

We hope you're enjoying Summer!

Walking for Wellness

As you know, the ASPREE trial is testing how low-dose aspirin affects healthy aging adults. We have highlighted the importance of cognitive health, cardiovascular health, and cancer in many of our newsletter articles. But ASPREE is also testing other parts of aging, like your physical abilities.

At your annual visits and six month phone calls, your study coordinator asks you questions about your Activities of Daily Living, or ADLs. These are questions about things you normally do in daily life (like walking, eating, and bathing) and are known to be good measurements of one's functional physical ability. A decline in one's physical ability is part of the natural aging process, but it is also a difficult experience to cope with.

Many previous studies have shown that being active in older age is associated with a longer, healthier life. But there is new evidence that shows you can slow the loss of your physical ability and even reverse it by becoming active with exercise as simple as walking.

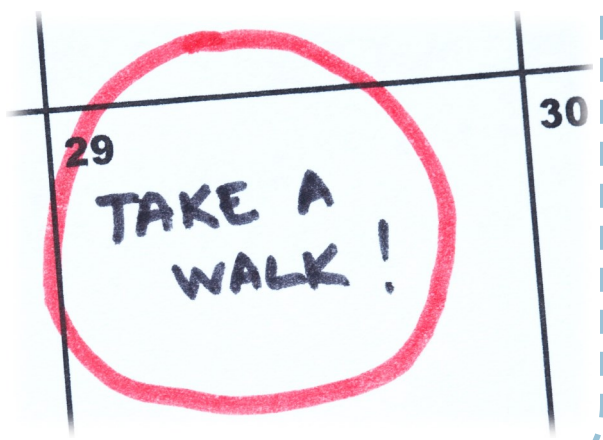
A study called the Lifestyle Interventions and Independence for Elders, or LIFE trial, was recently published in the Journal of American Medical Association (JAMA). Unlike other studies on this topic that tend to enroll healthy aging adults (like ASPREE), this study enrolled 1,635 sedentary and ill adults 70-89 years old who scored quite low on questions about their ADLs but did not yet qualify as physically dis-

abled. This means they were on the edge of physical disability. The participants were then split up into groups that would either exercise or receive some education about exercise.

The exercise group received the same education as the education group, plus they started an exercise program of walking and light lower-body weight training (using ankle weights) with the support of the researchers. They exercised twice a week at the research center and 3-4 more times at home, for a total of 150 minutes of walking and about three 10-minute sessions of weight-training exercises each week.

Researchers checked the participants' physical ability every six months, and participants were followed for an average of 2.6 years.

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The results were positive! By the end of those 2.6 years, the exercisers were 18% less likely to have experienced physical disability. They were also 28% less likely to have become persistently or permanently disabled (defined as being unable to walk 400 meters by themselves). The researchers note that even the participants receiving education also began to exercise as a result of their education.

The results strongly suggest that exercise helps aging people prevent physical disability. The researchers urge patients to talk to their doctors about starting an exercise program, particularly in the form of a social exercise group.

You can read more about the LIFE trial in the *New York Times*, at nytimes.com in an article in the Well section called "To Age Well, Walk" dated May 27, 2014.

ACES Update



Many of you have already had the opportunity to participate in the *ASPREE Cancer Endpoints Study (ACES)*, a sub-study of ASPREE. In fact at the time of publication, an incredible 313 of you have already contributed your Blood, urine or saliva sample at your Year 3 visit!

Thank you for supporting this important cancer research!

The ACES study may help researchers learn more about how to prevent, find, and treat cancer and other diseases. In ACES, you will be asked to provide some biological samples and related information to be used for research. ACES aims to create a collection of saliva and tissue samples (called a "biobank") that scientists can use in the future to identify biomarkers or genes associated with conditions like cancer, heart attacks, strokes, and Alzheimer's disease.

For those who have yet to speak with your study coordinator about ACES, or who have not yet reached your Year 3 annual visit, don't worry! As a current ASPREE participant, you are eligible for participation in ACES and you will learn more at your next ASPREE visit. In the meantime, if you have questions about ACES, please contact your clinic site.

