ASPREE (ASPirin in Reducing Events in the Elderly) is the largest international trial sponsored by the US National Institute on Aging (NIA). It is a randomized double-blind placebo-controlled trial in the primary prevention in healthy elderly people aged 70 years and older. The study aims to assess whether aspirin can not only prolong life, but a life free of physical disability or dementia for healthy older people. According to Dr. Michael L. Parchman, Director of STARNet, “We really need to know if something as simple as taking a baby aspirin each day can change the trajectory of mental and physical decline that we so often see in our older patients.” At this time, very little information is available regarding the effects of aspirin in older adults because previous trials focused on middle-aged people.

The ASPREE study will enroll 6,500 healthy individuals from the US and we expect 1,100 of those participants to come from San Antonio. Eligible participants will be randomly assigned to take either the low dose aspirin or placebo daily for 5 years. Study personnel will conduct various functional and cognitive assessments on participants for the duration of the study on an annual basis.

The study was recently approved by the UT Health Science Center’s Institutional Review Board (IRB) and the two-year recruitment phase has already begun. Currently, STARNet members, Dr. Miguel Ayala, with South Alamo Medical Group; Dr. Abigail Barrera, with Total Family Health Care and Dr. Guillermo Rocha, an Internist, have agreed to participate as recruiting sites.

ASPREE staff is searching for additional clinics willing to participate in the study. Physicians and their staff would only need to identify potential subjects to the research team. Each patient will receive a gift card of $50 upon study enrollment and an additional $50 gift card at each annual follow-up visit. Each site will also receive $50 for each patient enrolled. According to Dr. Parchman, “Those who participate in the ASPREE study here in San Antonio will, we hope, make a significant contribution to our knowledge about how we can all maintain an active healthy life as we grow older.”

The eligibility criteria include men and women 70 years of age and over who are willing and able to provide informed consent and accept the study requirements.

If you are interested in learning more or would like additional information on how you (or your clinical practice) can participate please call:

Melissa Navarro
Project Coordinator
Tel: 210-562-6643
Toll Free: 877-524-3265
or by email at: navarrrom4@uthscsa.edu

Need to take the Human Subjects Training?
Access training materials at: http://.iims.uthscsa.edu/community_pbrn.html
or contact Stephanie Reyes at:
Ph: 210-567-7871
Email: reyess@uthscsa.edu

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OPPORTUNITY TO RECEIVE UP TO 13 FREE CME HOURS! REGISTER FOR THE PBRN CONVOCATION (See Back Page)
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2007—2011

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Director

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Director Emeritus


Dr. Campos discussed culture related factors that contribute to the higher rate of diabetes in Hispanics, cultural barriers that can negatively affect some aspects of doctor/patient relations and other culture specific items that health care professionals should be sensitive to when caring for patients in this population like, fears regarding insulin therapy, traditional faith in alternative therapies and, how family presence during doctor visits can be beneficial, especially to help with issues that could arise out of health literacy and language barriers.

To listen to the entire interview, visit www.starnetpbrn.com and click on the resources page.

Improving the Care of Hispanics with Diabetes?

The study’s Principal Investigator, Raquel Romero, MD and Practice Facilitator, Elizabeth Costilla who administer the computerized screening tool to study participants, report that patients are happily surprised by the touch screen feature of the CRC screening tool. Most Hispanics within this age group have rarely used a computer seem intimidated by the keyboard, but because of the touch screen feature, are completing their screenings without much difficulty.

If you are interested in learning more or would like additional information on how you (or your clinical practice) can participate please call:

Raquel Romero, MD
Principal Investigator
Tel: 210-567-7859
Cell: 210-288-4825
or please email her at: romeror0@uthscsa.edu

Dr. Guillermo Rocha (on far right) and his office staff.
Dr. Rocha’s clinic is participating in CRC Study

CRC (Colorectal Cancer Screening Education) Study Progressing Successfully

The CRC study is moving forward and clinic members are happily participating in the study. STARNet leadership is grateful to the clinicians and staff at the practices of Drs. Guillermo Rocha and Lisa Blair, the Atascosa Health Center and Wilson Community Health Center for their assistance in recruitment efforts and for helping study personnel feel welcome. To date, we have successfully recruited a total of 73 patients amongst four STARNet clinics and are working hard in reaching our project recruitment goals.

