Before the ASPREE study officially ended in December 2017, a staggering 95% of participants had indicated that they wanted to be part of a related follow up study. Thanks to a funding boost from the NIA (National Institute on Aging) we will have study visits in 2018 as part of the ASPREE-XT study (the XT stands for eXtension).

ASPREE-XT is a new observational study investigating whether there are potential long term health benefits (or not) from taking low dose aspirin.

Recent studies suggest that taking aspirin for 4 – 5 years may reduce the incidence and spread of some cancers, such as bowel cancer, however this may not be evident until many years later. **ASPREE-XT will help determine possible long term effects of aspirin on cancer and other diseases associated with ageing.**

It is thought that aspirin’s anti-inflammatory properties may help delay the onset or progress of some diseases over a long period. However, this theory has not been proven.

**ASPREE-XT is more than an aspirin study; it is a golden opportunity to understand factors that, in the long term, affect quality of life.** Our aim is to identify the impact that medical conditions, lifestyle, the environment and genetics have on an older person’s thinking and memory and physical function.

As older Australians, your participation in ASPREE-XT contributes consistent, ‘real world’ health information to this research. Your experience of ageing (in wellness or illness) will in turn inform the medical care given to future generations to help them maintain quality of life.

**ASPREE-XT is only open to ASPREE participants**, including participants who may be experiencing thinking and memory problems or physical disability. **It doesn’t matter when you stopped taking study tablets or whether you are, or are not, taking aspirin now; we would be delighted to have you join us in the ASPREE-XT research project.**

We will follow your health in a similar way to ASPREE, such as through study visits, phone calls and through medical records.

**ASPREE-XT annual study visits will be shorter, with only one thinking and memory exercise** (this will please lots of participants!). We hope to continue to hold these visits at your GP clinic or a community venue. Whatever your circumstance, we will try to see you.

There will be no study tablets to take, no fasting blood test and phone calls will be six monthly. We will ask you to complete some forms at home (the questions are similar to those asked at ASPREE visits).

You will also likely see familiar faces at XT study visits as most of the ASPREE research team have stayed on to work on the ASPREE-XT project.
As was the case for ASPREE, if a significant measure is detected during an ASPREE-XT visit (such as an irregular pulse) we will notify your GP. Your medical records will continue to provide important details about health events, such as a new medical diagnosis, or test. If you do report a cancer diagnosis and have had a biopsy, we will need your permission to collect from the pathology provider a sample of the biopsy for future cancer studies.

We anticipate that ASPREE-XT will run for five years. Our investigators are applying for funding to continue face-to-face ASPREE-XT study visits until 2022.

**How to sign up for XT?**

If you haven’t already done so, please carefully read the ASPREE-XT Participant Information Consent Form (PICF) and sign and return the consent form (last page of PICF). Because ASPREE-XT is a new study, we are ethically and legally obliged to gain your consent to participate in study activity before we start. Your GP has been notified that you have been invited to join the ASPREE-XT study.

As always, if you have any questions please contact our friendly team on 1800 728 745 (toll free from a landline).

ASPREE-XT Funding Organisations

- National Institute on Aging (NIA/NIH in the U.S.)
- National Health and Medical Research Council of Australia (NHMRC)
- National Cancer Institute (NCI/NIH)
- Monash University

ASPREE-XT Collaborating Organisations

- Monash University
- Menzies Institute for Medical Research, University of Tasmania
- Australian National University
- The University of Adelaide
- Berman Centre for Outcomes & Clinical Research (Minnesota, U.S.)

**FOR ALL ASPREE & ASPREE-XT ENQUIRIES PLEASE CALL**
1800 728 745 OR EMAIL: aspree@monash.edu

www.aspree.org