Healthy Cooking Corner

Chinese Chicken Cabbage Salad

This is a light, bright, delicious salad perfect for summer full of vegetables and protein. You can add other vegetables, like snowpeas or shredded carrot, or top with slivered almonds to make it even more nutritious. Leftovers should stay good for several days.

Ingredients:

- 4 cups napa cabbage, sliced thin
- 1 TBS extra virgin olive oil
- 1 TBS rice vinegar
- 1 tsp soy sauce (or gluten-free Tamari)
- 1 TBS minced ginger
- 1 medium clove garlic, pressed
- 2 TBS chopped cilantro
- 4 oz cooked chicken breast, shredded or cut into 1" cubes



Simply prepare all your ingredients and toss together in a large bowl. Serve with the chicken warm or cold!

Recruitment Update

Recently, we celebrated the anniversary of the day that our first US ASPREE participants were randomized, on July 13, 2010, at Memorial Hospital in Rhode Island and July 15, 2010 at University of Texas Southwestern in Dallas. Whether you're about to come in for your Year 4 annual visit, or you've just joined ASPREE, it's amazing to look back at the journey we've made to this point, thanks to you. Here's our ASPREE achievements next to some other historic milestones.

- 2009
 - Work began on ASPREE
 - Barack Obama becomes 44th US president
- July 2010
 - First participants randomized
 - Spain win 19th World Cup
- Sept. 2012
 - 10,000 total participants
 - The Mars Curiosity rover discovers evidence of a fast-moving streambed-in Mars
- July 2014
 - Over 17,500 total participants



We've come quite a long way since starting with our first participants and leading up to today, where we have randomized nearly 2300 US participants.

As proud as we are of our current accomplishments, we know that our work isn't done! We plan to finish just as strong as we started reaching our goal of 19,000 total participants with a flourish. You can continue to help by sharing ASPREE with your family and friends, talking about ASPREE within your social circles, and being an advocate for this research.

Thank you for your commitment to ASPREE and for continuing on this journey with us. Take a moment to remember the date that *you* first joined ASPREE and appreciate just how far we've come together.

Easy

Brain Teasers

Difficult

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

A

Sudoku:
Fill the 9x9 grid with digits so that each column, row, and each of the nine 3x3 sub-grids contain all of the digits from 1-9. Use the completed numbers as your starting point.

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

A



For more information or for a list of locations near you, please visit www.ASPREE.org.

Site Spotlight:

LSU Shreveport & University Health Conway

Feist-Weiller Cancer Center is part of LSU Health Shreveport and University Health Shreveport. The team of doctors, nurses, study coordinators and other staff have been working together for more than 20 years with patients and their families affected by cancer in northwest Louisiana. We treat more than 8,000 patients/year from almost every parish in Louisiana, as well as Texas and Arkansas.

Our mission is to provide the best quality care to every patient, regardless of their ability to pay. As a teaching institution, we train new oncologists, the doctors who specialize in cancer. We are actively involved in our communities through health screenings, educational opportunities, and support groups. Patients are also able to take part in clinical trials, which are a vital part of how new treatments become available. This means that our patients have access to some of the newest treatment methods, and allows us to be a part of the national cancer-fighting effort.

Our research team of 7 people is located at 2 sites; LSU Health/University Health in Shreveport, LA, and University Health Conway in Monroe, LA. We work closely with the physicians and nurses in the Hematology- Oncology Outpatient Clinics, and with community-based organizations to educate our elderly population on the objectives of the ASPREE study.



LSU Shreveport team from left to right: Laxmi Jain (regulatory), Ruby Hamilton (study coordinator), Dr. Gary Burton (PI), T. Kirsten Katz (regulatory and study coordinator) and Sheryl Peyton (study coordina-

Monroe Satellite site from left to right: Jacinda Dupuy (Grant Manager and Manager of Oncology Research) and Jennifer Swanson (Clinical Research Assoc.)

