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A MESSAGE FROM DR. ANNE MURRAY, U.S. ASPREE-X PRINCIPAL INVESTIGATOR

We will never be able to thank you enough for your participation and dedication to the ASPREE-X study over these past several years, especially during the challenges of the COVID pandemic. You have contributed directly to improving our understanding of possible delayed effects of daily aspirin on cognitive function, dementia and disability, cancer, many other conditions, and risk factors for these conditions. The new knowledge gained will be used to design recommendations for ways to best decrease the risk of these same conditions. We are very hopeful for and strongly encourage your continued participation in ASPREE-X, and look forward to working with you at future visits. Please do not hesitate to reach out to us if you have questions, or would like copies of publications.

WHY THE ASPREE-X STUDY NEEDS YOUR MEDICARE AND SOCIAL SECURITY NUMBERS

You may be asked by your site staff at an upcoming annual visit to provide your Medicare and Social Security numbers (if you have not already been asked). Why? During 2018 and 2019, Medicare enrollees received a new Medicare card with a new number, and we would like to update your study profile information to include these new numbers. As ASPREE-X continues into the future, having your Medicare and Social Security numbers will allow us to continue to follow the health and vital status of all participants through database linkages. This is especially important for those who will eventually become unable to attend annual ASPREE-X visits. **Like all of the data collected about you throughout the ASPREE study, these numbers are always kept confidential.** If you have questions about the use of Medicare and Social Security numbers for research purposes, please contact your site staff.

The New York Times Article Features ASPREE Data Used to Help Draft a Recommendation Statement from the U.S. Preventive Services Task Force

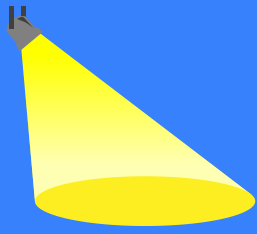
The U.S. Preventive Services Task Force (USPSTF) is proposing that many people at risk of heart disease should not start a new regimen of low-dose aspirin. If finalized, the recommendation would affect most people in their 40s and 50s whose doctors might have prescribed low-dose aspirin as a preventive tool in the past. For years, people were advised to take a daily pill to try to avoid a first heart attack or stroke. The task force also said that no one over 60 should take low-dose aspirin as a new treatment if they have not had a heart attack or stroke.

The panel's draft report also eliminates a ground-breaking recommendation made in 2016 to use low-dose aspirin to help prevent colorectal cancer. The task force now says research (including ASPREE) since then, has raised questions about that recommendation, and called for more study.

The panel cited recent studies finding a risk of bleeding in the digestive tract and brain, associated with beginning a treatment of daily aspirin. That risk increases with age and outweighs any prevention benefit. Patients with questions or concerns, should talk with their doctors.

USPSTF is an independent, volunteer panel of national experts in prevention and evidence-based medicine that works to improve the health of people nationwide by making evidence-based recommendations about clinical preventive services such as screenings, counseling services, and preventive medications.

The New York Times Article Link: <https://www.nytimes.com/2021/10/12/health/aspirin-heart-attack-stroke.html>



SITE SPOTLIGHT!

THE UNIVERSITY OF IOWA

FROM DR. MICHAEL E. ERNST, ASPREE-XT SITE PI

One of the important people behind the scenes at The University of Iowa since the ASPREE study began has been Jane Weber. She was a Nurse in the Clinical Research Unit (CRU), and I am grateful she was the CRU staff assigned to ASPREE. She started on ASPREE when I did, beginning with the training in San Antonio, Texas in the spring of 2010.

Throughout the last 11 years, she has been the person who worked behind the scenes to keep our workflow run smoothly and made sure we followed all of the proper CRU protocols such as: lab orders, chart preparation, rooming of participants, and all of the little administrative aspects that are critical to the success of any project, but are often overlooked. Jane has been that reliable "rock" for us, in addition to being a familiar, friendly face to many of our ASPREE participants over the years.

Jane retired from Nursing on December 1, 2021 after 42 years of service with the University of Iowa Hospitals and Clinics; I am very grateful to Jane for all she has done for the ASPREE study over the years, and she will be greatly missed! Congratulations to Jane Weber on her retirement!



Jane Weber and Dr. Michael E. Ernst

ALSOP SUB-STUDY UPDATE

A brand new ALSOP-XT questionnaire inviting you to share your experience of aging may have recently arrived in your mail. The questionnaire is part of the ALSOP (ASPREE Longitudinal Study in Older Persons) sub-study to identify factors that may have a major effect on health, independence and quality of life as we age. Difficulties with hearing or eyesight, sleep, pain or falls are common problems for some older adults and can have a real impact on quality of life.

ALSOP will broaden researchers' understanding of the impact that health and life circumstances may have on good health or the risk of disease, over the longer term.

The first medical ALSOP-XT questionnaire asks you about the COVID-19 pandemic, and includes specific questions about women's and men's health.

