



THANK YOU TO ALL OF OUR PARTICIPANTS FOR YOUR CONTINUED PARTICIPATION DURING THE COVID-19 PANDEMIC

From Dr. Anne M. Murray, U.S. ASPREE-XT Principal Investigator and Dr. Andy T. Chan, U.S. ASPREE-XT Co-Principal Investigator

We are very grateful for your continued participation in ASPREE-XT, especially during this very difficult COVID-19 pandemic period! We miss seeing you in person, but look forward to speaking with you over the phone until in-person visits can safely resume. Your participation will continue to provide critical research data to answer important questions, such as whether there are long-term effects of aspirin to reduce the risk of cancer, even after stopping it for 5 years or longer. We are also working to identify which factors are most important to keep us healthy and independent - something we will all benefit from!

Please know that the ASPREE-XT data is highly valued by the National Institutes of Aging and of Cancer, which fund ASPREE-XT. In fact, during our most recent bi-yearly meeting with them, they emphasized the study data's significance for cancer and genetics studies, and strongly encouraged us to continue to follow our participants even after ASPREE-XT.

Thank you again for your continued participation in ASPREE-XT, and more importantly, please stay safe! We look forward to talking with you soon!

NEW COVID-19 SYMPTOM STUDY SMARTPHONE APP!

While the COVID-19 coronavirus pandemic continues to grip the United States, a new free smartphone app is helping to track the onset and progression of symptoms of millions across the nation. This **COVID-19 Symptom Study** app has been created to collect information on your general health and **whether you are well or have symptoms**. The app helps identify those at risk sooner and helps slow the outbreak of the disease. The research is being led by Andrew T. Chan, MD, MPH at Massachusetts General Hospital. Dr. Chan is also co-PI of the ASPREE-XT. The app already has over 3.5 million users across the United States, United Kingdom, and Sweden providing critical real-time information on COVID-19 symptoms, baseline health factors, infection status, and clinical outcomes to researchers every day. By tracking the exposure of older adults in particular, the data can be used to better understand how to protect those most vulnerable to COVID-19. To that end, we want to share how you can help researchers better understand the short and long-term impact of COVID-19 this study.

If you would like to participate in this effort, please follow these simple steps:

STEP 1.

For Apple:

<https://apps.apple.com/us/app/covid-symptom-tracker/id1503529611?ls=1>

For Android/Google:

https://play.google.com/store/apps/details?id=com.joinzoe.covid_zoe

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STEP 2.

After downloading the app, select “Create Account” and select the option to join as a study participant.

You will use your email address to create your account and select your own password.

STEP 3.

Review and electronically sign the consent form.

STEP 4.

Select “ASPREE-XT” as your affiliated study.

STEP 5.

Complete the **brief** set of questions “about you.”

STEP 6.

As often as every day, complete the “self report” to update your daily status on how you are feeling.

If you do not have a smartphone, someone else can complete the “self report” on your behalf.

We are only tracking through the smartphone app and we do not have a website available for tracking.

AN IMPORTANT NOTE: While we will not share your ASPREE-XT information with researchers from this app study, the information you provide through the app will be available to the ASPREE-XT research team. Please provide as much information as possible (including, year of birth, zip code, and name) as it will allow us to connect the information from the app with your ASPREE-XT information for future research efforts related to COVID-19.

Feel free to share the app with your friends and family, even if they are not part of ASPREE-XT!

Secure anonymized data from the app will be made available to academic researchers, health services and policymakers on a strictly non-commercial basis. Crucially, the zip code-level data from the app should help hospitals and the CDC predict when and where the next wave of the virus will hit – vital information that will enable decision-makers to allocate limited resources more effectively and to get the country back on its feet as quickly as possible. This data will be invaluable to improving our understanding of risk factors for COVID-19 and outcomes from the disease.

For questions about the app or download issues, please email: predict@mgh.harvard.edu

For the latest information on the COVID-19 Study, including updates, news articles, and the smartphone app download links, please visit: <https://covid.joinzoe.com>

THANK YOU!



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GENERAL HOSPITAL



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OVERVIEW OF ASPREE AND ASPREE-XT

PURPOSE:

ASPREE was the largest primary prevention aspirin study ever undertaken in healthy older people. It examined whether daily low-dose aspirin prevented or delayed the onset of age-related illness such as cardiovascular disease (e.g.a first heart attack and stroke), dementia, depression and certain cancers and if the benefits outweighed the risks, such as bleeding. ASPREE study findings were published in the New England Journal of Medicine in September 2018. Further ASPREE study findings are being prepared for publication. ASPREE-XT is the first follow-up observational study examining potential longer term effects of aspirin on cancer, dementia and factors affecting frailty in healthy older people.

