

A Trip Down Under

In this Issue...

Page 1

A Trip Down Under

Page 2

ASPREE Events
ACES Update
Healthy Eats

Page 3

Aspirin History
Brain Games

Page 4

Site Spotlight

At the end of May, the Australian ASPREE team launched their Healthy Ageing Biobank, and several members of the US ASPREE team were pleased to make the trip to Australia and attend the dedication in person.

The Healthy Ageing Biobank is a state-of-the-art facility that will store over 12,000 lab samples collected from Australian ASPREE participants who have volunteered to share their samples. Those samples will be held in -80 degree nitrogen freezers and tank freezers until they are used in future research studies.

The collection process and the storage facility is similar to that of the ACES study in the US.



ASPREE US Principal Investigator, Dr. Richard Grimm, Lead Geriatrician & Co-investigator, Dr. Anne Murray, and US Project Manager Brenda Kirpach all made the 17 hour flight to Monash University in Melbourne, Australia, where the Australian ASPREE Coordinating Center is located. Dr. Grimm thanked Australian colleagues and the Dean of the University for their collaboration and spoke

about the importance of the biobank and these valuable samples.



Dean of Monash University Faculty of Medicine, Nursing and Health Sciences, Prof. Christina Mitchell and Dr. Richard Grimm participate in the ribbon cutting ceremony at the Healthy Ageing Biobank Dedication in

“It was an amazing opportunity to see in person the facility and to meet the people that work with the participants to collect these samples,” said US Project Manager, Brenda Kirpach of the experience. “The dedication that the teams in both countries have to the study is very impressive.”

It was also a welcome opportunity for both countries to work together in person, providing continued direction for the study and planning the future of ASPREE.



Members of the ASPREE team from both Australia and the US.

Participant Appreciation Events

ASPREE locations across the country are holding Participant Appreciation Events to thank our wonderful ASPREE participants for their commitment to ASPREE. Recently participants in Palo Alto, CA attended such an event, where they had an opportunity to meet other participants, talk about their experience in the study, and hear a presentation from Site Investigator, Dr. Latha Palaniappan, on the latest progress in ASPREE.



Above: Dr. Latha Palaniappan presents to ASPREE participants at a the Palo Alto Participant Appreciation Event.



Left: Attendees of the ASPREE Participation Event in Palo Alto, CA.

Our ASPREE site at the University of Alabama Birmingham also recently held a similar event with great success. Over 80 people attended the event. Thank you to all of our ASPREE participants for your dedication to this very important research!

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 846 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! 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.

Looking for a Healthy Snack?

Try blueberries! One cup of fresh blueberries contains 84 calories, 0 grams of cholesterol, 1.1 grams of protein, 0.49 grams of fat, 21 grams of carbohydrate and 3.6 grams of dietary fiber (14% of daily requirements). That same one-cup serving provides 24% of daily vitamin C, 5% vitamin of B6 and 36% of vitamin K needs. Blueberries also provide iron, calcium, potassium, magnesium, phosphorus, sodium, manganese, zinc, copper, folate, beta-carotene, folate, choline, vitamin A and vitamin E.



A Brief History of Aspirin,

Anne Bergquist, University of Iowa



Aspirin is an old drug that is getting a lot of new attention. We are always looking forward to the new possibilities of aspirin use, but for a minute, let's take a step back and look at where this incredibly dynamic drug came into our lives.

The active ingredient in aspirin used to manage pain and inflammation is called salicylic acid, and was originally found in the bark of willow trees. It was widely administered through teas or simply chewing on pieces of bark or willow leaves to obtain the beneficial effects. The pain relieving powers of the willow tree were well known in ancient times and references to willow bark for medicinal uses have been discovered in writings by Hippocrates and even Ancient Egyptians. Such evidence suggests that aspirin may be one of our oldest tools for pain management!

Although humans were able to use willow bark for medicinal purposes for many centuries, the active ingredient of aspirin was not isolated until 1853 by French chemist, Charles Fredric Gerhardt. Gerhardt isolated the salicylic acid from willow trees and modified it to *acetylsalicylic acid*. This newer form is more potent than the parent molecule and is what you will find on the shelf of any pharmacy today.

In 1899, almost half a century after Gerhardt's discovery, the Bayer Company in Germany established a trademark for the product. Today, aspirin is widely used to manage pain, inflammation and fever and to reduce the risk of heart attack and stroke. Studies like the ASPREE trial will further contribute to aspirin's legacy in teaching us about aspirin's unknown role in the healthy elderly. Thank you for being involved in ASPREE and helping us make history!

