

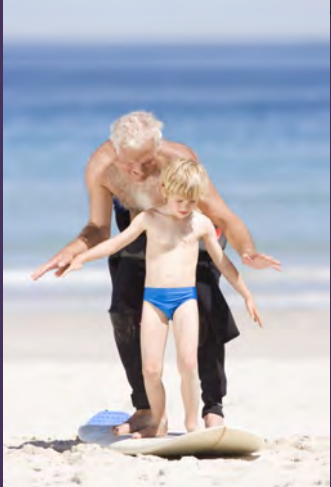
ASpirin in Reducing Events in the Elderly

# ASPREE

Bulletin

PARTICIPANT NEWS

SUMMER 2010/2011



ASPREE

1800 728 745

## WELCOME AND THANK YOU

Welcome to the Summer 2010/2011 ASPREE Bulletin. First of all, we, the team at ASPREE, would like to thank you for being part of history- making research. There are many reasons to take aspirin, but what we don't know is whether the overall risks outweigh the benefits in the 70+ age group. It is only through the generosity of people like you that doctors will have a definitive answer on whether aspirin should be prescribed to prolong a healthy life in seniors. And for that we applaud each and every one of our participants.

## COMMUNITY RECRUITMENT

The ASPREE team is now in a community recruitment phase, which means we are out and about spreading the word about ASPREE at a local level. The response has been fantastic. Senior clubs, societies and community groups have welcomed ASPREE, including Ken Lyons (right) from 3WBC Whitehorse-Boroondara Community Radio.

Mr Lyons, who is an ASPREE participant, discussed the study with ASPREE coordinator Vanessa Bilog and executive officer, Dr Robyn Woods in Melbourne recently.

If you know of a community group that would be interested to hear more about ASPREE, or would like to include information in their newsletter, contact ASPREE toll free on 1800 728 745

## NEW ASPREE CENTRES OPEN IN VIC

Regional Clinical Trial Centres have opened in Geelong, Ballarat, Bendigo, Shepparton and Traralgon in Victoria recently. This is in addition to existing Melbourne, ACT and Tasmanian offices. ASPREE welcomes several new research staff who will work within these local communities. All centres can be contacted on the same number.



ASPREE participant Ken Lyons puts Vanessa Bilog (left) and Dr Robyn Woods through the ropes at community radio station 3WBC

***“I don’t believe in worry, I never have. It doesn’t change anything and it (the problem) will come good....”***

**S**hirley Crossley, 77 year’s young, grew up in Melbourne during WWII. She remembers air-raided drills and shelters at her local primary school in Camberwell. Her instruction, in the event of a threat, was to run to the safety of her nearby home. Only later did she question her teacher’s logic - what if a bomb fell on the path she took home?

You get the feeling Shirley likes to laugh: she was happy at school, she’s enjoyed living in Box Hill North for the last 17 years, and she’s immersed herself in community and voluntary work that sees her out of the house most days of the week.

We recently caught up with the grandmother of three and asked her how she finds her senior years.

***What do you enjoy most at 77?***

I enjoy work. I’m the treasurer and secretary of the Box Hill Senior Citizens Club. I help out at the local Anglican Church, I’ve delivered Meals on Wheels for the last 27 years and I get to meet so many people.

You get more back (from volunteering) than what you give.

ASPREE participant Shirley Crossley (right) with Executive Officer of the trial, Dr Robyn Woods, at the Box Hill Senior Citizens Hall



***The biggest change you’ve seen over the last 60 years?***

Some teachers and parents have lost control over their kids. Many children don’t respect their elders and adults are not allowed to chastise as they used to. The second is that everything is faster. People don’t have time (for social activities); they’re either working or looking after grandkids. Senior Citizen numbers are dropping because people are too busy to join, but it is important to socialise.

***The secret to a happy, healthy senior age?***

Eating well and not worrying. I don’t believe in worry, I never have. It doesn’t change anything and it (the problem) will come good. If I couldn’t sit here and laugh, I’d go mad! Enjoy life.

***Why are you in the ASPREE trial?***

I realised what the trial is about and that it helps people around the world. That’s what I do.

Have an interesting story or tip to share in the ASPREE Bulletin? Contributions welcome. Ring 1800 728 745

**ASPREE Collaborating Organisations:**

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

**ASPREE 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)

[www.aspree.org](http://www.aspree.org)