.

ASPREE gave doctors evidence about the use of aspirin in healthy older people. It has changed the advice that doctors around the world give to their older healthy patients.

While ASPREE investigated the effect of aspirin on health for an average 4.7 years, other studies suggest that potential benefits, such as protection against colon cancer, may not occur until some years later. However, this has never been studied in older people.

ASPREE-XT is a follow-up study in ASPREE participants. It will determine whether a period of taking aspirin will have lasting health effects, such as on cancer and dementia, in older people.

ASPREE-XT also aims to identify other factors that affect an older person's ongoing good health or those which may contribute to disease and frailty.

The results of ASPREE-XT will inform future healthcare for older people around the world.



ASPREE XT

ASpirin in Reducing Events in the Elderly – eXTension

ASPREE-XT (eXTension) is a follow-up study of the health of ASPREE trial participants in Australia and the U.S.

The only way we can determine long-term effects of aspirin on health is to compare the health and well-being of ASPREE participants who were in the aspirin group with those in the placebo group over a number of years.

In addition, we will investigate how demographic (e.g. age, gender), genomic (genetic) or environmental (e.g. diet, level of activity) factors may affect well-being and quality of life. The impact of having one or more health conditions (e.g. high blood pressure, diabetes, cancer) also will be studied.

ALL ASPREE participants make an important contribution to ASPREE-XT study findings.

Participation will help doctors and specialists understand why some older people become frail in later years, while others do not.

Involvement in ASPREE-XT

ASPREE-XT is a long-term health study. There are **no study tablets** to take in ASPREE-XT.

Health measures are taken annually, including:

- physical measures, such as blood pressure;
- non-fasting blood tests;
- thinking and memory exercises;
- physical ability;
- well-being and quality of life, and current medications.

Around six months between annual study visits, our team will call participants for a health update.

If available, we also collect a small sample of stored cancer tissue (taken from a previous biopsy). These tissue samples will be used for future research into cancers in older people.

Why participate in ASPREE-XT?

- Free annual health checks, with a summary report sent to your GP
- Help improve medical care for future generations
- Be a research leader. Australia has never had a study like this in older people
- Participating in medical research is interesting!