A follow-up companion questionnaire asking about social health was recently mailed to participants who completed the first questionnaire.

ALSOP questionnaires are completely voluntary. Each question is based on research knowledge, or a gap in research knowledge. Should you feel uncomfortable answering any question, please leave it blank. Answers will be grouped together and no individual will ever be identified in publications.

If you have questions about the ALSOP-XT questionnaire, please contact Ramona Robinson-O'Brien, U.S. ALSOP-XT Project Manager at: 612-873-6922 or RRobinsonObrien@bermancenter.org.

Thank you to our participants who have already returned the completed questionnaires!

MICROBIOME SUB-STUDY UPDATE

COVID-19 delayed the roll-out of the Microbiome-XT sub-study due to difficulties sourcing components.

We expect a shipment in the coming weeks. If you have expressed interest in the Microbiome sub-study, we will be in touch when the kits arrive.

Thank you!

The aspre.org website was recently redesigned! It now includes a current list of all ASPREE publications, and a lot more information for participants, clinicians and researchers!

Check it out: aspre.org

FUN BRAIN GAMES!

Instructions: Try to find all of the hidden Winter words in the word search puzzle below.
(Words can be spelled forwards, backwards, diagonally, up, or down).

I N A C J R L Z Y C Y K G X W S E B A W O R P S C
B Q J V N P I J X A O W K Q C F S D A W Q J T B K
Y W B L I Z Z A R D C I Y A U L X J D A W O F Z R
X Z A Q U G H V M K S I R B O A A L X M O M N Y X
W X M S J F O B F Y H V P N E D I L S B N R S L E
I P N J R Q S G W P E H M I Y G K D O R X Z Z T O
Q X A I M W L S R S P F T A D Q H L P Q N R E R P
V P G K R E R T D C X L F E V J S O R T L N N Q I
Q I G B L A L O L X E O Z R I B W C B K W G P G N
D C O V D T O Z J I T K O X Q T V I S A P T K S Y
O H B I X H S P U K J W Y H G H S Y C B A V G J H
R H O U N E Y E L V L P G Q N F K W H V C J U P O
P Z T J E R A B L F I Q W M H Q L J E F S S T W L
A O R U H J O R E C X H T M R A W Z W A L P D P I
X O S U M R E U J J I T Y R E P P I L S T K L C D
S S P O L G G W U M Y C B I M C N B O Y Q E D I A
A X H H B U N M H S C N I Y L O G U L K V E R B Y
H C J B I Q S U D P G Z M W X N F I R N H Y G L O

WORD LIST

BLIZZARD	HOLIDAY	SLIPPERY
BOOTS	HOOD	SWEATER
BRISK	ICICLES	TOBOGGAN
COLD	SCARVES	WARMTH
FRIGID	SLIDE	WEATHER

Sudoku Puzzle Instructions

Every square has to contain a single number.
Only the numbers from 1 through to 9 can be used.
Each box can only contain each number from 1 to 9 once.
Each vertical column can only contain each number from 1 to 9 once.
Each horizontal row can only contain each number from 1 to 9.

		6	5					8
	9	5					2	
7			9			3		
				4		2	7	
			8	7	3			
	7	9		5				
		2			8			9
	5					8	1	
3					5	4		

Chocolate-Cherry Heart Smart Cookies Recipe

INGREDIENTS

- 1/3 cup all-purpose flour
- 1/3 cup whole-wheat flour
- 1 ½ cups old-fashioned rolled oats
- 1 teaspoon baking soda
- ½ teaspoon salt
- 6 tablespoons unsalted butter
- ¾ cup packed light brown sugar
- 1 cup dried cherries
- 1 teaspoon vanilla extract
- 1 large egg, lightly beaten
- 3 ounces bittersweet chocolate, coarsely chopped
- Cooking spray



Recipe Courtesy of: Cooking Light

INSTRUCTIONS

Step 1

Preheat oven to 350°.

Step 2

Combine flours, old-fashioned rolled oats, baking soda, and salt in a large bowl; stir with a whisk.

Step 3

Melt butter in a small saucepan over low heat. Remove from heat; add brown sugar, stirring until smooth. Add sugar mixture to flour mixture; beat with a mixer at medium speed until well-blended. Add cherries, vanilla, and egg; beat until combined. Fold in chocolate. Drop dough by tablespoonfuls (2 inches apart) onto baking sheets coated with cooking spray. Bake at 350° for 12 minutes. Cool on pans 3 minutes or until almost firm. Remove cookies from pans; cool on wire racks.

NUTRITION FACTS

Per Serving: 94 calories; fat 3.2g; saturated fat 1.6g; mono fat 0.6g; poly fat 0.2g; protein 1.5g; carbohydrates 15.7g; fiber 1.3g; cholesterol 10mg; iron 0.6mg; sodium 88mg; calcium 15mg

**We wish you
Happy Holidays
and a
Wonderful New Year**

