

2016

HAPPY NEW YEAR

Participant Appreciation Events

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Site Spotlight

As a THANK YOU to all our wonderful ASPREE participants for their commitment to ASPREE, we've been holding Participant Appreciation Events at ASPREE locations across the country. At such an event, participants have an opportunity to meet other participants, talk about their experience in the study, and hear a presentation on the latest progress in ASPREE.

We are grateful to our participants and to our staff for their dedication to this study, and we look forward to continuing ASPREE in 2016.

Wishing everyone a happy and healthy New Year!

Here's some photos of events since our last issue!

Upper Right: HealthPartners in Minneapolis, MN.

Upper Left: Pennington in Baton Rouge, LA.

Lower Right: Wake Forest in Winston-Salem, NC.

Lower Left: Rush Alzheimer's in Chicago, IL.



Staying on Your Study Medication

During a long study like ASPREE, challenges may arise when it comes to taking your study medication. It is, however, very important that you continue to take your study medication for the duration of the study. Taking your study medication ensures that the study gets the best possible data and can make truly informed findings available to the medical community.

If you have to come off your study medication for a surgery or similar reason, please let your study staff know, and please restart your study medication again as soon as you are able. If for any reason you are having difficulty taking your study medication, please talk with your study staff. They are there to encourage and help you find ways to make it as easy as possible, and they can answer any questions your doctor may have.

Thank you for your commitment to ASPREE and to ensuring we have the best data possible.

Brain Games

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

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

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 962 of you have already contributed your blood, urine or saliva sample!

Thank you for supporting this important cancer research!

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! If you did not provide samples at your Year 3 visit, you can provide samples at your Year 4 visit. In the meantime, if you have questions about ACES, please contact your clinic site.

Food for Thought



A diet rich in fruits, vegetables, nuts and fish may help protect your brain as you age, researchers at the Population Health Research Institute at McMaster University in Ontario and the HRB Clinical Research Facility Galway at the National University of Ireland in Galway suggest.

The study, published in the May 6, 2015 issue of *Neurology*, found that seniors who consumed the most nutritious food had a nearly 25 percent reduction in the risk of mental decline compared those with the least healthy diets. The results did not change when researchers accounted for factors that might impact cognitive health, including physical activity, high blood pressure and a history of cancer.

The researchers followed nearly 28,000 people aged 55 or older from 40 different countries for an average of five years. Participants had either diabetes or a history of heart disease, stroke or peripheral artery disease. Participants were asked about their diet and were tested for memory and thinking ability at the beginning of the study, at year two, and at the end of the study.

The USDA's dietary guidelines recommend Americans eat more seafood and that half of what they eat should be fruits and vegetables.

Fruits

Women between 19 and 30 should consume two servings a day, while those who are older should eat one and a half servings a day. Men of all ages should consume two servings.

Vegetables

Women between 19 and 50 should consume 2 ½ servings a day of vegetables, while those who are 51 and older should eat 2 servings a day. Men under the age of 50 should consume 3 servings a day, while those who are 51 and older should consume 2 ½ a day.

One serving of raw leafy vegetables or a baked potato should be about the size of a small fist, according to the American Heart Association.



Fish

Everyone, except vegetarians, should be eating some form of seafood as their source of protein twice a week. A serving of fish, or about 3 ounces, is the size of checkbook.



For more information, please visit www.ASPREE.org.

Site Spotlight: University of Texas Southwestern at Dallas

The UT Southwestern Medical Center in Dallas, Texas, ASPREE site held our participant appreciation event on August 22nd, 2015 at the A.W. Harris Faculty Alumni Center on the UTSW campus in Dallas. It was a great success thanks to the fifty participants who were in attendance. Participants had the opportunity to reconnect with Patricia Knowles, the first coordinator who did such a wonderful job recruiting, as she was also in attendance for the event. The ASPREE staff at UTSW Dallas would like to thank our faithful participants for their continued participation and willingness to be part of research we hope makes a significant contribution to the medical community.



First UTSW ASPREE Coordinator Pat Knowles with a participant at the event.



Dr. Nesbitt & ASPREE Coordinator Candis Bell with a participant at the UTSW Participant Appreciation event.