

## ASPREE STUDY AIMS

### ASPREE

(ASpirin in Reducing Events in the Elderly) is a large clinical trial of low dose aspirin versus placebo in people aged 70 years and over.

The study will investigate whether aspirin prolongs healthy lifespan. The benefits of aspirin will be weighed against the risk of bleeding.

ASPREE participants (following an initial Baseline and Enrolment phase) will have Annual Visits for 5 years. These visits will assess the health and well-being of participants and also cognitive function, an area that has largely been ignored in previous studies of aspirin.

## Government House Launches ASPREE

The Governor of Victoria, Dr. David de Kretser and his wife hosted the launch of ASPREE into general practice at Government House on the 2<sup>nd</sup> March, 2010. The Governor spoke of the importance of maintaining good health in our older Australians.



*From left to right: Jan de Kretser, Governor David de Kretser, Professor John McNeil and Pauline McNeil.*

Professor John McNeil, head of the Monash University, School of Public Health and Preventive Medicine and the ASPREE study, launched the study outlining the need for a large-scale randomised study of low dose aspirin on healthy people aged 70 years and over. Professor Peter Mudge, Chair of the RACGP Council, spoke generally about the importance of clinical research in general practices around Australia. The Governor concluded proceedings and invited the guests, including ASPREE staff, GP Divisional Chairs, GPs and research fellows from collaborating

universities, to enjoy the lovely canapés and refreshments and to wander through the magnificent rooms of Government House. All-in-all it was a very successful launch into general practice for ASPREE and will help to promote the study on a large-scale.



*A view of the State Drawing Room while Professor Mudge was addressing the attendees.*

## ASPREE adds ENVIS-ion to list of sub-studies

The National Health and Medical Research Council of Australia has thrown its support behind another sub-study of ASPREE called ENVIS-ion. The ENVIS-ion study will determine if aspirin slows down age-associated changes in the brain and the decline in brain function. It is thought that changes in blood vessels in the brain are associated with

changes in the small blood vessels in the back of the eye (the retina).

The ENVIS-ion study will examine and compare the small blood vessels in the brain, using an MRI, and in the eyes using retinal photography.

300 people from Canberra and 300 from Melbourne who are enrolled in the

ASPREE clinical trial will be recruited for ENVIS-ion.

This exciting sub-study of ASPREE will provide valuable information about the effects of low dose aspirin treatment on the brain. It will also highlight the changes that occur at a vascular level over time among the elderly.

# ASPREE Healthy Ageing Biobank at 'Treetops'

On the 16<sup>th</sup> of February CSIRO led the launch of the ASPREE Healthy Ageing Biobank at 'Treetops' at the Melbourne Museum. Biobank is a sub-study of ASPREE funded by the CSIRO Preventative Health Flagship Cluster. Partners include Monash University, CSIRO, The University of Melbourne, Australian National University and the Menzies Research Institute. Professor Richard Head (Head of Preventative Health Flagship in CSIRO) opened proceedings and



From left to right: Professor Richard Head, Professor John McNeil, Dr. Robyn Woods and Professor Terry Dwyer.

Professor John McNeil and Dr Robyn Woods discussed how the Biobank

will complement the ASPREE clinical trial. Blood samples will be collected from ASPREE participants and used in research into the early diagnosis of diseases such as Alzheimer's and cancer. Biobank aims to collect samples from 10,000 ASPREE participants before they begin study medication. Professor Terry Dwyer, Director of the Murdoch Children's Research Institute, spoke more broadly about the issues concerning an ageing population and in association with Professor Richard Head officially launched Biobank.

## Recruitment Update

### Recruitment is being reactivated in all centres

#### Melbourne:

In the Melbourne central hub very positive feedback from interested GPs and GP practices has been received. This has come on the back of the ASPREE launch into general practice at Government House and also the continued drive by our Melbourne recruitment team.

Faxes, letters of invitations, brochures and posters are all being currently distributed to GPs around Melbourne.

#### Regional Centre Updates

##### Tasmania:

With 590 GPs and 300 practices ASPREE aims to recruit GPs and participants around the areas of Hobart, Launceston and northwest Tasmania heavily in the coming months.

#### Canberra:

The first region to gain Ethics approval of the new ASPREE protocol and consent forms that were reviewed by the Data and Safety Monitoring Board (DSMB), the ASPREE centre in Canberra is currently recruiting and conducting Baseline Visits with participants.

#### Shepparton:

Setting up a clinical trials centre in Shepparton has been made possible largely due to the funding from the Victorian Cancer Agency (VCA). Shepparton is the first recruitment centre in regional Victoria with a number of GPs signed up as co-investigators. They will now begin further recruitment of GPs and participants in the coming months.

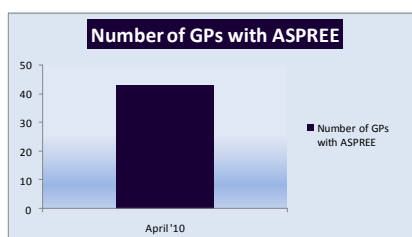


Figure 1: The current number of GPs who have joined with ASPREE.



### Funding Organisations:

National Institute on Ageing (NIA one of US NIH), National Health and Medical Research Council of Australia (NHMRC), CSIRO, Victorian Cancer Agency (VCA)

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