

# ASPREE

ASPIRIN IN REDUCING EVENTS IN THE ELDERLY

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# 19,000!

Whether you were the first participant, number 19,000, or found yourself joining somewhere in-between, THANK YOU for being part of the ASPREE study. Thanks to you and others like you, the ASPREE study has reached its goal of 19,000 participants!

Our first US ASPREE participant was randomized, on July 13, 2010, and over the Thanksgiving holiday weekend, we reached our goal of 19,000 ASPREE participants, officially crossing the finish line in the US on 11/26/14 at 7:20pm (in Australia on 11/27/14 at 2:20pm).

Four years after the start of recruitment, the questions that ASPREE will answer remain just as important as the day we began. There's still so much to learn about aspirin's potential to prevent disease, it's risks, and what role it might play in maintaining the health and independence of older adults.

Fortunately, our work (and yours) isn't done. It's important that you attend your annual clinic visits and continue taking your study medication. We look forward to celebrating with you again when the study ends.

Hopefully you feel the same sense of pride and accomplishment that we do. Reaching our goal of 19,000 participants in the largest international study ever funded by the US National Institute on Aging, is no small task,

and you've played a significant role in reaching that goal.

So whether you have already come in for your Year 4 annual visit, or maybe you've just joined ASPREE— none of this is possible without your commitment to this research and your continued participation.

Please take a moment to celebrate this amazing accomplishment with us!



*Due to the time difference, the Australian*

*Coordinating Center at Monash University in Melbourne, AUS (pictured), got a head start on celebrating, as they counted down the final randomizations to goal. The US Coordinating Center in Minneapolis, MN wasn't far behind and celebrated with cake (pictured)!*

## When to Take Your Other Medications



Previously, your ASPREE study staff has instructed you to take your study medication 30 minutes prior to taking any NSAIDs (ex: Ibuprofen) or other medications you may regularly take.

ASPREE study doctors have now determined that you can take your study medication at any time, even along-side your other medications.

If you have questions, please contact your ASPREE clinic site.

## 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 645 of you have already contributed your Blood, urine or saliva sample at your Year 3 visit!

**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! 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.

## Tea Party

Tea is a great health promoting beverage! Did you know the benefits of these types of teas? Always buy high quality, additive-free tea, use filtered water, and do not over-steep and you're set to cozy up this winter with a cup o' good-for-you.



**Green tea:** Highly potent with anti-oxidants that may prevent cancer growth, prevent clogged arteries, burn fat, reduce oxidative stress on the brain, reduce risk of Alzheimer's and Parkinson's diseases, reduce risk of stroke and improves cholesterol levels. Try it with ginger or lemon, and brew at lower temperatures (never boil).

**Black tea:** High caffeine content. Some black teas protect lungs from damage from smoking, and may reduce the risk of stroke. You can mix with spices and milk as in chai tea, or drink plain with honey or lemon. There is a reason so many people drink several cups a day!

**White tea:** Some research suggests this is the most "anti-cancer" tea available because it is not cured, processed, or fermented (like other tea leaves). Instead, the leaves just dry in the sun. The high levels of catechin molecules in this tea may reduce risk of clogged arteries, reduce the severity of strokes, and prevent cancer. It may also support collagen health to help prevent wrinkles!

**Oolong tea:** This is a Chinese tea thought to lower bad cholesterol levels. It is sometimes advertised as a weight loss beverage, but those claims are not proven with science.

**Pu-erh tea:** Have you heard of this one? It is a type of fermented black tea pressed into cakes. It has great benefits for weight loss and lowering bad cholesterol.

**Herbal teas:** All types of herbs have different known benefits to your health! Chamomile is highly antioxidant, hibiscus is good for lowering blood pressure, rooibos tea has cancer-fighting flavonoids. Check your health food market for more delicious options!

# Investigator Update Dr. Richard Grimm



Thank you for joining the ASPREE study and for your work in helping us to reach our goal of 19,000 participants! This is truly an amazing accomplishment and we are all very proud of what it represents.

19,000 is important to ASPREE because it represents our ability to completely answer our questions related to aspirin. Without 19,000 (and without you) we wouldn't be able to be certain that this research was conclusive.

That's why every person in that 19,000 (including you!) is so important. Every time you attend your annual clinic visit or take your study medication, the ASPREE study gets that much closer to fully understanding aspirin's potential and possible risks for older adults. Without you, or without your commitment to taking your study medication, our findings are less and less complete.

Taking part in a large study like ASPREE can become long. If you are struggling with attending visits or taking your study medication, please contact your study staff at your ASPREE clinic site. They will do whatever they can to accommodate your schedule and help keep you on track with your study medication.

