

Virtual Retention Event

The University of Texas Southwestern Medical Center (UTSW), located in Dallas, Texas held their annual retention event virtually in December 2020. Our sites use these retention events to update participants on ASPREE-XT Study progress, news releases, publications, and to also keep in touch with friends they formed during study recruitment. With the COVID pandemic, many of our participants have reported feeling social isolation and this is why it is so important to maintain frequent communication. A UTSW participant recommended Mrs. Rodrigua Ross, who specializes in music therapy and the importance of music as a therapy tool to cope with the pandemic, bolster memory, increase cognition, and heal from surgeries and unexpected hospitalizations. UTSW participants and staff really enjoyed Mrs. Ross and the virtual event was a huge success! For more information on how to cope with social isolation during the COVID-19 pandemic, please visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

What's Happening Down Under?

The Australian TV documentary 'Old People's Home for 4 Year Olds' has won an International Emmy! The show, which aired on the ABC (Australian Broadcasting Company) in 2019 with ASPREE's very own Dr. Stephanie Ward as the consultant geriatrician on the show, took the prize in the non-scripted entertainment category in the US. Based on a UK format, 'Old People's Home for 4 Year Olds' explores the benefits for Australia's elderly population of spending time with young children; a group of retirement home residents mixed with preschoolers in a preschool built within their care facilities while experts in geriatric health and early childhood monitored the progress of the participants. ABC's head of Factual Programming, Jennifer Collins, sums up the show quite well: "Old People's Home for 4 Year Olds combines the magical spontaneity and innocence of young kids with the wisdom and heart of older generations. There are very few programs that give a voice to our elders and this is a perfect vehicle for bridging the divide between generations, with humor and joy."



Cheers

TO THE NEW YEAR!

THANK YOU to all of our participants for your continued participation in the ASPREE-XT Study! We are very grateful for your help in overcoming the many challenges COVID posed to the study in 2020. Happy New Year!

ASPREE-XT SUMMARY

A world-first large scale follow-up study to investigate the effects that demographic, genomic, environmental and a wide range of factors have on health and independence in older adults via in-person annual study visits and one phone call between visits, capturing extensive high quality health data

THANK YOU FOR YOUR LONGSTANDING CONTRIBUTION AS A PARTICIPANT IN ASPREE...

We Have Exciting New Sub-Studies on the Horizon!

ALSOP

In the coming months you will be invited to complete two lifestyle questionnaires. The purpose of these questionnaires is to capture a 'bigger picture' of health and well-being as we age. Collection of these lifestyle questionnaires is referred to as the ASPREE Longitudinal Study of Older Persons (ALSOP). We ask that you complete questionnaires 2 times in the next 4 years, when they are sent to you by mail.

Microbiome

We have also an opportunity for you to participate in a sub-study funded by the National Institute on Aging. This sub-study looks at how health and the development of disease in older adults is impacted by the gut microbiome (collective term for trillions of bacteria, viruses, fungi and other microbes in the gut) that live in the human body. To perform this research, we are asking participants to use a home kit mailed to you by the study to collect a stool and tongue swab and a questionnaire asking about diet and medication use, which will be returned by mail for analysis and storage.

What is a sub-study?

A sub-study (also known as an ancillary study) is a type of 'add-on' study that answers a separate research question within a larger established project.

What do they do?

Sub-studies research specific health issues not included in the main study to help show the interrelationships between various factors that can affect how we age.

How do I get involved?

Both sub-studies are open to all participants and are completely voluntary. Your local ASPREE-XT Study coordinator will be reaching out to you soon to further discuss these opportunities with you.

COVID-19 TRACKER STUDY UPDATE!

- 301 ASPREE-XT participants
- Preliminary data shows an age effect, gender effect disappears in older age groups
- Loss of smell key symptom for older age groups
- Some symptoms are long and continuous (fatigue), others may be intermittent (headache)

5	4	2	6	3	1
6	1	3	5	2	4
3	5	6	1	4	2
1	2	4	3	5	6
2	6	5	4	1	3
4	3	1	2	6	5

6	2	3	5	4	1
1	4	5	6	3	2
2	3	6	1	5	4
4	5	1	3	2	6
3	6	4	2	1	5
5	1	2	4	6	3

ASPREE-XT Funding Organizations

- ASPREE-XT National Institutes of Health Funding Organizations
 - National Institute on Aging
 - National Cancer Institute

ASPREE-XT Collaborating Organizations

- Monash University
- Berman Center for Outcomes & Clinical Research

New Year, New You!

Try these fun exercises from the comfort of your own home



UNITED STATES ASPREE-XT SITE LOCATIONS AND CONTACT INFORMATION

1. UNIVERSITY OF ALABAMA AT BIRMINGHAM / BIRMINGHAM, AL / 205-934-7683
2. HOWARD UNIVERSITY / WASHINGTON, DC / 202-865-3776
3. MOREHOUSE COLLEGE / ATLANTA, GA / 404-752-1877
FAVER / DECATUR, GA / 404-321-6111, EXT. 207343
4. RUSH ALZHEIMER'S DISEASE CENTER / CHICAGO, IL / 312-942-3333
5. UNIVERSITY OF IOWA / IOWA CITY, IA / 319-384-7756
6. PENNINGTON BIOMEDICAL RESEARCH CENTER / BATON ROUGE, LA / 225-763-2618
7. LSU HEALTH SCIENCES CENTER - SHREVEPORT / SHREVEPORT, LA / 318-813-1422
8. UNIVERSITY OF MICHIGAN / ANN ARBOR, MI / 734-998-7947
9. WAYNE STATE UNIVERSITY / DETROIT, MI / 313 993-0419
10. HEALTHPARTNERS / SAINT PAUL, MN / 651-495-6388
PHALEN VILLAGE CLINIC / SAINT PAUL, MN / 651-793-8640
11. BRODY SCHOOL OF MEDICINE AT ECU / GREENVILLE, NC / 252-744-1904
12. WAKE FOREST BAPTIST HEALTH / WINSTON-SALEM, NC / 336-713-8524
13. NYU LONG ISLAND SCHOOL OF MEDICINE/ MINEOLA, NY / 516-663-9582
14. EINSTEIN MEDICAL CENTER/ PHILADELPHIA, PA / 215-456-1959
15. UNIVERSITY OF PITTSBURGH / PITTSBURGH, PA / 412-624-3579
16. KENT HOSPITAL / WARWICK, RI / 401-921-7980
17. UNIVERSITY OF TENNESSEE HEALTH SCIENCE CENTER / MEMPHIS, TN / 901-448-8405
18. UNIVERSITY OF TEXAS SOUTHWESTERN / DALLAS, TX / 214-648-3612
19. UNIVERSITY OF TEXAS MEDICAL BRANCH / GALVESTON, TX / 409-266-9643
20. UNIVERSITY OF TEXAS HEALTH SCIENCE CENTER / SAN ANTONIO, TX / 210-450-0568