STUDY CONDUCT:

ASPREE was a randomized, double-blind placebo controlled study in 19,114 males and females, mostly 70 years of age and older (2,411 in the United States and 16,703 in Australia). Participants were randomly assigned (or randomized) to take either a low-dose aspirin tablet (100 mg) or a matching placebo tablet (dummy pill) for an average of 4.7 years. ASPREE-XT is an observational study of ASPREE participants. There are no study tablets to take and no fasting blood tests. ASPREE-XT study visits are conducted in many of the same locations throughout United States and Australia as ASPREE. The United States ASPREE-XT locations are shown in the map below. Annual study visits, which collect health, clinical, and other measurements, are similar to ASPREE.

STUDY OVERSIGHT AND FUNDING:

In the United States, the Berman Center for Outcomes and Clinical Research – Hennepin Healthcare Research Institute led the ASPREE trial and leads the ASPREE-XT study; Monash University leads in Australia. ASPREE was funded by the United States and Australian governments. The ASPREE-XT study visits are funded by the United States and Australian governments.

UNITED STATES ASPREE-XT SITE LOCATIONS AND CONTACT INFORMATION

SITE NAME / LOCATION / PHONE NUMBER

1. UNIVERSITY OF ALABAMA AT BIRMINGHAM / BIRMINGHAM, AL / 205-934-7683
2. HOWARD UNIVERSITY / WASHINGTON, DC / 202-865-3776
3. MOREHOUSE / ATLANTA, GA / 404-752-1877
- EMORY-VA / ATLANTA, GA / 404-321-6111, EXT. 207343
4. RUSH UNIVERSITY / CHICAGO, IL / 312-942-3333
5. UNIVERSITY OF IOWA / IOWA CITY, IA / 319-384-775
6. PENNINGTON BIOMEDICAL / BATON ROUGE, LA / 225-763-2618
7. LSU - SHREVEPORT / SHREVEPORT, LA / 318-813-1422
8. UNIVERSITY OF MICHIGAN / ANN ARBOR, MI / 734-998-7947
9. WAYNE STATE UNIVERSITY / DETROIT, MI / 313 993-0419
10. HEALTHPARTNERS / MINNEAPOLIS, MN / 612-341-1950
11. PHALEN VILLAGE CLINIC / SAINT PAUL, MN / 651-793-8640
12. EAST CAROLINA UNIVERSITY / GREENVILLE, NC / 252-744-1904
13. WAKE FOREST BAPTIST / WINSTON-SALEM, NC / 336-713-8524
14. NYU-LANGONE / MINEOLA, NY / 516-663-9582
15. ALBERT EINSTEIN MEDICAL / PHILADELPHIA, PA / 215-456-1959
16. UNIV. PITTSBURGH / PITTSBURGH, PA / 412-624-3579
17. KENT HOSPITAL / PAWTUCKET, RI / 401-921-7980
18. UNIV.TENNESSEE HSC - MEMPHIS, TN / 901-448-8405
19. UT SOUTHWESTERN - DALLAS, TX / 214-648-3612
20. TEXAS MEDICAL / GALVESTON, TX / 409-266-9643
21. UTHSC / SAN ANTONIO, TX / 210-450-0568



FOR MORE INFORMATION ON ASPREE-XT, VISIT: WWW.ASPREE.ORG

GREEK YOGURT PARFAIT RECIPE

INGREDIENTS:

- 3 cups plain fat-free Greek-style yogurt
- 1 teaspoon vanilla extract
- 4 teaspoons honey
- 28 clementine segments (approximately 4 clementines)
- 1/4 cup shelled, unsalted dry-roasted chopped pistachios

HOW TO MAKE IT:

STEP 1.

Combine yogurt and vanilla in a bowl. Spoon 1/3 cup yogurt mixture into each of 4 small parfait glasses; top each with 1/2 teaspoon honey, 5 clementine sections, and 1/2 tablespoon nuts.

STEP 2.

Top parfaits with the remaining yogurt mixture (about 1/3 cup each); top each with 1/2 teaspoon honey, 2 clementine segments, and 1/2 tablespoon nuts. ENJOY!

Recipe Courtesy of: Food.com



NUTRITIONAL FACTS

Calories: 180

Fat: 4g

Protein: 10g

Carbohydrate: 31g

Fiber: 2g

Cholesterol: 4mg

Sodium: 103mg

Prep Time: 5 Minutes

Yield: 4 Servings

THANK YOU FROM ALL OF US AT THE BERMAN CENTER FOR OUTCOMES AND CLINICAL RESEARCH!



Pictured Top Row (Left to Right): Dr. Anne Murray, Brenda Kirpach, Elena Friedman

Pictured Bottom Row (Left to Right): Julie Smith, Miki Olson, Ramona Robinson-O'Brien, Molly Prozinski