



# ASPREE

ASPirin in Reducing Events in the Elderly: eXTension

# XT

July 2023

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

We hope you are enjoying your summer! We are so grateful for your continued participation in ASPREE-XT; cannot believe we are already in our 12th year of ASPREE! Your participation continues to make our new scientific contributions and publications in healthy aging possible. One especially important ASPREE-XT publication from June 2023 reported that participants taking aspirin during the ASPREE trial were at 20% increased risk of anemia (low hemoglobin, or red blood cell count) over 5 years, excluding those that had a diagnosed bleeding episode: 'Effect of Low-Dose Aspirin Versus Placebo on Incidence of Anemia in the Elderly: A Secondary Analysis of the Aspirin in Reducing Events in the Elderly Trial' in the *Annals of Internal Medicine* journal (McQuilten ZK, Thao LTP, Pasricha SR, et al.). This is the largest investigation into anemia in older people in the world! The publication highlighted anemia as an additional risk to taking aspirin, as anemia is often 'silent,' or undiagnosed, unless there is symptomatic bleeding. We hope that these results will increase awareness among doctors and clinicians to check for anemia in their patients taking aspirin, as anemia can lead to fatigue, weakness, cognitive impairment, and hospitalization. This study was reported globally - in fact, I even had a fun interview with a Colombian radio station regarding the anemia results. Your continued participation in ASPREE-XT is having a global, public health impact!

## Plans for ASPREE-XT 2024 and Beyond...

From Brenda Kirpach, U.S. ASPREE-XT Project Manager

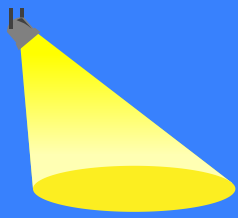
As a valued, long-time participant in ASPREE you already know that we started this study way back in 2010 as a clinical trial to find out whether daily, low-dose aspirin would extend life free of disability and dementia in healthy older people.

ASPREE was an international randomized, double-blind, placebo-controlled trial in 19,114 older people (16,703 in Australia and 2,411 in the United States) and enrolled participants aged 70 years and above, except for Hispanic and African American people in the U.S., for whom the minimum age of entry was 65 years. The average age of our ASPREE participants is now 85 years! You have all contributed to a rare and valuable collection of data of exceptional agers with over 200 publications and still counting!

It's hard to believe, but after all of these years, we still need your help! ASPREE-XT has been crucial to learning whether taking aspirin affects cancer, dementia, and physical disability over the long-term. The study leadership is working on another application that would extend the current ASPREE-XT observational study for another 5 years. This renewal would extend participant follow-up to focus on the prevention of major chronic conditions which are highly relevant to older individuals.

We won't know until spring of next year if our application is successful, but when we find out you will be some of the first to know! We have enjoyed this journey of discovery together and we have already learned so much. Staff have made so many personal connections with our amazing participants, and ASPREE and ASPREE-XT have made landmark contributions to science in the older population. We believe there is still so much more to learn and we are excited and eager to continue working together to understand more about healthy aging.

***THANK YOU for your selfless contribution and we look forward to an exciting future as we plan the next phase of ASPREE-XT!***



# SITE SPOTLIGHT!

## University of Texas Southwestern

### FROM Melissa Hyatt, Research Coordinator

**Shawna D. Nesbitt, M.D., M.S.** is the Principal Investigator for the ASPREE-XT University of Texas Southwestern Medical Center (UTSW) site in Dallas, Texas. She is a Professor in the Department of Internal Medicine at UTSW, and a member of the hypertension section in the Division of Cardiology. She serves as the Medical Director of the Parkland Hypertension Clinic, as well as Vice President and Chief Diversity, Equity and Inclusion Officer. Her research interests include: hypertension in African Americans, insulin resistance, and hyperlipidemia.



**Spencer V. Carter, M.D.** joined UTSW this year as a Co-Principal Investigator alongside Dr. Nesbitt. He is completing a Cardiovascular Disease Fellowship at UTSW with special interests in prevention and advanced imaging. His research interests include: health equity and familial hypercholesterolemia epidemiology.