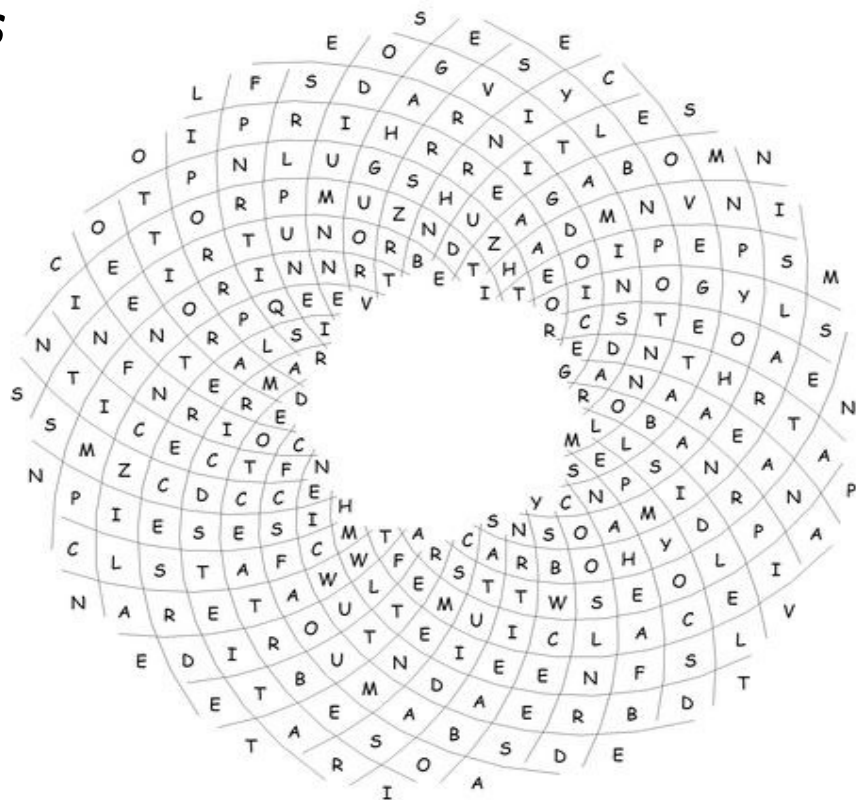
Brain Games

Nutrition

Unscramble the words. Find the correctly spelt words in the word search.

- Nutrietsn
- rbohydratesaC
- oteinsPr
- aFts
- taminsVi
- inerMals
- gcRougha
- eWatr
- Beadr
- Mate
- rtteBu
- Vegetesabl
- sealCer
- nrol
- alCcium
- Sodimu
- luoFride

Words are in straight lines, moving along a spiral arm.





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

Site Spotlight: University of Pittsburgh

The University of Pittsburgh's home for the ASPREE study is the Health Studies Research Center at the Center for Aging and Population Health (CAPH), Department of Epidemiology, Graduate School of Public Health. The mission of the CAPH is to generate new solutions to the challenges of an aging society through the conduct of population-based research that promotes healthy aging, longevity, and prevention of disability. The CAPH focuses on public health research in aging, trains professionals in population research methodology, and conducts community outreach.

The Pittsburgh ASPREE site is one of the largest in the US and one of the first US sites to enroll study participants. It includes a team of highly experienced research investigators and staff. It is led by Anne B. Newman, MD MPH, Professor and Chair of the Department of Epidemiology, and a board-certified geriatrician with special research interests and expertise in the determinants of physical and cognitive function as well as successful aging and longevity. In addition to Dr. Newman, the Pittsburgh ASPREE research team includes study nurse, Kimberly Lucas, RN, and clinic examiner, Cheryl Albig, who work together to complete the study visits and phone calls with all the participants. Diane Ives, MPH is the Project Director, responsible for communications with the study leadership in the US and Australia, and serves as Co-Chair for the ASPREE Event Adjudication Committee.

All the members of Pittsburgh's ASPREE study team have a long history of experience working on large scale observational studies and clinical trials. These include the Women's Health Initiative (WHI), the Cardiovascular Health Study (CHS), the Health Aging and Body Composition study (Health ABC), the Ginkgo Evaluation of Memory (GEM), and numerous other research projects that have helped redefine successful aging. The Health Studies Research Center is able to assess changes in physical and cognitive function using sophisticated equipment conducted by well-trained staff, and is often used as a standard for a community-based research facility.

On behalf of Dr. Newman and the staff of the University of Pittsburgh's ASPREE study center, we express our gratitude and appreciation for the commitment of our ASPREE participants. We look forward to seeing and speaking with all of you again very soon.



Pictured left: Dr. Anne Newman & Diane Ives

Pictured right: Cheryl Albig & Kimberly Lucas