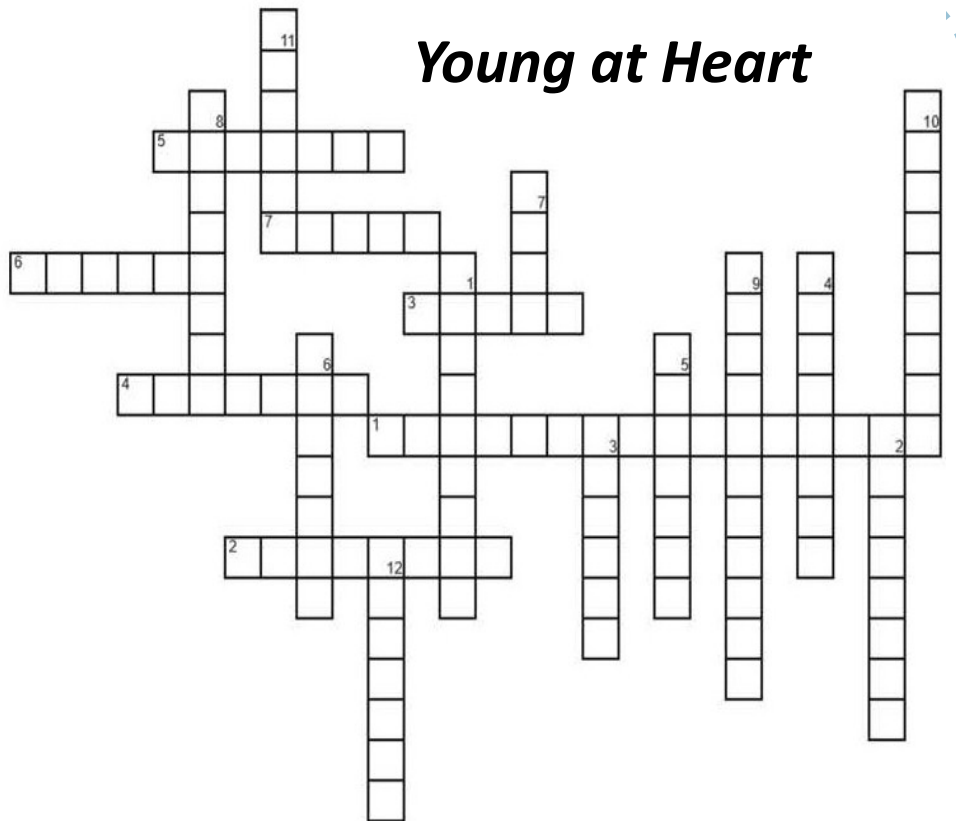
**And don't forget to remind your personal physician that you are taking part in this important research.** Be sure to inform them that you are taking a study medication and put them in touch with study staff at your clinic site if they have any questions. Thank you for your commitment to ASPREE and congratulations on reaching 19,000.

**Across:**

1. The people we lean on.
2. Move your body, however you love to.
3. Bridge, cribbage, poker, crosswords.
4. What makes your heart leap?
5. Taking great journeys on paper.
6. "Age is nothing but a \_\_\_\_\_!"
7. To dance to, sing to, love to, feel to.

**Down:**

1. We cannot measure it, but we can spend a life pursuing it.
2. It comes from deep within and ends in a smile.
3. Spans from ear to ear on a good day.
4. How full is your glass?
5. Moving your body to music!
6. What keeps your brain piqued?
7. That four-letter word!
8. You may need reminders.
9. Taking notice of each moment.
10. The never-ending excitement of learning!
11. The younger generations should revere you for this.
12. A state of rest in one's heart.



## Young at Heart

Across answers: 1. friendsandfamily, 2. exercise, 3. games, 4. passion, 5. reading, 6. number, 7. music  
 Down answers: 1. happiness, 2. laughter, 3. smiles, 4. optimism, 5. dancing, 6. hobbies, 7. love, 8. memories, 9. mindfulness, 10. curiosity, 11. wisdom, 12. content



For more information, please visit [www.ASPREE.org](http://www.ASPREE.org).

## Site Spotlight:

### University of Texas Health Science Center San Antonio

The University of Texas Health Science Center San Antonio recognizes the unprecedented growth of an older adult population. The mission of the Barshop Institute for Longevity and Aging Studies, a research institute within the University of Texas Health Science Center San Antonio, is to improve the health and quality of life of seniors through basic, clinical, and translational research in aging and geriatrics.

The senior adults who take part in the ASPREE study continue to be active participants in their community. They are eager to educate themselves with lifestyle, diet and health changes to maintain their continued active lives. The participants in our region represent a wide array of social, educational and ethnic backgrounds and recognize the importance of taking part in research studies to benefit future generations.

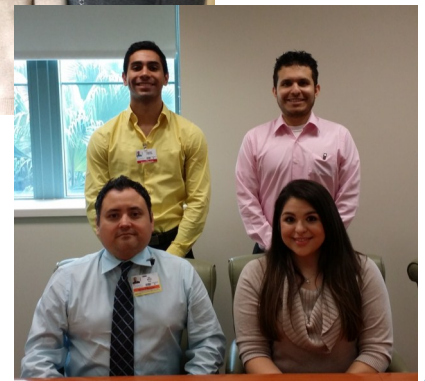
The ASPREE team is located at 2 sites: University of Texas Health Science Center in San Antonio, Texas and the Regional Academic Health Center in Harlingen, Texas. The San Antonio team works closely with primary care physicians in the surrounding San An-

tonio area for recruitment efforts and to conduct mobile visits so that subjects can be seen at their convenience in a familiar location.

The ASPREE team is grateful for the participation of the physicians who have assisted us and the participants who continue to donate their time and effort in the ASPREE research study.



*Pictured (Left to Right): Dr. Sarah Espinoza, Melissa Navarro and Sandra Idar (San Antonio)*



*Pictured (Left to Right):*

*Christian Aquino, Gustavo Garza, Mario Gil Ph.D., Justine Guerrero (Harlingen)*