

Newsletter Volume 13 - January 2017

Milestone Year



(ASPIrin in Reducing Events in the Elderly)

The world's largest disease prevention study in people aged 65 and older.

What is the Milestone Year?

The Milestone Year is when the final clinic visits for ASPREE participants will take place. We are committed to helping you through this transition! Milestone annual visits are underway and will continue through December 2017. Be sure to ask your ASPREE clinic staff any questions that you may have, they are ready to help! Milestone annual visits will be scheduled during your usual annual visit month.



Milestone Annual Visit

Milestone annual visits will take place in your usual annual visit month. This visit will include recent health and medication questions, physical functioning, cognitive testing, lab work, and a new Milestone questionnaire!



Phone Calls

We will continue to contact you every 3, 6, and 9 months. However, depending on the month of your Milestone annual visit, you may receive all, some, or no calls.



Return Study Medication

ASPREE personnel will mail a pre-paid envelope to send back your study medication bottle to your ASPREE clinic staff. Look for the envelope in December 2017.

Thank You Participants!

Thank you for your dedication and commitment to the ASPREE study! This is the largest international study ever funded by the National Institute on Aging! Your participation is extremely important to answer the question of: does daily aspirin use for people age 65+ actually prolong independence and prevent cognitive decline?

As part of ASPREE, you were one of 19,113 (2,411 U.S.) volunteers dedicated to annual visits, cognitive testing, lab work, health and medication questionnaires, phone calls, and the daily dose of aspirin or placebo! Thanks to YOU we are nearing the end of ASPREE and are on track to finish the study. We could not have done this without you!

In addition to your participation in ASPREE, some of you have also been a part of the sub-study, ACES. A sub-study is a detailed investigation into a research question not addressed by the principal trial. The ACES sub study will further investigate the effect of aspirin on the development and spread (metastasis) of different types of cancer. Because of you, we have collected over 1,100 blood, urine, or tissue samples!



ASPREE Facts

- 56% of participants are women
- 9% of participants are minorities
- Over 34 million tablets of aspirin or placebo!
- 32 ASPREE Clinic locations across 17 states

Thank you from the Berman Center!



Standing (left to right): Molly Prozinski, Sarah Pederson, Christine Burns, Ramona Robinson-O'Brien, Barbara Wicklund, Ashley Johnson
Sitting (left to right): Nate Tessum, Dr. Anne Murray, Brenda Kirpach

Thank you very much from the Berman Center for Outcomes and Clinical Research! The Berman Center serves as the U.S. coordinating center for the ASPREE Study. The Berman Center has been a leader in many areas of clinical research coordination and a clinical site for nearly 100 trials in heart and kidney disease, diabetes, women's health, cancer, aging, and neurological disorders.

The Berman Center for Outcomes and Clinical Research oversees the scientific and operational conduct of ASPREE in America, including adherence to protocol, ethics and financial management, and reports to the International Steering Committee.

For more information about the ASPREE Study, please visit our website at www.aspree.org



Important Dates

- January - December 2017 Milestone visits
- December 2017 mail back study medication (Pre-paid envelopes will be provided)
- Mid to late 2018 participants will receive communication with what medication they were taking along with the study results
- For the most current information, please visit www.aspree.org

What Now?

- Continue taking your ASPREE study medication until December 31, 2017.
- If you are not on study medication, you are still a major part of the ASPREE study. Information about your health is still important for us to collect.
- Study leadership is working on a possible extension of ASPREE. Information about this will be provided when available as it will depend on funding and participant consent.
- ASPREE staff will continue to follow-up with you if needed to collect information about certain health events that occurred in 2017.

ASPREE Global Impact:

- Government and health authorities make recommendations based on scientific evidence that proves the benefit of a particular therapy outweighs the risks.
- Only through the generous support of our 19,114 ASPREE participants, will the world know in 2018 whether aspirin prolongs good health in later years.
- If aspirin is shown to be of overall benefit, millions of healthy older people around the world may be advised to take aspirin.
- For this, we thank you!



For more information about the ASPREE Study, please visit our website at www.aspree.org

Australia Highlight



AUS Monash Photo

Australian participants:

Total enrolled: 16,703

Females: 9,175

Males: 7,528

As of September 2016, participant age ranges from 72 - 99 years with an average age of 78.6 years

In Australia, more than 100 people in Victoria, Tasmania, the ACT, Southern NSW, and South Australia work on the ASPREE study and sub-studies. Their diverse team includes: medical and research specialists, senior clinical researchers, project managers, data, ethics, finance, monitoring, administration, communications managers, data officers, project officers, study coordinators, research nurses, research assistants, and a terrific support team who assist with telephone calls, send letters, make appointments, and answer any questions.

The Australian Management Committee oversees the scientific and operational conduct of ASPREE in Australia, including adherence to protocol, ethics and financial management and reports to the International Steering Committee.