

Symptoms of Age-Related Hearing Loss

- Difficulty hearing people around you
- Problems with high-pitched voices
- Frustration from asking people to repeat themselves
- Difficulty understanding people in noisy places
- Fatigue from straining to hear



Collaboration:

The ASPREE-Hearing study is a research collaboration between:

- The ASPREE Clinical Trial
- Monash University
- Melbourne University
- Australian Hearing
- GPs and the Community



Can aspirin help older people hear better?

Does hearing loss affect memory and thinking?

How to enrol in ASPREE-Hearing:

Ring: 1800 728 745 (toll-free from a landline)

or

Visit: www.aspree.org

Email: aspree@monash.edu

Speak to a team member at your study visit.

The ethical aspects of this research project have been approved by the Human Research Ethics Committee (HREC) of Monash University



A STUDY TO
DETERMINE WHETHER
ASPIRIN REDUCES
AGE-RELATED
HEARING LOSS

Information
Brochure

ASPREE-Hearing



What is Age-Related Hearing Loss?

Hearing loss associated with ageing is experienced by two thirds of people over the age of 70. There is no known single cause of age-related hearing loss and there is no known cure.

The onset can be so gradual that some people may be initially unaware that their hearing has changed.

There is recent evidence that hearing loss may be linked to changes in thinking and memory.

Hearing loss can have a profound effect on a person's independence and quality of life.

What is the purpose of the ASPREE-Hearing study?

ASPREE-Hearing will investigate whether aspirin prevents age-related hearing loss, and whether this may be due to inflammation or changes in blood flow (measured by retinal photography).

ASPREE-Hearing will also study the effect of aspirin on the relationship between hearing loss and changes in thinking and memory.

If aspirin proves to be beneficial, it may offer a new way to reduce age-related hearing loss in future generations.

What is involved?



Each year of the study:

- Free hearing tests
- Two short questionnaires
- Retinal photographs to measure changes in small blood vessels at the back of the eye (thought to represent general blood vessel changes)
- One thinking and memory exercise (mostly undertaken as part of the main ASPREE study)

A study inviting all **new** ASPREE participants regardless of hearing ability.

Who can participate in the ASPREE- Hearing study?

ASPREE Participants who:

- have recently enrolled in the ASPREE clinical trial
- have any level of hearing
- may or may not use hearing aids

What are the benefits and risks?

Hearing tests are worthwhile health assessments.

- ASPREE-Hearing participants will be given a copy of the hearing test results.
- A report of new hearing problems detected during the assessments can be provided to your GP.
- All health checks are free of charge.

