ASPREE XT
ASPirin in Reducing Events in the Elderly eXTension
January 2023
Vol. 19

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

We are especially grateful to our dedicated ASPREE-XT participants for your generous contributions of time by attending study visits and providing important updates during our phone call follow-ups. Your participation has led to new, impactful ASPREE-XT publications, including one particularly interesting paper: 'Association of Dual Decline in Cognition and Gait Speed With Risk of Dementia in Older Adults,' in the *JAMA Network Open* journal (Collyer TA, Murray AM, Woods RL, et al., May 2022). The paper reported that the combination of decline (slowing) in gait speed or walking speed combined with decline in memory function over about 5 years in ASPREE increased the risk of future dementia by over 20 times, compared to no substantial decline in either gait speed or memory. These results suggest that gait speed should be included with cognitive testing in dementia risk screening assessments in the clinic. *Read the highlight listed below for additional details on the paper.*

In other exciting news, ASPREE-XT received a new $4.1 million grant from the National Institute on Aging in September 2022 - Drs. Anne Murray, Joanne Ryan, (Monash University, Melbourne, Australia), and Michelle Mielke, (Wake Forest University)! The grant will use blood samples from ASPREE Visit 3 and the ongoing Microbiome project to measure newly available dementia blood biomarkers. These blood biomarker tests measure specific proteins (beta amyloid, phosphorylated tau, and two other proteins that measure brain cell damage), which correlate with changes in the brain due to Alzheimer's disease and other dementias, and help predict the future risk of cognitive decline and dementia.

Once again, we cannot thank you enough for your continued support with ASPREE-XT and please know you are making important, life-changing contributions to science!

NATIONAL INSTITUTE ON AGING (NIA): RESEARCH HIGHLIGHT!

Combined decline in gait and cognition may better predict dementia risk than either factor alone

Declining cognitive function coupled with slowed walking speed is associated with greater dementia risk in older adults than one of these factors alone, according to an NIA-funded study published in *JAMA Network Open*. The findings suggest that adding walking speed assessment to dementia risk screenings may help health care providers more accurately identify at-risk individuals. The study was led by an international team of researchers from the University of Minnesota, Rush University Medical Center, the University of Melbourne, and Monash University (Australia).

Reference: Collyer TA, et al. Association of dual decline in cognition and gait speed with risk of dementia in older adults. JAMA Network Open. 2022;5(5), e2214647. doi: 10.1001/jamanetworkopen.2022.14647.

In Remembrance of Dr. Richard Grimm, Jr.

Dr. Richard Grimm (U.S., Berman Center) along with Dr. John McNeil (Australia, Monash University) were the original Principal Investigators (PI's) for the ASPREE trial which began back in 2010. It was their leadership and passion that propelled ASPREE into a landmark trial of aspirin and health in older adults. Dr. Grimm passed away peacefully on September 8th, 2022 after many years with Alzheimer's disease.

Always active in his field, his many committee memberships included the American Heart Association (former President, Minnesota Affiliate, High Blood Pressure Council; Basic Science Council; Council on Epidemiology and Prevention; and the NIH (Past Chair - DSMB for the Omni-Heart Study; Past NHLBI Ad Hoc Reviewer). He was a Member of the Association of Black Cardiologists, a Board Member of PACER (Parents Advocacy Coalition for Children with Disabilities), and a Board Member of the Multiple Risk factors in Cardiovascular Disease International Advisory Board. He sat on many Editorial Boards and had several Reviewer positions. He published over 225 papers and participated as Principal Investigator in more than 11 studies and was an Established Investigator for the American Heart Association, a Fellow for the American Heart Association's Council on Cardiovascular Epidemiology (1st U.S. Seminar), and was named a Clinical Hypertension Specialist by the American Society of Hypertension.

His decades of research in the fields of hypertension, preventive cardiology and epidemiology have left a lasting impact on society and have built a foundation for discoveries yet to come. Richard will be remembered for his interest in solving important public health questions and his ability to connect people and unify them under a common research goal. Richard was very proud of the work that continued in ASPREE-XT and would be the first to thank all of you, the dedicated participants, that are the foundation of this valuable research. Without your involvement none of this discovery would be possible.

MICROBIOME SUB-STUDY UPDATE

Our exciting ASPREE-XT Microbiome sub-study, which investigates the effect of the gut microbiome on health is underway! The gut microbiome is a collective term for trillions of bacteria, viruses, fungi and other microbes in the gut that can be measured in a stool sample.

Everyone has their own unique microbiome. However, studies into the gut microbiome in older adults have either been too small or lacked sufficient detail to understand their impact on health. The ASPREE-XT Microbiome sub-study will investigate how microbes in the gut may affect health and the development of disease in older adults.

Participation involves putting very small scrapings from one stool into three tubes, followed by a swab of your tongue the next morning. There is also a questionnaire asking about your stool sample, diet and medication use, and the other factors which may affect the microbiome. DNA will be extracted from your samples and used to identify the types and numbers of microbes to determine if there is a link between microbe content and good health or adverse health outcomes, such as cardiovascular disease, frailty or dementia over the long term.

Hundreds of ASPREE-XT participants throughout the United States and Australia have already taken part in the ASPREE-XT Microbiome sub-study. If you have not yet taken part and are interested, you will be provided with more information about the sub-study at your next ASPREE-XT annual study visit. If you wish to participate in the sub-study, you will be sent a stool sample collection kit in the mail. You would collect the samples in the privacy of your own home, and return them by mail in the specially designed (postage paid) box.

Interested in keeping up on the research?
Check out the link to ASPREE Publications below!
https://aspree.org/usa/publications/

The ASPREE-XT Microbiome sub-study is open to all ASPREE-XT participants and is completely voluntary.

FUN BRAIN GAME!

Spot the Difference

Spot 10 differences between the two pictures.

WINTER RECIPE

Cranberry Cream Cheese Spread

INGREDIENTS

- 1 package (8 ounces) reduced-fat cream cheese
- 1/2 cup dried cranberries, chopped
- 1/2 cup chopped dried apricots
- 1 teaspoon grated orange zest
- Assorted crackers

Recipe Courtesy of: Taste of Home

INSTRUCTIONS

Step 1: In a large bowl, beat the cream cheese, cranberries, apricots and orange zest until blended. Chill until serving. Serve with crackers. may be used instead of beef cubes.

NUTRITION FACTS

2 tablespoons: 76 calories, 4g fat (3g saturated fat), 13mg cholesterol, 84mg sodium, 9g carbohydrate (6g sugars, 1g fiber), 2g protein. Diabetic Exchanges: 1 fat, 1/2 starch.