Funded by the National Cancer Institute (NCI), this study involves a randomized controlled trial of a new computer program, viewed by patients, in their doctor’s office prior to a scheduled appointment, designed to help people who are potentially interested in colorectal cancer screening to actually undergo screening. Spanish and English speaking Hispanic/Latino patients within the ages of 50-75 who have not been screened for CRC using FOBT (in the last year) or have had a colonoscopy (in the past 10 years) are being invited to complete a computerized health intervention. Currently, colorectal cancer screening rates are much lower in Hispanics than in non-Hispanic whites.

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For more information, please call Raquel Romero, MD, Principal Investigator at 210-567-7859 or email her at romeror0@uthscsa.edu.

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Dr. Guillermo Rocha (on far right) and his office staff.
Dr. Rocha’s clinic is participating in CRC Study

For more information, please call Raquel Romero, MD, Principal Investigator at 210-567-7859 or email her at romeror0@uthscsa.edu.
STARNet attends the 2010 AHRQ National PBRN Research Conference

In June, the Agency for Healthcare Research and Quality (AHRQ) hosted their sixth annual National PBRN Research Conference. The conference took place at the Doubletree Hotel in Bethesda, MD. Primary care PBRNs from across the country attended this important networking opportunity.

Abilio Muñoz, MD, STARNet member and primary care clinician from the Austin, TX area also attended this year’s event. Dr. Muñoz really enjoyed the sessions and is sharing his insights with the Board of Directors at their upcoming meeting.

Several workshops and plenary discussions were held throughout the 3-day conference that covered varied topics that are of benefit to PBRNs.

Michael Parchman, Carlos Jaén, Sandra Burge and Holly Hayes presented an update on the establishment of the PBRN Resource Center within the Clinical and Translational Science Award (CTSA) and Dr. Walter Calmbach presented findings from STARNet’s Pandemic Flu project conducted last fall.

STARNet Research Opportunities

- Community-Acquired MRSA in your Practice
- CLIC: Clinical Informatics Collaborative
- Using Multi-media for Colorectal Cancer Screening Education
- Aspirin in the Elderly (featured on cover page)
- Is There Room for a Team Approach to Primary Care?

If your interested in participating in any of these studies please contact:

Marisa Rodriguez, STARNet Coordinator, at:
Tel: 210-567-7892
or by email at: rodriguezm21@uthscsa.edu
The registration fee for this year’s conference is $25.00. This fee includes the registration fee, meeting expenses and all meals.

1. Visit pbrn.uthscsa.edu and click on link for Convocation

2. Complete online registration form and submit $25 payment via VISA, MasterCard, Discover, American Express, check or money order. Confirmation will be sent via e-mail.

3. OR…complete this form and fax it to 210-567-7868 and you will be billed for the registration fee.

Name: __________________________________________

Practice Name/Affiliation: __________________________

Address: ________________________________________

Fax: _____________________________________________

E-mail: __________________________________________

I plan to attend:

☐ Pre-Conference, Friday October 15th

☐ Friday, October 15th (begin at Noon)

☐ Saturday, October 16th

For any Registration Questions contact Holly Hayes at 210-567-7863 or hayesh@uthscsa.edu

Deadline for registration is: October 1st

Hotel Accommodations:

A special room rate of $85 a night is available at the La Quinta Inn and Suites, located right off Medical Drive. The Horizon Hill Conference Center is adjacent to the La Quinta Inn and Suites. http://www.sanantoniolaquintahotel.com

To receive the discounted rate, please reference the UT Health Science Center at San Antonio. Call the La Quinta at (210) 525-8090 to make your reservation today.

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