

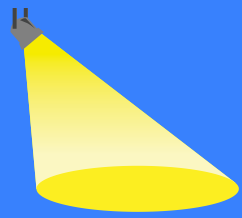
A MESSAGE FROM DR. ANNE MURRAY, U.S. ASPREE-XT PRINCIPAL INVESTIGATOR

As you continue to complete your next ASPREE- XT follow ups, we want to remind you how incredibly grateful we are to you, our participants, for your generous contributions in time and valuable data for our landmark study. Remember that your participation is truly making a difference! You have been directly responsible for improving our knowledge of healthy aging by identifying risk factors of multiple disease states: for example, cognitive decline, dementia, frailty, and cardiovascular events. Our exciting ongoing Microbiome study and blood collection will further enable us to identify protective factors against cognitive decline and cancer outcomes. Thus far, researchers have written over 125 ASPREE and ASPREE-XT scientific publications in a large range of prominent medical journals. We can't thank you enough for your contributions to science!

ASPREE Trial Continues to Impact International Aspirin Guidelines

An influential medical expert group, the U.S. Preventive Services Taskforce (USPSTF), are the latest to adopt ASPREE's findings into international aspirin prescribing guidelines. The USPSTF recently announced a new recommendation against older adults, aged over 60, starting low-aspirin for primary prevention of cardiovascular disease (that is for people who have not yet had cardiovascular events like a heart attack, stroke or atrial fibrillation). ASPREE Principal Investigator in the U.S., Dr. Anne Murray, said USPSTF recommendations were based on a review of global scientific evidence into the benefits and risks of aspirin use. They found that the bleeding risks of taking daily aspirin are far greater than the small potential benefits. These recommendations follow similar changes by the American College of Cardiology/American Heart Association's in 2019, which also incorporated ASPREE findings into their revised aspirin prescribing guidelines. Guidelines are used by doctors and patients to make decisions about health care. Taken together, these guideline changes reflect the tremendous impact the ASPREE study results have had in improving care for older Americans.

Read the summary post (with links to the papers): <https://aspre.org/usa/findings-continue-to-impact-international-aspirin-guidelines/>



SITE SPOTLIGHT!

FAVER, Atlanta VA Health Care System

FROM Vidisha Tanukonda, Research Coordinator

Dr. Peter Wilson Dr. Peter W. F. Wilson, MD is the PI for the ASPREE study at the Atlanta VA Health Care System. He is Professor of Medicine in the Division of Cardiology at Emory University School of Medicine, Professor of Public Health (Global Health, Epidemiology) in the Rollins School of Public Health at Emory University, and Director of Epidemiology and Genomic Medicine at the Atlanta VA Medical Center. His research focuses on metabolic and cardio-vascular disease in populations. He is an active clinician on the inpatient and outpatient services for internal medicine, endocrinology, and lipid disorders. Dr. Wilson is an author or coauthor of more than 650 scientific articles and four books.



Staff Pictured (Left to Right):
Dr. Peter Wilson, Vidisha Tanukonda, Dr. Anh Le

Dr. Anh Le Biomarker Core Laboratory Under the leadership of Dr. N-Anh Le (anh.le@va.gov), the Biomarker Core Laboratory (BCL, Foundation for Atlanta Veterans Education and Research) at the Atlanta VAHCS is serving as the central core laboratory for ASPREE-XT. The laboratory has previously served as the core laboratory for a number of NIH-funded projects, including ASPREE/ACES, SAMMPRIS (Stenting versus Aggressive Medical Management for the Prevention of Recurring Ischemic Stroke), BIOSIS (Biomarkers of Ischemic Outcomes in Symptomatic Ischemic Stroke), and early childhood nutrition in adult metabolomic and cardiometabolic profiles. In addition to providing support as a biospecimen repository, BCL also serves as 'boutique' analytical laboratory in support of investigators at several VA medical centers and universities. The services range from pilot studies with rapid and timely turnaround results to long-term longitudinal projects.

Vidisha Tanukonda Vidisha Tanukonda has been working with ASPREE since 2017. She is the primary Research Coordinator. She loves traveling and trying new cuisines. She also likes experimenting with culinary ingredients, and baking is a true love! In her free time, she loves spending time with her family, listening to audiobooks, swimming and doing puzzles.

ALSOP SUB-STUDY UPDATE

In recent months you may have received two ALSOP-XT questionnaires inviting you to share your experiences of aging. Thank you to all who completed those questionnaires and mailed them in.

These questionnaires are part of the ALSOP (ASPREE Longitudinal Study in Older Persons) 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. Lifestyle and social factors, such as physical activity, access to transport and social connection are also important. In addition, the questionnaires asked about the COVID-19 pandemic and included specific questions about women's and men's health. 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.

ALSOP Questionnaires are completely voluntary, and each question is based on research knowledge, or a gap in research knowledge. Answers will be grouped together and no individual will ever be identified in publications.

Participants in Australia have completed ALSOP questionnaires in previous years, and results have contributed to several research papers. We are excited to include results from US participants this year, and looking forward to offering the opportunity to US ASPREE XT participants in future years. Our thanks to participants who completed the forms!

~ MICROBIOME SUB-STUDY UPDATE ~

Thank you for your longstanding contribution as a participant in ASPREE! This past year we have had additional exciting research opportunities for ASPREE-XT participants, including an opportunity to participate in a sub-study funded by the National Institute on Aging. This study looks at how health is impacted by the bacteria that lives in the human body. To perform this research, we are asking participants to use a home kit provided by the study to collect a stool and tongue swab sample, which will be returned by mail for analysis and storage. Thank you to all participants who have already completed this collection kit. If you have not already completed the kit, your coordinator may be asking about your interest in completing the kit in the coming months.

FUN BRAIN GAMES!

Search for the twelve Summer themed words below.



- | | | |
|------------|------------|------------|
| BARBECUE | LEMONADE | SUNSCREEN |
| BEACH | POOL | SWIMMING |
| FLIP FLOPS | SUMMER | VACATION |
| ICE CREAM | SUNGLASSES | WATERMELON |

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.

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

Summer Breeze Smoothie

INGREDIENTS

- 1 cup plain, nonfat yogurt
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

INSTRUCTIONS

Step 1

Place all ingredients in blender and puree until smooth.

Step 2

Serve in frosted glass.



Recipe Courtesy of: National Heart, Lung and Blood Institute: Healthy Eating Recipes

NUTRITION FACTS

Yield 3 servings, Serving Size 1 cup, Calories 121, Total Fat 0g, Saturated Fat 0g, Cholesterol 1mg, Sodium 64mg, Total Fiber 2g, Protein 6g, Carbohydrates 24g, Potassium 483mg

Summer Safety Tips