**Melissa Hyatt** is the new Study Coordinator for the UTSW site. She works in the Office of Clinical Research and will conduct participant visits in the newly remodeled Clinical Research Unit (CRU) inside the Aston Outpatient Clinic. The Clinical Research Unit is a campus resource that investigators can access that provides research nurses, coordinators and other staff trained to support a broad range of research trials in a controlled environment. The unit has about 30 rooms equipped as exam, procedure, and consultation rooms dedicated to research as well as a laboratory sample processing space.



**The UTSW ASPREE-XT team is currently contacting their participants to schedule their annual visit appointments. We look forward to seeing our participants very soon!**

## ~ALSOP SUB-STUDY UPDATE~

Some of you may recall completing two lifestyle questionnaires in 2021. Those of you who had previously completed the questionnaires will be invited to again complete two lifestyle questionnaires in the coming months. The purpose of these questionnaires is to capture a 'bigger picture' of health and well-being as we age.

Collection of these lifestyle questionnaires is referred to as the ASPREE Longitudinal Study of Older Persons (ALSOP). The questionnaires will be sent to you in the mail, with a postage-paid return envelope. Information gathered from these questionnaires adds to our scientific understanding of health as we age.

# FUN BRAIN GAME!

## Spot the Difference

Spot the 10 differences between the two pictures.



# Mexican Fruit Salad

## INGREDIENTS

- 1 small watermelon (cut into 1-inch chunks)
- 1 large pineapple (cut into 1-inch chunks)
- 2 large papayas (cut into chunks)
- 2 large mangos (cut into chunks)
- Juice of 2 limes
- Chili lime seasoning

## FOR GARNISH:

- Lime wedges
- Mint sprigs

## INSTRUCTIONS

1. Add all of the fruit (except for limes) to a large serving bowl
2. Squeeze the limes over the fruit and gently toss to everything coat
3. Sprinkle chili lime seasoning over the fruit to taste - garnish with lime wedges and mint sprigs



Recipe Courtesy of: Easy Budget Recipes

## NUTRITION FACTS

Serving: 2 cups | Calories: 81kcal | Carbohydrates: 21g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 4mg | Potassium: 251mg | Fiber: 2g | Sugar: 16g | Vitamin A: 1024IU | Vitamin C: 65mg | Calcium: 23mg | Iron: 1mg

## INGREDIENTES

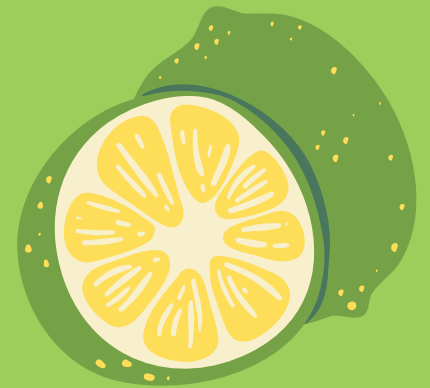
- 1 sandía pequeña (cortada en pedazos de una pulgadas)
- 1 piña grande (cortada en pedazos de una pulgadas)
- 2 papayas grandes (cortadas en pedazos)
- 2 mangos grandes (cortados en pedazos)
- jugo de 2 limas
- condimento de lima del chile

## PARA DECORAR:

- cuñas de lima
- ramitas de menta

## INSTRUCCIONES

1. Agregue toda la fruta (excepto las limas) a un tazón grande para servir
2. Exprima las limas sobre la fruta y mezcle suavemente a todo
3. Esparce condimento de lima del chile sobre la fruta al gusto - adorne con cuñas de lima y ramitas de menta



## INFORMACIÓN NUTRICIONAL

Porción: 2 tazas | Calorías: 81kcal | Carbohidratos: 21g | Proteínas: 1g | Grasas saturadas: 4mg | Sodio: 65mg | Potasio: 251mg | Fibra: 16g | Azúcar: 1mg | Vitamina A: 1024IU | Vitamina C: | Calcio: 23mg | Hierro: 1mg